



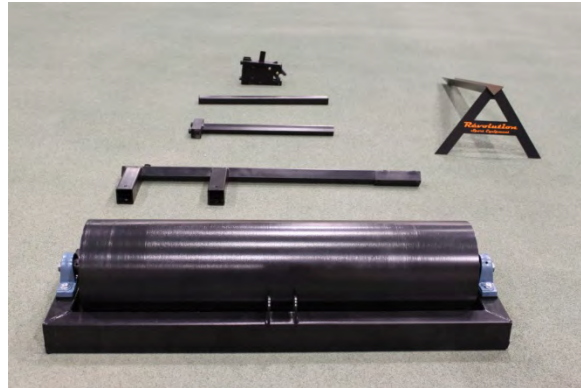
**Standard Roller – Stationary Indoor Trainer
2009-2012**

Thank you for your purchase!

We hope you enjoy your new roller. The solid construction will enable you to have outstanding training performances.

Included in your package:

- Latch
- Straight post
- T-post
- Three post frame
- Roller
- V-Shaped front



- Two black bolts/nuts
- Two Gold bolts/nuts



Tools needed but not included:

- Two 1/2" wrenches
- One 7/16" wrench
- One set standard allen keys



Warning: Follow these instructions to prevent personal injury!

Before each use check the following:

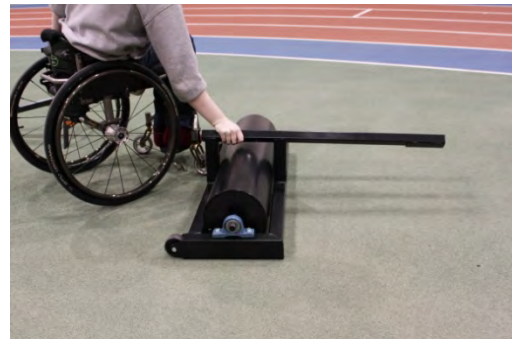
- Check that all the bolts are tightened
- Ensure the latch is secured to its post
- Adjust the latch to the proper height for your piece of equipment
- Ensure your chair is securely locked in the latch before training
- Watch for signs of abnormal wear and tear on the plastic latch. If you notice that this piece is damaged, discontinue use immediately and contact us to order replacement. If you ignore these signs and continue use, major personal injury can occur and Révolution Sport Equipment will not be held responsible.

The roller has exposed moving parts. Keep all debris away from the roller and be mindful of the moving parts. Keep fingers away from the roller.

Assembly Instructions:

There are two small wheels on the frame of the roller; this is going to be at the back of the roller. Place the three post frame over top of the roller and insert the two posts in between the receiving brackets. Ensure the holes line up to receive the bolts.

Use the gold bolts to assemble this piece. Start at the front of the roller and insert the bolt. Place the nut on the bolt, but do not tighten. Repeat this step for the bolt at the back. Again, place the nut on, but do not tighten.



Place the front V-shaped frame under the end of the three post frame. There are different holes to line up depending on how long your racing chair is. To determine its length, measure from the hub of your back wheel to the hub of your front wheel. Then take that measurement and measure from the centre of the roller to the end of the V-shaped front frame. You only need a little bit of extra frame at the front. Once you have lined up the correct holes, slide the black bolts from the top of the three post frame through the V-shaped frame. Put the nuts on the bolts and then use your allen key and 7/16" wrench to tighten them.



Now, you can tighten the gold bolts on the three post frame. Tighten the back bolt first, then you can tighten the front one.



Insert the T-post into the back of the three post frame. Use your allen key to tighten the set screw into place. This will need to be adjusted once you place your chair on the roller.



Insert the straight post through the T-post. Let the straight post come through showing 1-2" at the bottom. Use your allen key to tighten both set screws in place.



Place the latch on from the top of the straight post. Holding it 2-3" from the top, use your allen keys to tighten one or both set screws. Later, you will likely need to adjust the height of the latch to accommodate your chair.

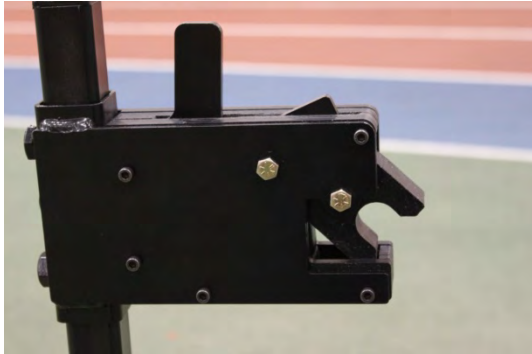


Your assembled roller should look like this! If not please review the above instructions.

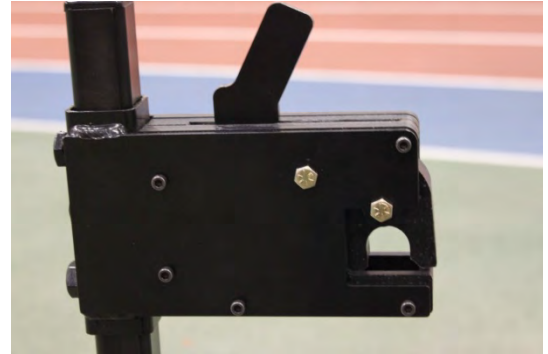


Getting ready to train!

Study the latch so you understand the inner workings. In the pictures below you can see the latch opened and closed.



When the latch is open, the release lever is almost straight up and down. You must have the latch in this position when placing the racing chair on the roller.



When the latch is closed, the release is angled towards the front of the roller. This is the LOCKED position that is required to be able to train safely.

While holding the latch with one hand, loosen the set screws that hold the latch in place.



While still holding the latch with one hand, pull your racing chair onto the roller. Slide the latch up and down on the straight tube and align the latch opening with the bumper on your racing chair. Pull back on your racing chair to lock the latch in place. Push the release lever towards the front of the roller (not down) to ensure it is locked.

It is important to leave the set screws on the latch loose until the rest of the set up is done with the frame.



Loosen the set screw on the three post frame. Once loosened, pull the frame back, or push forward to align the hub of your back wheel with the bearing on the roller. You may need to tighten and loosen a few times before this is set up right, unless you have a helper that can watch the alignment while you use the allen key!



Once you have it aligned, tighten all the set screws and you are ready to go!

