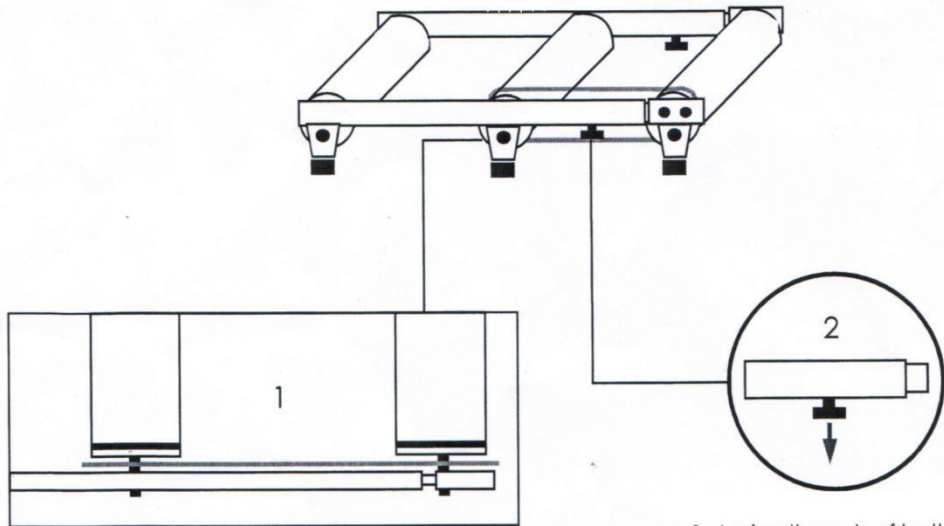


Soozier

EN AA0-046 C191211

Part List

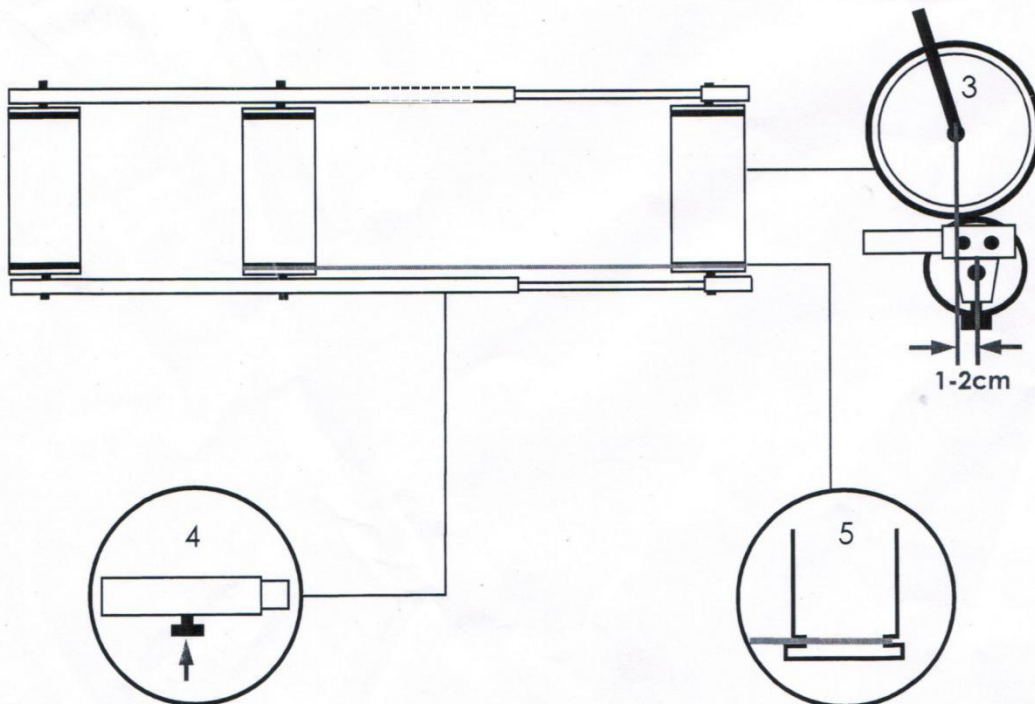
Roller Belt(spare): 1pc; Foot-Step(1 flat with 2 long screws and 2 foot screws):1pc;
Foot screw: 6pcs. Manual: 1pc



1. Putting the drive belt between the front-roller drum and the middle-roller drum.

2. Loosening the nuts of both side.

3. Spreading the front-roller drum out, Make sure your front-roller drum should be 1-2 cm longer than your bike's wheelbase.



4. Tighten all nuts firmly.

5. Putting the drive belt into the notch, and enjoy it in anytime.

How to use it

- 1.Attention: Refer to manual for instructions before using,Unless you are experienced or have trained supervision, it would be best to start out by placing the roller in a doorway such that you can easily reach out or lean against the doorway for emergency balance.
- 2.The best way to use it, please with smooth tires, Choosing the thin thread pattern to decrease noise.
- 3.Make sure you use it on a flat surface. Keep the bike wheel with front roller as below image 1.
- 4.If you never use it before, please learn it in a door or beside a stable object, using them to keep balance. Generally, the eyes look forward(as you ride on the road),this will help you ride in a straight line. Focus on a point directly in front of the center point of your rollers or take an object 2-3 meters that will help you to keep your position.
- 5.When you ride it in the first time, you may feel that lose your balance. Try to reduce upper body moment to a minimum and to maintain a smooth pedaling style.
- 6.Usually, The higher speed is easy to keep balance. However, We suggest the best speed is about 15-25km/H for the beginners who use it in the first time, and then more and more to up the speed until you feel comfortable riding the rollers.



image 1

