

## Manuals+

[Q & A](#) | [Deep Search](#) | [Upload](#)

manuals.plus /

- › [NuStep](#) /
- › [NuStep T4r Recumbent Cross Trainer Stepper User Manual](#)

## NuStep T4r

# NuStep T4r Recumbent Cross Trainer Stepper User Manual

Model: T4r | Brand: NuStep

## 1. INTRODUCTION

---

The NuStep T4r Recumbent Cross Trainer is designed to provide a low-impact, full-body workout suitable for users of virtually any fitness level. Its compact design makes it an ideal choice for various spaces, offering ease of access and use.



Figure 1: NuStep T4r Recumbent Cross Trainer Stepper.

### Key Features:

- **Compact Footprint:** Ideal for smaller spaces.
- **Easy Access:** Comfortable wheelchair-height seat that swivels 360 degrees, locking at every 45 degrees for easy transitions.
- **Adjustable Seating:** Seat adjusts forward and backward to accommodate various leg lengths.
- **Resistance Levels:** Features 10 levels of resistance with user-controlled step length.
- **Foot Pedals:** Designed to accommodate various foot sizes with heel cups to prevent slipping.
- **Adjustable Arm Handles:** Easy-to-adjust clamshell releases allow optimal arm handle length. Rubber hand grips are soft, comfortable, and easy to clean.
- **User-Friendly Display:** Easy-to-read console with Quick Start button, displaying resistance level and total steps.
- **StrideLock Feature:** Locks handles and pedals for added stability during machine access.
- **Fully Assembled Delivery:** Product arrives fully assembled and placed in the desired location by delivery personnel.

## 2. SETUP

---

The NuStep T4r is delivered fully assembled, simplifying the setup process. Upon delivery, ensure the unit is placed on a stable, level surface in your desired exercise area.

### Initial Placement:

- Choose a location with sufficient space around the unit for safe operation and access.
- Ensure the floor is level and stable to prevent wobbling during use.
- Keep the area clear of obstructions.

### Powering the Console:

The console is battery-powered and does not require an electrical outlet for operation. Four AA batteries are included and pre-installed. The console will activate once you begin exercising.



Figure 2: Close-up view of the NuStep T4r console, displaying various workout metrics.

## 3. OPERATING INSTRUCTIONS

---

### Accessing the Machine:

- The seat is at a comfortable wheelchair height. To facilitate easy transfer, the seat swivels a full 360 degrees, locking at every 45-degree interval.
- To swivel the seat, locate the yellow handle beneath the seat and lift it while rotating the seat to your desired position. Release the handle to lock the seat in place.
- Utilize the StrideLock feature by pushing down on the green lever near the console to lock the handles and pedals, providing additional stability when getting on or off the machine.



Figure 3: The NuStep T4r with its seat swiveled, demonstrating ease of access for users.

### Adjusting Seat and Handles:

- **Seat Adjustment:** To adjust the seat's forward and backward position, lift the yellow handle located under the front of the seat and slide the seat along the rail until your legs have a slight bend at the knee when fully extended on the pedals.
- **Arm Handle Adjustment:** The arm handles feature easy-to-adjust clamshell releases. Open the release, slide the handle to the desired length (indicated by numbered markings on the shaft), and close the release to secure. Ensure your arms have a slight bend at the elbow when fully extended.



Figure 4: Close-up of the arm handle adjustment mechanism, showing numbered settings for length.

### Starting a Workout:

- Once seated and adjusted, press the "Quick Start" button on the console to begin your workout immediately.
- The console will display various metrics including calories, SPM (steps per minute), watts, METs, load (resistance level), distance, and total steps.
- Use the '+' and '-' buttons to adjust the resistance level (1-10) to suit your workout intensity.
- The "Pace Partner" feature can help you maintain a steady pace during your exercise.
- To reset your workout data, press the "Reset" button.



Figure 5: A user engaging in a low-impact workout on the NuStep T4r, demonstrating the full-body motion.

## 4. MAINTENANCE

---

Regular maintenance ensures the longevity and optimal performance of your NuStep T4r. Keep the unit clean and inspect it periodically for any signs of wear.

### Cleaning:

- Wipe down the machine, especially the seat, handles, and pedals, with a damp cloth after each use.
- Use mild soap and water for general cleaning. Avoid abrasive cleaners or solvents that could damage the finish.
- Ensure the console display remains dry.

## General Care:

- Periodically check all nuts, bolts, and moving parts to ensure they are secure. Tighten if necessary.
- Keep the area around the pedals and moving parts free from dust and debris.

## 5. TROUBLESHOOTING

If you encounter any issues with your NuStep T4r, refer to the following common troubleshooting tips. For persistent problems, contact customer support.

Problem	Possible Cause	Solution
Console not displaying data.	Batteries are low or depleted.	Replace the four AA batteries in the console.
Pedals/Handles not moving smoothly.	Debris caught in mechanism or lubrication needed.	Inspect for and remove any debris. Contact customer support for lubrication guidance if needed.
Machine wobbles during use.	Uneven surface or loose components.	Ensure the machine is on a level surface. Check and tighten all visible nuts and bolts.

## 6. SPECIFICATIONS

Feature	Detail
Model Name	T4r
Brand	NuStep
Color	Gray
Product Dimensions	60"D x 27"W x 45"H
Material	Alloy Steel
Resistance Mechanism	Magnetic
Maximum Weight Recommendation	400 Pounds
Maximum Stride Length	8.5 Inches
Screen Size	11 Inches
Item Weight	210 Pounds

Feature	Detail
Number of Resistance Levels	10
Included Components	Sturdy grab ring, Four AA batteries, StrideLock locking feature for handles and pedals

## 7. WARRANTY AND SUPPORT

---

### Warranty Information:

The NuStep T4r Recumbent Cross Trainer comes with a **3-year warranty**.

### Customer Support:

For any inquiries, technical assistance, or warranty claims, please contact NuStep, LLC customer support. Refer to the product packaging or the official NuStep website for the most current contact information.

- **Returns:** 30-day easy returns are available.
- **Shipping:** Ships from NuStep, LLC.