



**NuStep<sup>®</sup>**

**Life Changing Exercise Machines**



Exclusive to OrthoCanada





# Ideal for Rehabilitation & Senior Living

NuStep was founded in the late 1980s by Dick Sarns, a medical device designer. Frustrated with the limitations in design and functionality of products used in cardiac rehabilitation, he launched NuStep to create and develop safe and accessible exercise equipment. The introduction of the first seated recumbent stepper in the 1990s revolutionized cardiac rehabilitation and quickly gained acceptance in healthcare and senior living communities. Today, NuStep's recumbent cross trainers are considered the gold standard for inclusive exercise equipment and make exercise possible for people of all ages and abilities.

## Why NuStep?

### Quality

NuStep is manufactured in the USA and adheres to ISO 9001; 2015 quality standards. The 60 + production associates are passionate about creating durable products, and the evidence is in - NuStep units in the field have registered over 150 million steps.

### Fall Prevention

Widely acclaimed by professionals in healthcare and senior living, NuStep is the preferred brand for falls prevention and the improvement of cardiovascular health, strength, coordination, independence, and confidence.

### Bridging the Gap

NuStep offers a unique full-body workout, benefiting individuals who cannot utilize conventional fitness

equipment. Its adaptable equipment and accessories allow them to exercise safely and effectively, even with limited mobility.

### Ease-of-Use

NuStep recumbent steppers have earned the Arthritis Foundation's Ease-of-Use Commendation, given to products that are easy-to-use by people with arthritis but are also universally accessible to all users.

### Service

Support doesn't end after a purchase. NuStep's technical service team, staffed by experienced product specialists, achieves an average 98% customer satisfaction rating.









# NuStep T6 Recumbent Stepper

Accessible and easy-to-use, NuStep's T6 PRO & MAX Recumbent Steppers make total body exercise possible for people of all ages and abilities. They have an easy start-up – just touch the screen or start stepping and can be adjusted to fit any user, from 4'6" to 6'7". The console programs will engage and motivate users, and the frame includes features that support user safety, maximum comfort, and adjustability.

The NuStep T6 has 15 resistance levels that adjust easily during workout using the lower touchscreen on the integrated media shelf. Programming on the dual screens encourage user engagement and provide metrics to guide exercise planning and progression. Interactive programs on the upper screen help motivate the user, while the lower screen displays time, speed (steps per minute) total distance, watts, calories, METs, resistance level and heart rate. Export the data with the USB port and monitor heart rate with Bluetooth wireless technology. Therapists can use the admin mode to modify the default settings and customize an individual's program.

OC-040085 NuStep T6 PRO w/Standard  
OC-040086 NuStep T6 MAX w/Overs'



Oversized pedals with non-slip inserts & adjustable foot secure system



12° Reclining seat



Grab Ring & StrideLock for safe mounting and dismounting

Easy-release clamshell levers allow 18" of adjustability & 40° rotation

Flex-Foot system with option for dorsi/plantar flexion





Dual-touchscreen console with HD display

360° swivel seat for easy mount & dismount

User controlled step length with smooth stepping motion

Low step-through design

## Maximum Comfort & Adjustability

The ergonomically designed padded seat and contoured back provides a stable, supportive position for users while exercising.

- 500 lb weight capacity
- 360° swivel seat (locks every 45°)
- 12° reclining seat
- Arm & seat positions are easy to adjust
- 40° hand grip rotation

## Safety First

The NuStep T6 includes features for maximum safety during exercise.

- *Grab Ring & StrideLock* for safe mounting and dismounting
- Low step-through design
- Optional hip and torso belt
- Oversized pedals with non-slip inserts & adjustable foot secure system

## Engaging & Motivating

Dual-touchscreen console with HD display features intuitive software with engaging workout programs and easy-to-track metrics. With 15 levels of resistance, programs include:



### Quick Start

Display pace & number of laps



### Pace Partner

Stay on track with a steady pace



### NuStep Charts

View statistics based on performance



### Trail Runner

Exercise in locations around the world



# NuStep T5XR Recumbent Stepper

The T5XR Recumbent Stepper is the industry standard for total body rehabilitation and conditioning. This exceptional machine offers life-transforming exercise to users of all ages and abilities. It boasts an extended range of features, adjustments and versatility that ensure users have a comprehensive workout experience. The T5XR is a favourite among cardiac rehab programs in Canada, providing safe, effective, and adaptive exercises.



