



Portable Roller – Stationary Trainer

Attention: Please follow these instructions closely. They are critical for the proper functionality of the roller, as well as the safety of the user.

Thank you for your purchase. We hope you enjoy your new portable roller!

What is included?



- 1) Front Wheel Rest
- 2) Carry bag (and insert)
- 3) Two blue drums
- 4) Black Round Nylon Caps
- 5) Two White Height Adjuster Bars

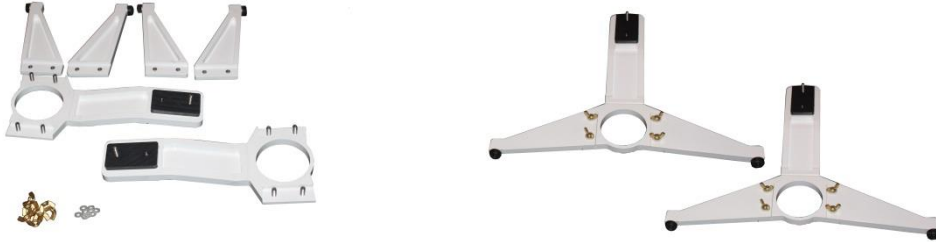
- 6) Four White Feet for Base
- 7) Two White Uprights for Frame
- 8) White Round Clamp
- 9) Hardware

What is included in the hardware?

- two handles
- two rubber backed washers
- nine white nylon washers (one is extra)
- 15 brass wing nuts (one is extra)
- Allen key
- two Velcro straps

Assembly Instructions:

Start with the two white uprights for frame, four white feet for base, eight nylon washers and eight brass wing nuts. Place the feet on the uprights so the rubber foot is away from the upright. Place a nylon washer and wing nut on each of the eight bolts. Tighten the wing nuts.



Next you will need the two blue drums, two black round nylon caps, and six brass wing nuts. Insert the axle tube of each drum from the outside of the uprights (the side with the Révolution Sports Sticker). From the inside, place the round nylon caps over each of the two axle tubes. Place a wing nut on each of the six bolts and tighten.



Place the round white clamp over the end of the larger axle tube making sure the Allen key bolt is placed half way between the two cut lines on the axle tube. Insert the smaller axle tube into the large axle tube. You do not need to tighten the Allen key bolt at this time.

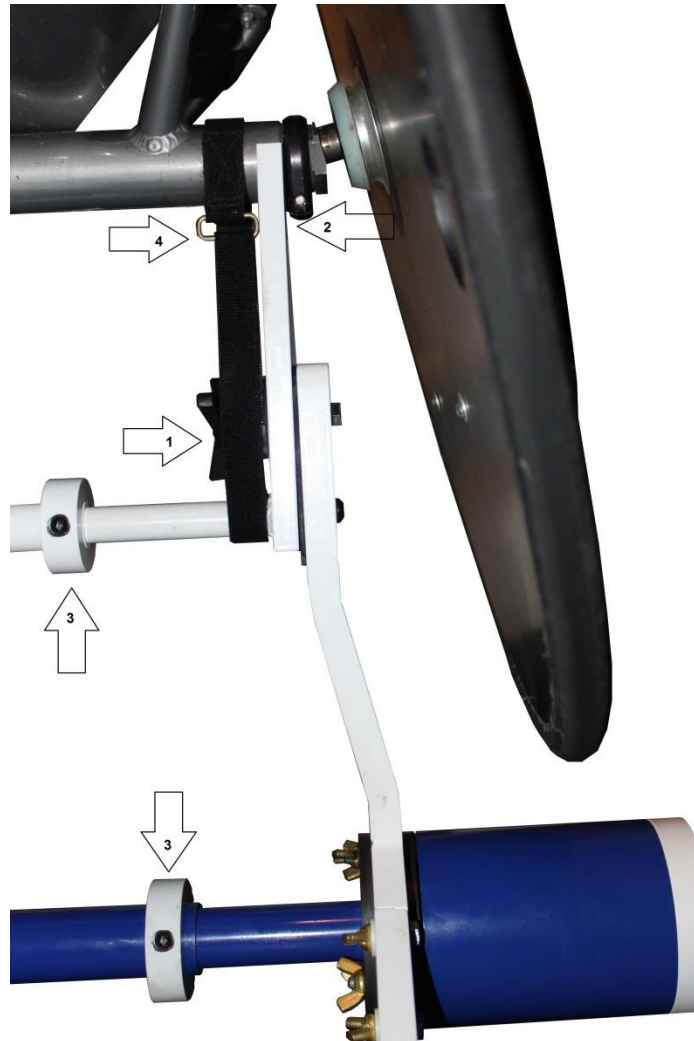


Next you will need the two white height adjuster bars, two black handles and two rubber backed washers. Insert the smaller of the two shafts into the larger one. With the 'V' shape at the top, place the bolt of the uprights from the frame through the slot of the height adjusters. Place a rubber backed washer on each bolt, followed by the black handles.



Getting ready to train

- 1) Loosen the two black handles on the height adjuster and raise to the highest possible position. Lightly tighten one or both of the black handles.
- 2) Place the axle tube of your racing chair into the 'V' on the height adjuster. Depending on the chair, you may need to move the axle tube clamp slightly to accommodate the 'V'. The 'V' should rest right against the inside of the axle tube clamp of your racing chair.
- 3) Tighten both Allen key bolts on the axle tube of the roller and the height adjuster shaft.
- 4) Install the two Velcro straps around your axle tube and the shaft of the height adjusters. Tighten completely. These straps should not be loose while training.



- 5) Loosen the two black handles and your chair will drop to the drum of the roller. Strongly tighten the two black handles.
- 6) Adjust the front wheel rest to the highest position by squeezing the mechanism underneath and pushing the red piece up. Place your front wheel into the rest.

You are ready to train!