



# T5 Recumbent Cross Trainer

## QUICK START GUIDE

### 1 Operate 360° swivel seat

To support easy transfers on and off the T5:

- Lift rear release lever to unlock.
- Rotate seat in either direction.
- Release lever to lock seat in position.



### 2 Unlock machine\*

- Press down on StrideLock® device. It is DOWN when unlocked.
- Handles and pedals move when unlocked.

\* To lock: press and release device. It is UP when locked.



### 3 Adjust seat distance

- Lift front release lever to unlock.
- Slide seat forward or backward to adjust distance.
- Release lever to lock seat in position.

*NOTE: Knee should have a slight bend when leg is extended forward.*



### 4 Adjust handle length

- Pull lever up to unlock.
- Slide handle in or out to adjust length.
- Push lever down to lock handle in position.

*NOTE: Elbow should have a slight bend when arm is extended forward.*



### 5 Adjust workload (resistance)

Use up arrow ▲ or down arrow ▼ to adjust. The workload setting is displayed on the console.

- Tap ▲ to increase workload.
- Tap ▼ to decrease workload.



 For more details on adjusting the T5, please refer to the user manual.