OC-040072 NuStep T5XR w/Standard Seat  
OC-040080 NuStep T5XR w/Oversize Seat

## Engaging & Motivating

Monitor and track user progress, change resistance levels, select workout programs on the large, easy-to-read LCD display console. With 15 levels of resistance, programs include:

### Quick Start

Get on and go without setting goals

### Pace Partner

Stay on track with a steady pace

### Target Heart Rate

Keep heart rate in target range

### Constant Speed/Power

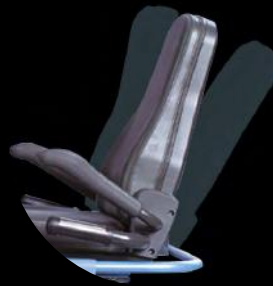
Maintain a constant speed or workload

### Client Profiles

Five profiles for interval training



Display console is easy-to-read and use



12° reclining seat



Oversized pedals with non-slip inserts & adjustable foot secure system

## Maximum Comfort & Adjustability

The ergonomically designed padded seat with a contoured back support provides a stable, supportive position for users while exercising.

- 600 lb user weight capacity
- 360° swivel seat (locks every 45°)
- 10° reclining seat
- Adjustable arm & seat positions
- 40° hand grip rotation

## Safety First

The NuStep T5XR includes features for maximum safety during exercise.

- Grab Ring & StrideLock for safe mounting and dismounting
- Low step-through design
- Optional hip and torso belt
- Oversized pedals with non-slip inserts & adjustable foot secure system

# NuStep T4R Recumbent Stepper

The NuStep T4R Recumber Stepper is the most popular cross therapists in healthcare and senior living facilities and has now become a leading choice for home exercise. Healthcare professionals have learned that the T4R provides safe and effective exercise tailored to individuals of all ages and abilities. By enabling independent control of step length, resistance level, pace, and exercise duration, the T4R provides therapists flexibility in their treatment plans, and gives users a greater feeling of control and independence.



OC-040070R NuStep T4R



360° swivel seat for easy mount and dismount

Sturdy grab ring and *StrideLock* for support and stability

Display console is easy-to-read and use

Easy arm adjustments

Supportive and stable foot pedals

Smooth and natural movement

## Engaging & Motivating

A user-friendly display with engaging programs.

### Quick start

Get on and go without setting goals

### Pace Partner

Stay on track with a steady pace

## Safety First

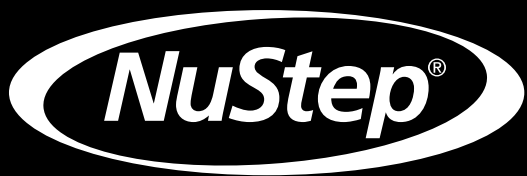
The NuStep T4R includes features for maximum safety during exercise.

- Grab Ring & *StrideLock* for safe mounting and dismounting
- Optional hip belt
- Oversized pedals with non-slip inserts & optional adjustable foot secure system



Non-slip oversized pedals & optional adjustable foot secure system





# NuStep Optional Accessories

Ideal for those with limited mobility or neurological conditions, the range of NuStep's optional accessories makes exercise and rehabilitation possible for people of all ages and abilities.



## Foot Secure System<sup>1</sup>

Keeps feet securely in place, prevents slippage and ensures more efficient exercise.

## Well Grip Set<sup>2</sup>

Keeps hands with weakened to no grip strength firmly and comfortably in contact with handgrips.



## Leg Stabilizers<sup>3</sup>

For reduced lower extremity control, legs are maintained in correct plane of movement during exercise.



## Hip & Torso Belt<sup>4</sup>

For reduced trunk control, helps maintain upright posture, stability, and security.



## Polar Chest Strap<sup>5</sup>

Wireless connectivity provides real-time and accurate heart rate monitoring.



