



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 O-rings

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 recessed area on the foot 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. 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 black threaded quick connect on 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 rise 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) Place your front wheel into the white wheel rest.
- 4) Close the post clamp on the height adjuster and tighten the black threaded quick connect on the drum.
- 5) Install the two rubber O-rings.
 - a. Pull the blue lever up, to an open position
 - b. Hook the O-ring on the white post
 - c. Pull the O-ring tight over top of the axle
 - d. Hook the O-ring on the blue post of the latch
 - e. Pull the blue lever to a closed position



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 slide the height adjuster bar down so your tires are resting on the drum of the roller. Tighten securely the two black handles.

Now, you are ready to train!

Note: If you move your portable to a new area, you should redo the "Getting ready to train section" as uneven floors will affect how the drums spin. Even a slight discrepancy will make the drum more difficult to spin and can cause unwanted noise and restriction.