

## *Total Trainer FAQ's: What are the three and four point pulley assemblies and which Total Trainers have them?*

The three and four point pulley assemblies are present on all current Total Trainers. The three point pulley assembly is the most commonly used assembly and allows users to pull the arm rope from the swivel pulleys at the top of the glide rails. The four point pulley assembly is something unique to Total Trainers and allows for additional exercises such as bicep curls, triceps extensions and bench presses. This is accomplished when the swivel pulleys used for the three point pulley assembly are moved to the side of the glideboard. After attaching the swivel pulleys with the pulley pins the stationary pulleys located beneath the original location of the swivel pulleys (or beside the original location on the monorail gyms) should be opened by turning the top cover and the arm rope looped around the internal pulley. The rope changes direction in this assembly so it is being pulled from beneath the user rather than from above them.

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