



Portable Roller

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) Carry bag
- 2) Two white uprights for frame
- 3) Two white height adjuster bars
- 4) Four white feet for base
- 5) Two blue drums
- 6) Front wheel rest
- 7) Hardware

What is included in the hardware?

- 15 brass wing nuts (including one extra)
- Nine white nylon washers (including one extra)
- Two black nylon caps
- Two rubber backed washers
- Two black knobs
- Two rubber straps

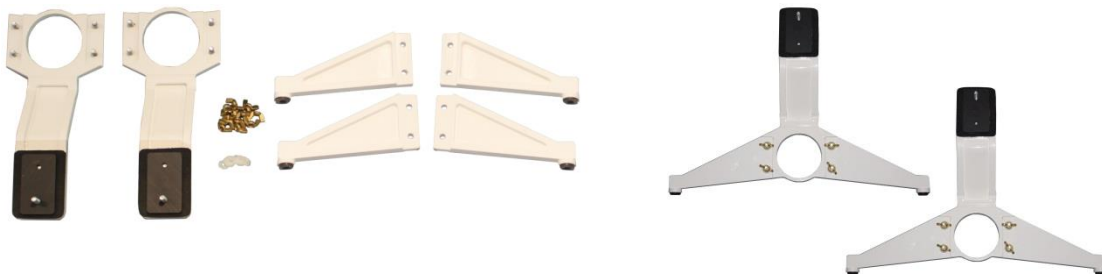
Before we get started, some important things to know:

The knob inside the end of the drum is used to tighten the axle tubes together once assembly is complete. It is very important to never tighten this knob when the small axle tube is not inserted into the large axle tube. Doing this will stress the aluminum and require replacement.

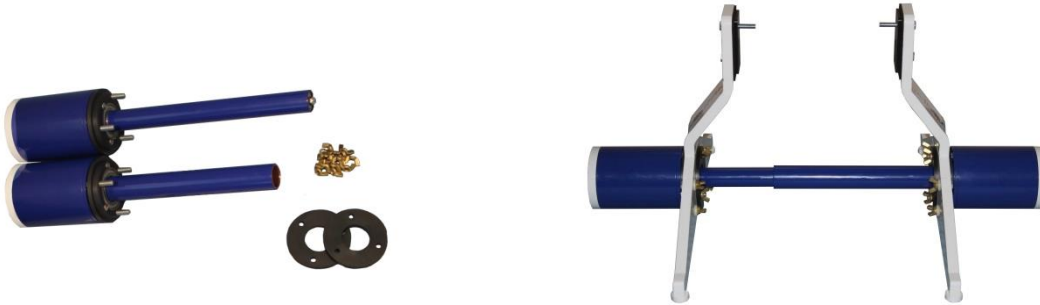


Assembly Instructions:

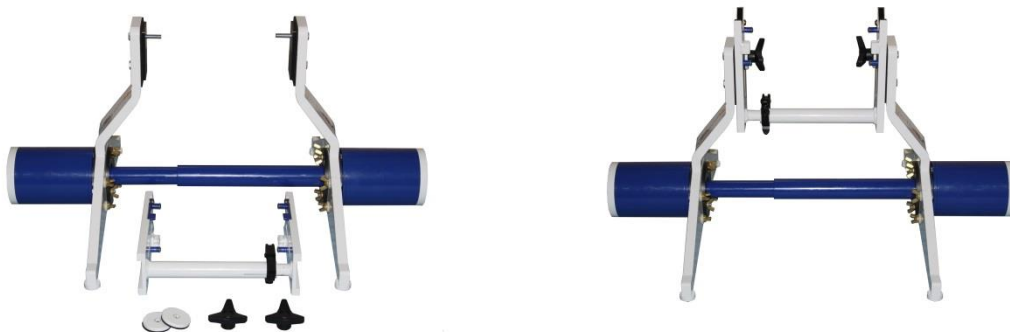
Start with the two white uprights for frame, four white feet for base, eight nylon washers and eight brass wing nuts. Place the feet on the uprights so the rubber foot is away from the upright and the cut-out piece should face the outside. Place a nylon washer and wing nut on each of the eight bolts. 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. Insert the smaller axle tube into the larger axle tube. Do not tighten the knob inside the drum.



Next you will need the two white height adjuster bars, two black handles and two rubber backed washers. Insert the smaller of the two tubes 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. Do not close the post clamp yet.



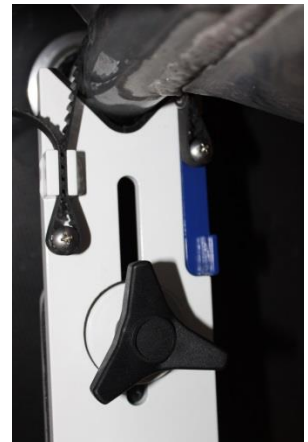
Getting ready to train

- 1) Loosen the two black handles on the height adjuster and raise to the highest possible position. Lightly tighten both of the black handles.
- 2) Place the axle tube of your racing chair into the 'V' on the height adjuster. Width adjustment: aim to have your wheels drop down in the center of the drum when possible, or wherever it fits best on the axle tube as long as the wheel is on the blue drum.
- 3) 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.
- 4) Close the post clamp on the height adjuster and tighten the black knob inside the drum. (Tip: Hold the knob with one hand and spin the drum with the other to tighten.)
- 5) Install the two rubber straps.
 - a. Flip up the blue latch. Put the loop of the strap on the blue knob of the latch with the teeth facing up.
 - b. Go around the axle of your racer and pass the strap down through the slot in the white block.

- c. Loop around the white knob below it. Bring the strap up to pass through the slot in the white block again, making sure the teeth slide into each other.



- d. Flip down the blue latch. Repeat process for the other strap. Once you have adjusted these straps to the right length for your chair, you can release them by lifting the blue latch and removing the loop from the blue knob, leaving the strap fed through the slot in the white block for the next training session.



THE NEXT STEP IS VERY IMPORTANT FOR THE FUNCTIONALITY OF THE ROLLER!

Too much weight on the roller will cause it to not spin properly. The user should not be in the racing chair at this point.

- 6) Loosen the two black handles and your chair will drop to the drum of the roller. Strongly tighten the two black handles.

Now, you are ready to train!