

Total Trainer FAQ's: Why does a Total Trainer use a rope for the main pulley assembly rather than a cable?

This was a decision that was researched carefully before it was made. The rope used on all Total Trainers is a static rope (used for ascending or repelling in rock climbing). These are ropes with solid nylon cores surrounded by a decorative nylon rope braid. These do not stretch and are nearly impossible to break cleanly. When a cable is used on a product that requires multiple passes through a sealed steel pulley (such as exists on a Total Trainer), the rubber coating on the cable is very susceptible to shredding or tearing. This rubber coating will also crack and splinter over time. The addition of the four point pulley assembly also necessitates the usage of more flexible ropes as the ropes will spend time crossing the body when in a supine position. If cables are used for this, it can be quite uncomfortable.

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