

- Your roller drums are precision lathe-turned for a smooth ride. Protect the drums from damage during use, handling and storage.

Care and Maintenance

- Always wipe the roller down after use to avoid corrosion. Use a damp cloth only; do not use any cleaners.
- Always disengage the belt or fold the unit after use. Leaving the belt stretched between the drums for long periods of time will cause the belt to lose tension.
- The bearings are permanently lubricated and sealed, and they do not require maintenance.
- Make sure all fasteners are snug. Do not over-tighten any fasteners as it can damage the roller frame.
- PVC Rollers Only: The drums may warp if exposed to direct sunlight or excessive heat for extended periods.

Warranty

SportCrafters warrants all products to be free of any and all defects in material or workmanship. This warranty does not apply to parts that have excessive wear due to normal use, misuse, neglect, accident, or acts of God. Where applicable, incidental and consequential damages are not covered, and there are no other warranties, expressed or implied. This warranty applies to the original owner, and is valid for a lifetime.

Please retain your receipt as proof of purchase.

In the event of a warranty, please contact us at info@sportcrafters.com, or call 574-243-2453.

SPORTCRAFTERS
51345 Bittersweet Road
Granger, Indiana 46530 USA

HANDCYCLE TRAINERS



**SPORT
CRAFTERS**

100% Handmade in the USA

www.SportCrafters.com

Thank you for choosing a SportCrafters Handcycle Trainer. Our Handcycle Trainers are the only portable trainer built specifically for handcycles. The design makes it possible to spin without complicated set-up, and the roller drums drastically reduce tire wear. Perfect for training indoors, rehabilitation and even race warm-up.

The Mag Handcycle Trainer offers an excellent spin with low to moderate resistance. The OverDrive Handcycle Trainer adds progressive resistance, which means you'll get a real-road power profile that allows for hard interval workouts.



A quick note about your trainer:

Our Handcycle Trainers are different than other stationary trainers. You are not locked in, and therefore you may notice imperfections in your pedal stroke. Just like training on rollers, this trainer will challenge you to improve the weakest part of your stroke. We encourage you to use this trainer on a regular basis to improve and maintain great technique.

Please review the following information:

- **Trainer Assembly and Use**
- **Rhythm (Optional)**
- **Precautions**
- **Care and Maintenance**
- **Warranty**

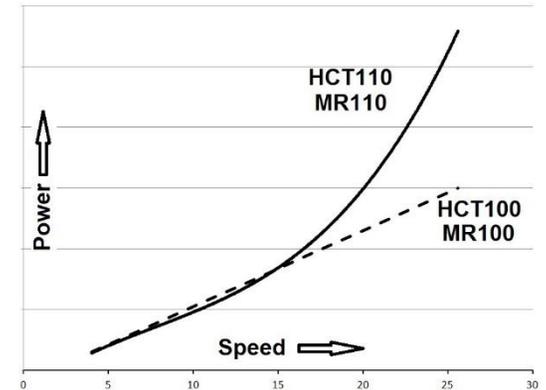
Resistance (Power)

Mag Handcycle Trainer (HCT100): This model has one drum with **two red end caps** that provides low to moderate resistance depending on speed.

OverDrive Handcycle Trainer (HCT110): This model has one drum with

one red end cap that provides progressive resistance, or much more resistance at higher speeds than the Mag Handcycle Trainer. By simply turning the trainer around and adjusting the uprights, you can vary the resistance:

- **Red cap toward rear of the handcycle** engages progressive resistance
- **Red cap toward front of the handcycle** disengages progressive resistance and you will get lower resistance at higher speeds.

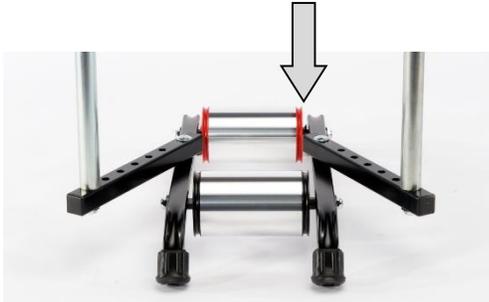


PRECAUTIONS

- A roller is for intermediate to advanced cyclists only. If you are unfamiliar with roller riding technique, seek experienced advice and read Roller Riding Tips in this manual.
- Use only on a flat and level surface. We do not recommend riding the rollers on carpet, as the fibers can interfere with the drums and/or belt.
- Do not use in dusty or dirty conditions, and always clean after use according to Care and Maintenance in this manual.