# NuStep Model Comparison Chart



T6

T5XR

T4r

## Key Mechanical Features

360° swivel seat	•	•	•
Step-through design	•	•	•
Adjustable seat	Up to 18"	Up to 18"	Up to 15"
Adjustable arms	Up to 18"	Up to 18"	Up to 15"
Reclining seat back	•	•	•
40° grip rotation	•	•	•
Stridelock®	•	•	•
Foot secure system	•	•	Optional
Grab ring	•	•	•
Media shelf	•	•	•
Water bottle holder	•	•	•

## Electronic Features

Resistance levels	15	15	10
Contact heart rate	•	•	•
Polar (only) heart rate connectivity	•	•	•
Bluetooth heart rate connectivity	•	•	•
Headphone jack	•	•	•
Self-generating	•	•	•
External power supply required	•	•	•
USB port for data export	•	•	•

## Console/Program Options

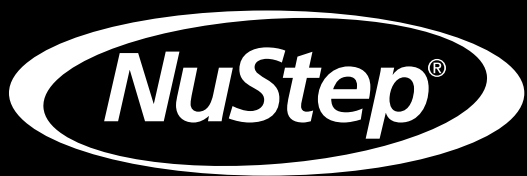
LCD colour display	•	•	•
Dual touchscreen display	•	•	•
Quick Start / Manual mode	•	•	•
Profiles	•	•	•
Pace Partner	•	•	•
Target Heart Rate	•	•	•
Constant Speed / Power	•	•	•
Exercise Protocol (Clinical setting only)	•	•	•
Workout Charts	•	•	•

## Product Specifications

Weight capacity	500 lb	600 lb	400 lb
Footprint (L x W x H)	73" x 30" x 52"	73" x 29" x 46"	60" x 27" x 45"
Product weight	298 lb	298 lb	210 lb
Seat back height	19.5"	19.5"	15"
Standard seat 18" width	•	•	17"
Wide seat 22" width	Optional	Optional	•

## Warranty

Frame	10 years	10 years	10 years
Parts	3 years	3 years	5 years
Labor	1 years	1 years	1 years



# NuStep UE8 Upper Body Ergometer

NuStep UE8 PRO & MAX Upper Body Ergometers are ideal additions to rehabilitation programs for all ages and abilities. Its Integrated Sensor Technology is built into the handgrips, and the bi-directional swivel drive train is designed for ease of access – users can exercise in sitting, standing or in a wheelchair without removing the seat. The ergonomic seat swivels 360° and reclines 12° for additional adjustability.

15 resistance levels guarantee that an exercise program can be initiated early and increased easily as needed. The integrated media shelf with dual HD touchscreens provides interactive programs that promote user engagement and displays metrics that guide planning and progression, including time, speed, total distance, METS, resistance level and heart rate. Export the data with the USB port and monitor heart rate with Bluetooth wireless technology. Therapists can use the admin mode to modify default settings and/or customize their patient's program.



Unique Sensor Technology (See details on following page)

OC-040092-PRO NuStep UE8 PRO w/Standard Seat  
OC-040092-MAX NuStep UE8 MAX w/Oversize Seat



## Engaging & Motivating

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### NuStep Charts

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### Trail Runner

Exercise in locations around the world



# NuStep RB8 Recumbent Bike

NuStep's innovative RB8 Recumbent Bike provides users with an effective workout regardless of their fitness level or functional capacity. With its low step-through design and a custom seat that swivels and reclines, the NuStep RB8 is both accessible and adjustable for optimal positioning and comfort during exercise. Its unique design features Integrated Sensor Technology in the pedals that will capture discrepancies in power output between the lower limbs in real time. The console has dual high-definition monitors with touchscreen navigation.

The NuStep RB8 offers 15 resistance levels, easily adjusted during workout on the integrated media shelf. The dual high-definition monitors with touchscreen navigation promote user engagement and provide metrics to guide planning and progression. The upper screen displays interactive programs while the lower screen shows time, speed (steps per minute) total distance, watts, calories, METs, resistance level and heart rate. Export the data with the USB port and monitor heart rate with Bluetooth wireless technology. Therapists can use the admin mode to modify the default settings and customize a patient's program.

OC-040090-PRO NuStep RB8 PRO w/Standard Seat  
 OC-040090-MAX NuStep RB8 MAX w/Oversize Seat



## Unique Sensor Technology

A useful rehabilitation and training tool that monitors the difference in strength between extremities.

- Identifies a difference in power output & symmetry between the right & left legs
- Monitors in real time
- Shows where power inconsistencies lie throughout the ROM



## Also Includes the Engaging & Motivating Dual-Touchscreen Console

*(See details on previous page)*



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