

## *Total Trainer FAQ's: What are the differences between the glideboard roller systems on the different Trainers?*

There are two types of rollers; ball bearing and non-ball bearing. The non ball bearing rollers are the TPU 90AE Super Tuff rollers. These are very high quality nylon and have been tested to retain their stability and smoothness over thousands of rotations but are not as smooth as the ball bearing rollers. There are three types of ball bearing rollers that are equal in quality. The different types are simply for different frames.

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