



limitation can benefit from the NuStep as long as they have one working extremity, just as athletic people can push themselves to the limit, getting a strong cardio workout.



#### NuStep T4r

The T4r is the most popular recumbent cross trainer in the healthcare and fitness industries, and has become a leading choice for home exercise. too. Healthcare professionals around the world have demonstrated that the T4r provides safe and effective exercise for individuals of nearly all fitness and ability levels. By enabling independent control of step length, resistance level, pace, and exercise duration, the T4r provides treatment flexibility for therapists and a greater feeling of control and independence for users.

#### **T4r Stability Essentials Bundle**

A Unilateral Leg Stabilizer Configuration (1 leg stabilizer), 1 WellGrip set (one right hand and one left hand), 1 Seat Belt, 1 Polar Transmitter Belt & Foot Secure System.

OC-040070R-45691 T4r

#### **T4r Total Essentials Bundle**

A Bilateral Leg Stabilizer Configuration (2 leg stabilizers), 1 WellGrip set (one right hand and one left hand), 1 Seat Belt & Foot Secure System.

OC-040070R-45690 T4r

#### OC-040070R

#### Accesories

OC-040070R-45683 WellGrip set OC-040070R-41815 OC-040070R-45893

#### **NuStep T4r**

OC-040070R-45670 Foot Secure System OC-040070R-45640 Unilateral Leg Stabilizer kit OC-040070R-45641 Bilateral Leg Stabilizer kit OC-040070R-50813 Polar Transmitter Belt OC-040070R-45660 Transporter w/T4 Bracket Floor Mat T4r Total Essentials Bundle





#### **NuStep T5**

The T5 design is the result of collaboration with exercise physiologists, ergonomic specialists, and our customers. It offers the benefits of life transforming exercise to patients, clients, and home users alike. Virtually anyone can exercise on the T5, from deconditioned or disabled users to workout warriors and elite athletes. The T5 offers safe, effective, and adaptive exercise with a mid-level feature set and price.

#### **T5 Stability Essentials Bundle**

A Unilateral Leg Stabilizer Configuration (1 leg stabilizer), 1 WellGrip set (one right hand and one left hand), 1 Hip and Torso Belt Set + Foot Secure System.

OC-040071-52000-SE

#### **T5 Total Essentials Bundle**

A Bilateral Leg Stabilizer Configuration (2 leg stabilizers), 1 WellGrip set (one right hand and one left hand), 1 Hip and Torso Belt Set.

OC-040071-52065-TE

#### OC-040071

#### Accessories OC-040072-52000 OC-040072-52065 OC-040072-50685 OC-040072-05300

OC-040072-51713-SE OC-040072-5714-TE

#### **NuStep T5**

Leg stabilizer, Unilateral Bundle Leg stabilizer, Bilateral Bundle WellGrip set Transporter T5XR Stability Bundle

T5XR Total Essentials Bundle





# NuStep T5XR Recumbent Cross Trainer

An industry standard when it comes to total body conditioning of the cardiovascular and muscular systems, the T5XR represents the height of NuStep innovation with an extended range of features, adjustments and versatility, all designed to offer the benefits of life-transforming exercise to more users. A favourite among cardiac-rehab programs across Canada, the T5XR is accessible, supportive and versatile. Whatever the user's level of fitness or ability, the T5XR offers safe, effective and adaptive exercise. The T5XR includes more than 40 new features and design improvements, all developed through extensive field research and testing.

#### **T5XR Stability Essentials Bundle**

A Unilateral Leg Stabilizer Configuration (1 leg stabilizer), 1 WellGrip set (one right hand and one left hand), 1 Hip and Torso Belt Set.

**OC-040072-52001-SE** T5XR

#### **T5XR Total Essentials Bundle**

A Bilateral Leg Stabilizer Configuration (2 leg stabilizers), 1 WellGrip set (one right hand and one left hand), 1 Hip and Torso Belt Set. Foot secure system comes standard on the T5XR.

