

A black and white photograph of a Total-Trainer exercise machine, which is a recumbent rowing machine. It features a long, padded sliding seat, a footplate at the front, and a handle with a T-bar grip at the rear. A large flywheel is visible at the front of the seat. The machine is mounted on a sturdy metal frame with adjustable feet. The text "TOTAL-TRAINER" is embossed on the side of the seat.

# **TOTAL - TRAINER<sup>TM</sup>**

## **OWNER'S MANUAL**

# Total Trainer Manual

**James Crossley**



## **Total Trainer Manual:**

United States Sentencing Commission Trainer's Manual United States Sentencing Commission,1989      **Reference**  
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