

## *Total Trainer FAQ's: What type of training guides come with the Trainers?*

Each Total Trainer comes with an instructional video or DVD for strength training, a user's manual that shows how to set up and take down the unit, attach various accessories and over 60 sample strength training exercises with two photos and a set of four training cards that have various routines based on the sample exercises. The Pilates units come with an additional Pilates instructional video. Some of the other Trainers also come with our new 20 minute Workout DVD (please review our comparison chart for details on which Trainers include this).

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*Author: Jim Berridge*

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