**OC-040072** NuStep T5XR with Foot Secure System **OC-040080** NuStep T5XR with Oversized Seat

**Accessories** 

OC-040072-52000 Leg stabilizer, Unilateral Bundle
CC-040072-52065 Leg stabilizer, Bilateral Bundle
WellGrip set

**OC-040072-50685** WellGrip set Transporter

**OC-040072-51713-SE** T5XR Stability Bundle **OC-040072-5714-TE** T5XR Total Essentials Bundle





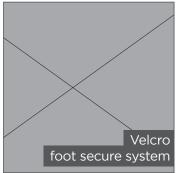




	NuStep T4r	NuStep T5	NuStep T5 XR
Step-through height	9-12" (23-30 cm)	3-4" (8-10 cm)	3-4" (8-10 cm)
Enhanced smooth stepping motion		Yes	Yes
User height capacity	4'6"-6'4" (137-193 cm)	4'6"-6'7" (137-200 cm)	4'6"-6'7" (137-200 cm)
Maximum weight capacity	400 lbs. (182kg)	500 lbs. (227 kg)	600 lbs. (272 kg)
Resistance range	5-800 watts	5-1400 watts	5-1400 watts
Seat dimensions	17"W x 14"D (43x36 cm)	18"W x 14"D (46x36 cm)	18"W x 14"D (46x36 cm)
Back height	17" (43 cm)	22" (56 cm)	22" (56 cm)
Seat swivel	360°	360°	360°
Highest seat position	15" (38 cm)	18" (46 cm)	18" (46 cm)
Contact heart rate grips		Yes	Yes
Adjustable reclining seat back			Yes
Adjust hand grips separation		Yes	Yes
40° hand grip rotation			Yes
Maximum arm length	15" (38 cm)	18" (46 cm)	18" (46 cm)
LCD display	Monochrome	Color	Color
Resistance levels	10	15	15
8 basic programs incl 5 profiles		Yes	Yes
Data readouts	Yes	Yes	Yes
Multiple display languages		Yes	Yes
Polar® heart rate monitoring w/strap	Yes	Yes	Yes
Contact heart rate monitoring		Yes	Yes
Target heart rate control program			Yes
Constant speed (isokinetic) program			Yes
Constant power program			Yes
2 exercise testing protocol programs			Yes
Unit weight	210 lbs. (95 kg)	285 lbs. (129 kg)	286 lbs. (130 kg)
Unit size	60x27x45" (152x69x112cm)	73x29x46" (185x74x117cm)	73x29x46" (185x74x117cm)
Warranty	5 yrs. parts, 1 yr. labor, 10 yrs. frame	5 yrs. parts, 1 yr. labor, 10 yrs. frame	5 yrs. parts, 1 yr. labor, 10 yrs. frame
Maintenance	Maintenance free	Maintenance free	Maintenance free
Code	OC-040070R	OC-040071	OC-040072

# Optional Accessories



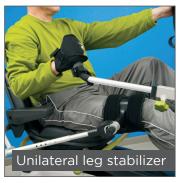


















NuStep offers several optional accessories to facilitate and offer better control when using the machine.

# Introducing StrideLock

The new StrideLock feature, which allows the user to lock the arm handles and leg pedals when needed, now comes standard on all NuStep models.

NuStep is committed to providing safe and inclusive exercise equipment that people of virtually all ages and ability levels can use. In addition to providing a high performance workout, our products are designed to be accessible for those recovering from injury, illness or surgery and those with limited mobility.







# Your OrthoCanada Sales Consultants

After a ten years as an advocate for the small business sector, Katherine then followed her interests by owning and operating a lady's fitness centre for the elderly and physically challenged.

Since 2009 she has worked with Orthocanada to educate and assist professionals with the purchase of rehab equipment.

Katherine Fairfield Katherine.fairfield@orthocanada.com 1-800-561-0310 ext 1711



After 18 years as a small business account manager in the office supplies industry, Hanh took some time off to enjoy some of her interests such as traveling to her favorite destination of Hawaii as well as reading and spending time with her family.

Since 2015 she has worked with Clinic Supplies Canada, pursuing sales and account management by providing unwavering support to health professionals with their clinical needs and assisting with rehabilitation equipment purchases.

Hanh Nguyen hanh.nguyen@orthocanada.com 1-800-561-0310 ext 1752

# Home Healthcare

"...if she had a Nustep in her home, this would provide immediate access for consistently exercising 2~3 x / week as a minimum. This would assist this patient in maintaining meaningful community integration and decrease the risk of hospitalization." - Stuart Miller BScPT CHT Clinical Leader NCAR, Alberta Health Services

## **Endorsements**

■ NuStep® recumbent cross trainers have earned the Arthritis Foundation's Ease-of-Use Commendation. Products with the Ease-of-Use Commendation are proven to make life easier for people who have arthritis and other physical limitations. For more information go to: www.nustep.com/about-nustep/awards-and-endorsements/arthritis-foundation/



