

SPORTCRAFTERS

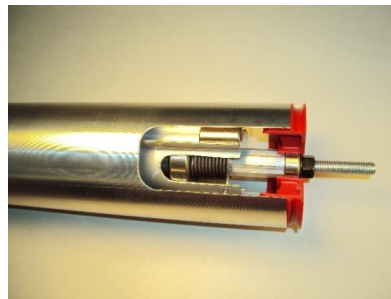
Pro Cycling Equipment

PROGRESSIVE ROLLER DRUM INSTRUCTIONS



Thank you for purchasing the progressive roller drum option! We have designed it to deliver reliable performance for many years because there are no seals, no friction devices, nothing to wear out. If at any time you have questions, please don't hesitate to contact us at the email or address below.

Here's a peek at what's inside the roller drum. There are two high-power magnets in close proximity to the drum surface that will rotate against a spring fixed to the axle. **Note:** *Because of the magnets, small steel objects like paper clips may want to stick to the outside of the drum.*



Installation:

- The drum should be installed at the REARMOST position on the roller.
- To **enable** the progressive resistance mechanism, you must install the drum with the **RED CAP ON THE RIGHT**.
- To **disable** the progressive mechanism, and use the roller for easier spinning at higher speeds, simply reverse the drum and install with the **RED CAP ON THE LEFT**

IMPORTANT NOTE: *Feedback we have received from various users tells us that many stronger athletes like the ability to do intense climbing intervals by pushing hard at low cadence. So, the power curve in the higher gears is intentionally steep. For recovery or for a comfortable spinning speed you might need to be in your small chainring. Have no fear! Your talents will develop quickly at lower RPM's. In the end, you will appreciate the **huge** range of power options you have available for doing whatever workout you want on rollers.*

Maintenance:

The only required maintenance is for you to invite your friends over to try out your rollers. When all your friends have rollers, then you can have a party. When you have a party, you should invite us.

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