

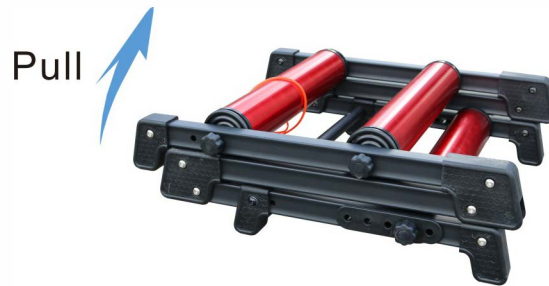
SPARE LIST:

Roller Trainer 1pc; Roller Belt(spare) 1pc; Foot-Step 1pc; Manual 1pc; Wrench 1pc

Assembling Steps:

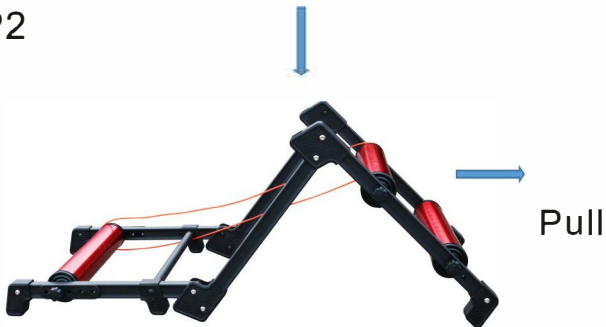
1. See P1, put the product out of the carton, check the below fold style shape .

P1



2. Unfold the product as P2, Put the belt into the slot, put the belt on the other side of the Foot-step.

P2



3. Fold the trainer to be flat then put the bike on the roller as P4. Adjust the roller position to fit the bike size. Please pay attention to P5, Keep the front wheel as shown picture.

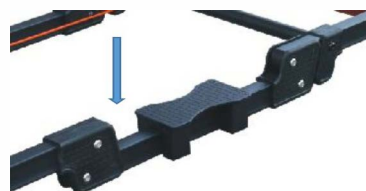
P4



P5



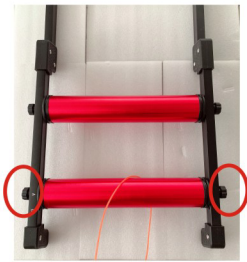
4. Put the Foot-step on one side frame as P6, if you put the foot-step to the left side of the bike, the belt must to be put into the other side.



P6

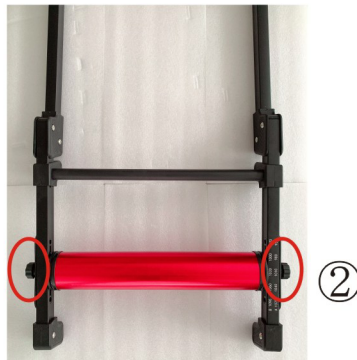
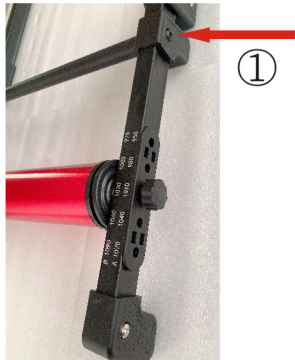
How to put the replaced roller belt:

Screw out the two nuts and put in the replaced roller belt, Then screw back and fix it firm. Place the roller belt between first roller and middle roller as below picture.



How to change the front roller position:

Use a wrench, screw out the below black screw as arrow, screw out the two nuts and move the roller to the right position and screw back the nuts, wrench the screw back as well.



Attention:

1. Please put the trainer on the flat floor, you may buy a silencer mat to reduce noise.
2. We suggest using the slick tyre to reduce noise.
3. When using, you'd better make the tire pressure to 90-95% of the maximum value, it will make the riding much comfortable, see the maximum value of tyre on the tire.
4. Please warm-up before using the roller, keep safety.
5. Check if every bolt and screw is properly tightened before using. Do not loose or over-tighten the screws. It will cause serious damage to the cap and bearing.
6. When using, make sure that there is no weapon, no children and pets near the roller, riding at high speed, the roller belt is not easy to see, please do not use your hands or other parts of your body to touch it in order to avoid any burns. You need take the responsible if such acts hurt.
7. 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.
8. 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 roller or take an object 2-3 meters that will help you to keep your position.
9. 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.
10. Usually, the higher speed is easy to keep balance. However, we suggest the best speed is about 15-25KM/H for the beginners, and then more and more to up the speed until you feel comfortable riding the rollers.
11. When you are ready to stop training, do not brake it immediately, you should stop pedaling, then step a foot on the ground or the foot-step, this will be beneficial to a safe stop.
12. Use the bike trainer in a dry environment may generate static electricity, in order to avoid the dangers of static electricity, please keep away from the TV, use a humidifier to keep air humidity.
13. Please push the folding button before opening or folding the roller. Be careful not to pinch your finger when folding down the frame. Do not stand on the roller.
14. The roller only can be used for home or out flat bike training.
15. The product is for the normal 2-wheel bicycle with the wheelbase between 950 and 1090mm only. The maximum load is 150kgs.



