

Total Trainer FAQ's: What are the specific Pilates attachments and can they be added to a non-Pilates Total Trainer?

The Pilates

attachments/accessories are the Pilates toe bar, the true Pilates dual leg assembly, the Pilates instructional video/DVD, the two removable Pilates shoulder braces and the four Pilates resistance bands with grab tabs. The Pilates toe bar can be used on a non-Pilates Total Trainer (it can be inserted in the same location as the squat board) and may be purchased alone. The Pilates instructional video/DVD may also be purchased individually. The four Pilates resistance bands with grab tabs, the two removable Pilates shoulder braces and the true Pilates dual leg assembly may not be purchased independently. We do not sell a Pilates kit as the resistance bands are the most integral Pilates attachment/accessory and a non-Pilates Total Trainer frame does not have receptacles for the bands nor for the shoulder braces.

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