Assembly and Use

If your trainer has any plastic knobs that hold the drums to the trainer frame, these will need to be replaced with the locknuts supplied. Simply remove the knobs, install the locknuts and tighten them against each other with 9/16" or 14mm wrenches. **DO NOT put a wrench on the inner nut of the drum; the torque on these nuts are essential for proper operation.**

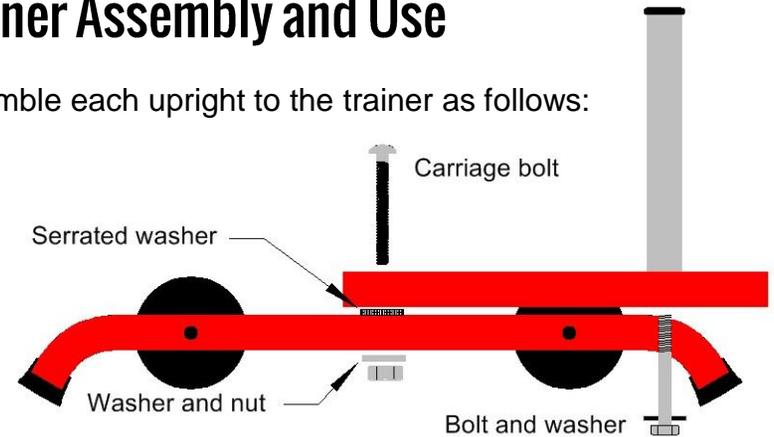


Then, place the trainer on the Rhythm and ensure that it moves fore and aft without interference. Now you're ready to start training!



Trainer Assembly and Use

Assemble each upright to the trainer as follows:

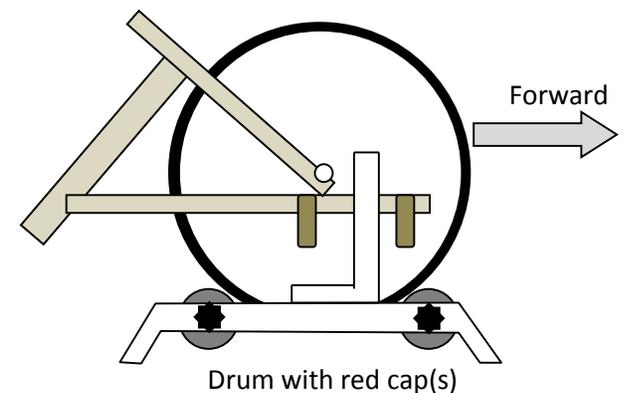


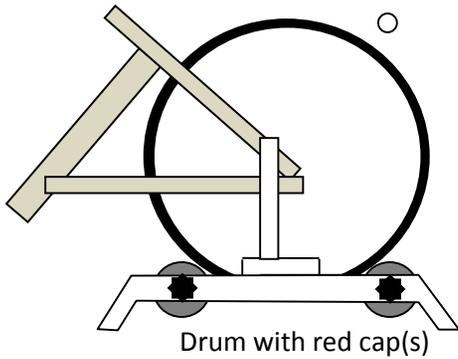
There are several holes to choose from to install the uprights:



What it looks like when assembled properly (above right).

For bikes with leg supports, each arm of the uprights can contact the inner leg support tube, or the outer leg support tube. The arms should be just forward of the wheel axle (right).





For **kneeler bikes**, each arm of the uprights can touch the fork of the bike, as close as possible to the wheel axle (left).

Place your front wheel and leg supports over the trainer and allow the wheel to be cradled between the two drums. The trainer should be aligned as straight as possible with the wheel. Spin the wheel by hand a few times to make sure it is settled in properly, remains vertical, and tracks as closely as possible to the center of the drums.



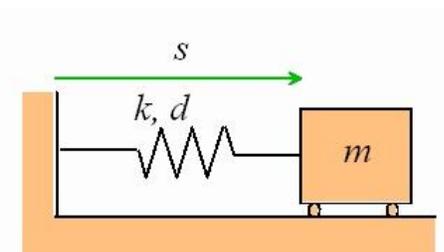
Rhythm (Optional)

The SportCrafters Rhythm was designed to provide additional stability for Handcycle Trainer users who experience excessive fore-aft “rocking” in the cradle of the trainer. The science behind this phenomenon is called harmonic isolation, and here are the basics:

- Your body and bike have a certain weight. (Mass)
- Your tire acts as a spring when the tire compresses against one of the drums. (Spring)
- Lastly, in some configurations, there is a slight fore-aft movement of the center of gravity (Excitation) as your arms or legs propel the crank, at a certain cadence (Frequency).

These three elements make up a *spring-mass system*. This system has a natural frequency, which is to say, it will move with very little excitation at a predictable frequency.

If that frequency coincides with your pedaling cadence, it excites the spring-mass system and, the trike or handcycle will respond by rocking fore and aft.



What does the Rhythm do?

By allowing the trainer to float only slightly, the tire can no longer act like a spring because it cannot compress. Therefore, taking the “spring” out of the system makes it stable.

