



Roller – Indoor Stationary Trainer

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

What is included?



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| 1) 'U' Connector | 6) Roller drum with Frame |
| 2) 'F' Frame | 7) Two Allen key bolts/nuts & Two hex bolts/nuts |
| 3) Straight Post | 8) Front Attachment (Optional Accessory) |
| 4) 'T' Post | 9) Middle 'A' Support (Optional Accessory) |
| 5) 'A' Front End | 10) Velcro Strap for front wheel (only used with 'U' connector) |

What is not included, but required?

- Two ½" wrenches
- One 7/16" wrench
- One set of standard Allen Keys

Assembly Instructions:

Start with the roller drum and base frame. The small wheels on the frame are to be positioned at the back. Place the 'F' frame over top of the drum and insert the two posts in between the receiving brackets on the base frame. Ensure the holes line up to receive bolts.

Use the hex 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 at this point. Repeat this step for the bolt at the back. Again, leave the nut loose.

If using the front attachment, slide the front attachment onto the 'A' front end. You will tighten the knob at the base of the front attachment while installing the racer later on.

Next place the 'A' front end under the end of the 'F' post frame. There are a variety of holes to line up depending on the length of the racing chair. You only need a little bit of extra frame past your front wheel.

If using the optional middle 'A' support, place it under the 'A' front End and 'F' post frame, lining up the holes in all three pieces.

Once you have lined up the correct holes, slide the Allen key bolts from the top through the 'F' frame, and 'A' front end and middle 'A' support (if purchased). Place the nuts on the bolts and use your Allen Key and 7/16" wrench to tighten them.

Now, you can tighten the hex bolts on the 'F' frame. Tighten the back bolt first, and then you can tighten the front one. ****The order in which you tighten these matters as it changes the way the frame sits on the floor. Failure to tighten in this order can cause unwanted shake and movement while training.****

Insert the 'T' post into the receptacle on the back of the 'F' frame. Use your Allen key to tighten the set screw into place. This will need to be adjusted again 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 'U' connector on the straight post from the top. Holding it 2-3" from the top, use your Allen keys to tighten the set screws. This may need to be adjusted again when the chair is placed on the roller.

Getting Ready to Train!

When using only the 'U' connector:

Rest the front wheel of the racing chair in the V of the front end piece. Lift the racing chair on top of the 'U' connector and drop the bumper into the 'U'. For safety, the bumper must sit below the red line. You can adjust the height of the 'U' if needed, by loosening the two Allen key set screws on the back of the 'U' connector.

Now you can adjust the length of the 'T' post to properly align your racing chair with the bearings on the roller drum. Loosen the set screw on the 'F' frame. Once loosened, pull the 'T' post 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!

Wrap the strap through the spokes on your front wheel and around the frame of the 'A' front end. Tighten securely.



When using the optional front attachment:

Slide your front wheel into the front attachment. Turn the tension knob to apply a slight pressure on the front wheel. The knob at the base should still be loose so you can now slide the front piece with your chair, back and forth to line up the axle with the bearing on the drum (as pictured previously). Once aligned tighten the knob on the base of the front attachment, and tighten the tension knob, finger tight until there is no back and forth movement of the racing chair.

Gear up, you are ready to train!