

## *Total Trainer FAQ's: I have lost one of my DVDs, can I purchase another one?*

Yes, you can purchase one of these DVDs from us. The Strength Training Workout DVD can be purchased online under the [Accessories](#) section. The Strength Trainer Instructional or Pilates Instructional DVDs can also be purchased over the phone during our normal business hours (8A-5P CST, Monday-Friday).

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