- Nustep recumbent cross trainers are widely used by patients enrolled in the exercise program of the Canadian Association of Cardiovascular Prevention and Rehabilitation. For more information about a CACPR Program near you go to:
  www.cacpr.ca/information for public/program directory.cfm
- For more information on the research to Examine the effectiveness of the NuStep Recumbent Cross Trainer in combination with a functional rehabilitation program after a Total Knee Arthroplasty (TKA), Total Hip Arthroplasty (THA) or hemiarthroplasy of the hip, and to determine its feasibility and safety, by the McGill University School of Physical and Occupational Therapy, go to: blog.orthocanada.com/research/effectiveness-nustep-to-tal-knee-replacement-mcgill-research-study/



# Institutional usage Part 1

1 Fd Amb Physical Therapy Dept Abbotsford Regional Hospital Adult Mental Health Alberta Health Services Alexander Place All Saints Springhill Hosp. Altum Health Aphasia Centre Of Ottawa Banfield Pavilion **Baptist Housing** Baycrest Centre For Geriatric Beaufort-delta HIth & Soc Ser Beausejour District Hospital Berwick Comox Valley Berwick Royal Oak Bethany Care Centre (Resident Bethesda Regional Health Cente Bishop O'byrne Housing Bloomington Cove Care Communit Bluewater Health (Norman Site) Blusson Spinal Cord Centre Bob Macquarrie Recreation Comp Bonnie Brae Bradford Valley Care Community Brentwood Care Centre Bridgepoint Hospital **Brock University** Brockville General Hospital Brooks Health Centre-palliser Brookside Court/hilltop Place Burman University Burnaby Hospital Calgary Jewish Centre Camosun College Campbellton Reg. Hosp - Restig Canada Games Centre Canadore College Carewest Dr. Vernon Fanning Cedarvale Care Community Cedarview Centre De Readap Lucie-bruneau Centre D'hébergement Du Manoir Centre Le Royer Centre Valéo St. Lambert Charlotte Villa Chatham Kent Heath Alliance Chatham-kent Com. Healthy Cent Cheltenahm Care Commu Chilliwack General Hospital Chinook Regional Hospital Chs Elgin Chsld Juif De Montreal City Of Ottawa City Of Vancouver Colchester East Hants Health Coleman Care Centre Collingwood General Marine Hos Community Carewest Care Community Hosp O'leary Comox Valley Hospital Concordia University Constance-lethbridge

Cornwall Community Hospital Coronation Hosp.& Care Centre Covenant Health Youville Home Credit Valley Hospital CSC Chigamik Chc CSSS Cavendish-hop.richardson CSSS Des Aurores-boréales Cscd CSSS Du Haut-saint-laurent Cusm/muhc Dauphin Regional Health Centre Dept. National Defence Dist. Of West Van Aquatic Ctre Drumheller Health Centre Dryden Regional Health Centre **Dunedin Consultants** East Calgary Health Centre Ex-hopital General De Lachine Fishermen's Mem Hospital Foothills Medical Centre Fort Hope Community Care Fort Macleod Health Centre Foster Cons. Rehab. Assoc. Four Counties Health Services Fpc - Garden Villa Retirement Fraser Canyon Hospital Fundy Hospital GBHS - Owen Sound Geraldton District Hospital Gf Strong Rehabilitation Cent Glengarry Memorial Hospital Glenrose Rehabiltation Hospita Grace Hospital Grand River Community Health C Grand River Hosp. Park St Recv Grand River Hosp.freeport Site Grande Prairie Qeii Hospital Granite Ridge Care Community Grey Bruce Health Services **Groves Memorial Hospital** Hamilton General Campus-hhs Hamilton Health Sciences Harmony Hills Care Community Health Sciences Centre Health Sciences North High River General Hospital Holy Cross Cancer Centre Holy Family Hospital Home And Community Support Hopital General De Grand-sault Hôpital General Juif Hopital General Lakeshore Hopital Juif De Réadaption Hopital Notre-dame Hopital Regional D'edmundston Hornepayne Community Centre Hotel Dieu Shaver / Rehab Heal Hotel Dieu St-joseph De St-que Hotel-dieu Grace Health Centre Hsn/horison Sante Nord Humber River Reg. Hospital Ih.duramd Manor

