

Total Trainer FAQ's: What are the differences between monorail and dual rail frames?

The monorail frames have a single aluminum rail that the glideboard rides on. The single glidechannel on the bottom of the glideboard fits around the incline rail for ultimate stability and smoothness. The dual rail frames have two steel elliptical shaped incline rails and the two steel glidechannels house four concave rollers that create a perfect seal on these convex rails. The monorail frames give the smoothest glide and the highest weight/height capacities as they are light industrially rated and are the largest of the Total Trainers.

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Author: Jim Berridge

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