

# TAKE THAT STEP



*AT NUSTEP, we believe exercise has the power to transform lives. And, we believe people of all ages, fitness levels and functional abilities can transform their lives with exercise.*

*That's why we developed the NuStep recumbent cross trainer.*

*Designed by exercise physiologists and ergonomic specialists, the NuStep was the first exercise equipment of its kind when it was introduced in 1995.*



*Nearly 25 years later, NuStep's cross trainer models represent the gold standard for high-quality, inclusive exercise equipment.*

*Easy to access and easy to use, NuStep recumbent cross trainers deliver a low impact, total-body cardio and strength workout that can benefit a wide range of users.*

*TAKE THAT STEP and add a NuStep T4r recumbent cross trainer to your location today.*

CALL 800.322.2209 or VISIT [NUSTEP.COM](http://NUSTEP.COM)



# **NUSTEP T4r RECUMBENT CROSS TRAINERS**

## **EXTREMELY INCLUSIVE - EXTREMELY POPULAR**

The NuStep T4r recumbent cross trainer's inclusive design and user-friendly features make it a popular choice in healthcare, senior living and fitness settings. With a low inertia start-up, user controlled step length and 10 resistance levels, the T4r empowers users to exercise independently and adjust their workout as they progress.



CALL 800.322.2209 or VISIT [NUSTEP.COM](http://NUSTEP.COM)