Ins Univ Cardio Et Pneumo Qc

Interior Health Authority Jbh - Redevelopment Jim Pattison Outpatient Care & Kelowna Family Ymca Kelowna General Hospital Kingston Community Health Cent L.A. Miller Centre Lady Dunn Health Centre Lady Minto Hospital Ladysmith Health Centre Lakeridge Health C/o Rouge Val Lakeridge Health, Whitby Site Landmark Court Langley Memorial Hosp Langs Community Centre Laurel Place, fraser Health Aut Lennox And Addington Hospital Lions Club Intl Dist. A 4 Lions Gate Hospital Lyndhurst Hosp.-toronto Rehab Magnum Canada Manitoulin Community Fitness Manitoulin Health Centre Manitouwadge General Hospital March Of Dimes Canada Markham Stouffville Hospital Mattawa Hospital Mazankowski Heart Institute Mccausland Hospital Mcgill University Mckenzie Towne Mcmaster University Mcmaster University Sports & I Mental Health Services Milton District Hospital Miramichi Regional Health Auth Misericordia Community Hospita Misericordia Health Centre Mohawk Council Of Akwesasne Mohawks Of The Bay Of Quinte Moose Jaw Union Hospital Mount Hope Msa Rehab Worthington Muskoka Shores Care Community Nanaimo Regional General Hospi New Regional Mental Health Newmarket Health Centre Niagara College Welland Campus North Bay Regional Health North East Specialized North Hamilton Health Centre North Hastings Hospital North York Gen Hosp Seniors Hc North York General Hospital Nsha Central Authority Nsha South West Health Oakville Trafalgar Hospital Oil Heritage District Olds Hospital And Care Centre Origin-Spring Creek Ottawa Hospital - Civic Campus

Parkwood Institute

# Institutional usage Part 2

Pavillon Gingras Pavillon Lindsay Peace Arch Hospital Perley-rideau Health Centre Perth & Smith Falls Hospital Pinecrest Recreation Complex Portsmouth Post Stroke Care Program Praire North Regional Health Providence Care Centre - Smol Providence Health Care, Toront PT Health- Trillium Manor Queen Elizabeth Hospital(Mm E) Queen's Park Care Centre Queens Univ. Sch.of Kin&health Quinte Health Care, Belleville Regent Park Community River Height Professional Bldg Riverdale Health Centre Rmh-receiving-711353000 Rockyview General Hospital Royal University Hospital Royal Victoria Regional Health Runnymede Healthcare Centre Saint- Vincent Hospital Seaway Valley Community Selkirk Mental Health Centre Seven Oaks General Hosp. Shaw Centre Sherbrooke Community Centre Sherwood Park Manor Silverthorn Care Community Sioux Area Active Centre Soins Continue Bruyere Somerset West Comm.h.centre-South East Grey Community Cent South Health Campus Hospital South Riverdale Community Heal South Shore Health Southampton Hospital Southlake Regional Health Cent St. Bonifice General Hospital St. Clare's Mercy Hosp Health C St. Joseph's Hospital Ham. St. Andrews Outreach Of St. Joseph's Health Centre St. Josephs Hospital St. Thomas Elgin General Stettler Hospital & Care Cente Sun Country Health Region Sundre Hospital & Care Centre Sunnybrook Health Sciences Cen Support Services Facility Temiskaming Hospital The Arthritis Society The City Of Ottawa The Duchess Recreation Centre The Moncton Hospital The Royal Ottawa Health Care Timiskaming Home Support Tobique Valley Communityhealth

Tom Davies Square

Toronto Rehab Institute Trillium Health Centre West To Trillium Health -mississauga Trinity Care Centre **UBC** Hospital Unifund Assurance Co. Universite De Moncton University Health Network University Of Alberta Hospital University Of Pei University Of Waterloo Upper River Valley Hospital Vancouver Island Health Vch - Mary Pack Arthritis Prog Vecova Recreation Centre Victoria General Hospital Victoria Hospital- Mat Man Viha -west Coast General Hosp. Viha-campbell River General W. Ross Macdonald School **WDACS** Wellness Institute West End Community Centre West Lincoln Memorial Hospital West Park Healthcare Centre West Parry Sound Health Centre Western Health Care Corp Hospi Western Hosp - W Prince Health Wetaskiwin Hospital Physio Dep William E. Pautler Centre William Osler Health Cen. Bch Wingham & District Hospital Workers' Compensation Of Ns Worksafe Bc Worksafebc Health Care Pyts YMCA Burlington YMCA Lunenburg County YMCA Lunenburg County YMCA Of Greater Moncton YMCA Of Greater Saint John YMCA Of Hamilton YMCA Of Hamilton YMCA Of Oakville YMCA Waterdown YMCA Of Guelph

