

Total Trainer FAQ's: How do I choose the best Total Trainer for me?

You would look at the comparison chart online (<http://www.bayoufitness.com/Page.bok?template=chart>) first. Here you would look at the roller systems and choose between ball bearing or non-ball bearing. Next you would look for the unit that meets the height and weight capacities of the primary users. Finally you should choose the unit that includes the desired accessories.

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