York Wellness Centre

### Seniors Residences

Allendale Long Term Care

Amica At Mayfair

Amica At Douglas House

Amica At Dundas

Amica At Oakville

Amica At The Gorge

Amica Mature Lifestyles

Appleby Place

Applewood Retirement Residence

Atria - Victorian At Mckenzie

Atria - Anchor Pointe

Atria- Arbour Lake

Atria - Canyon Meadows

Atria - Crystal View Lodge

Atria - Ironwood Estates

Atria - La Residence Steger

Atria - Stamford Estates

Atria Starriora Estate

Atria - The Victorian

Atria- Burlington Gardens

Atria- Chateau De Champlain

Atria- Longlake Chateau

Atria- Prince George Chateau

Atria - the Court At Brooklin

Atria- The Court At Pringle

Atria- The View At Lethbridge

Atria- Victoria Park

Atria- Victoria Park

Atria-the Court At Rushdale

Baybridge Senior Living

Bradgate Arms

Bridlewood Manor

Brightwater Senior Living

Cedarcroft Place

Chelsey Park Retirement Commun

Churchill Retirement Community

Copper Terrace Long Term Care

Deer Lodge Centre

Delmanor Elgin Mills

Delmanor Glen Abbey

Delmanor Prince Edward

Errinrung Residence Retirement

Evergreen Estate Lodge Inc.

Extendicare Brampton

Extendicare Cobourg

Extendicare Kirkland Lake

Extendicare Laurier Manor

Extendicare Medex Extendicare Port Hope

Extendicare- West End Villa

Fairview Lodge

Fairview Nursing Home

Fleetwood Villa Retirement Res

Forest Hill Place

Fpc - Heritage Manor

Fpc - Park Place Retirement

Fpc - Russell Meadows Retireme

Fpc - Stillwater Creek

Fpc- Sandfield Place

Fpc-riverpark Place

Gef Seniors Housing-

Grace Villa

Fusger House

Grove Park Home

Hawthorn Woods Care Community

Heritage Meadows

Highland Place

Hillcrest Lodge

Hillsdale Estates

**Holland Christian Homes** 

Horizon Place Retirement Resid

loof Seniors Home Inc.

John Noble Home

Kanata Place

Kawartha Heights Retirement

La Maison Des Aînés

Labdara Lithuanian Nursing

Lambton Meadowville Villa

Le Waldorf

Lincoln Park Retirement Suites

Linhaven-niagra

Luther Village On The Park

Manitoulin Lodge

Manoir Montefiore

Manoir Ste Genevieve

Maple View Lodge

Maplecrest Village Marian Chateau

Mountain View Seniors Housing

Mountainview Residence

New Orchard Lodge

One Care Home & Comm. Support

Oyen Seniors Lodge

Paragon Place Lodge

Parkview Meadows Christian

Pinehaven Nursing Home

Pleasant Valley Lodge Presentation Manor

Presentation Mand

Queens Garden

Regina Gardens

Residence Au Fil De L'eau

Residence Les Monarques Retirement Suites By The Lake

Retirement Suites Of Kawartha

Revera Living - Donway Place

Revera Living-kingsway

Revera- Meadowlands

Revera- Stittsville Villa

Revera-crofton Manor

Revera-elmwood Place

Revera-forest Heights Revera-stittsville Villa Riversideresidences On Thepark Ross Place-allegro Retirement

Saskatoon Field House

Scarborough Retirement Cent

Shalom Village Sheridan Villa

St. Joseph's Continuing Care

St. Joseph's Villa

Stone Lodge

Sun Parlor Homes

Sundial Lakeview Retirement

Sundre Seniors Sup. Living

Tender Care Nursing Home Ltd.

Terrace Lodge

The Beechwood

The Beechwood

The Bentley Moose Jaw

The Bentley Regina

The Bentley- Swift Current

The Dorchester

The Franklin

The Village At University Gate

The Village Of Arbour Trails

The Village Of Aspen Lake

The Village Of Aspell Lake

The Village Of Humber Heights

The Village Of Tansley Woods

The Village Of Winston Park
The Waverley/rosewood

The Wellington Retirement Res

The Wellington

The Westwood

Trillium Manor

United Active Living Inc.

Victoria Place Villa Colombo Serv

Viva Barrhaven

Viva Meadowlands

Von Oxford

Von Strathroy

Wai Kwan Manor Waterside Retirement Community

Wentworth Heights

Whistlebend Continuing Care

Wikwemikong Nursing Home Woods Park Care Centre

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