

## Care and maintenance

- ◆ Always wipe off the roller after use to avoid any corrosion to the drum and/or frame. Use a damp cloth only; do not use any cleaners.
- ◆ Always disengage the belt or fold up the unit after use. Leaving the belt engaged on the drums will cause the belt to lose its tension over time.
- ◆ The bearings are permanently lubricated and sealed. No maintenance is required on the bearings.
- ◆ Keep the axles tightened onto the frame. Keep all other fasteners snug. Do not overtighten any fasteners or you will risk damaging the frame.
- ◆ **PVC ROLLER MODELS:** Do NOT expose your roller to direct sunlight or excessive heat for extended periods as the drums may warp.

## Warranty

SportCrafters warrants your roller to be free of any and all defects in material or workmanship. This warranty does not apply to parts that have been worn out through normal use, or damaged through misuse, abuse, 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 lifetime.

Please retain your receipt as proof of purchase.

We can be reached by using our **contact** links on [www.sportcrafters.com](http://www.sportcrafters.com) or calling 574-243-2453

# **SPORTCRAFTERS**

## **ROLLER USER MANUAL**

Concratulations on your purchase of a **SPORTCRAFTERS** roller. You are among an elite group of cyclists who strive for optimum balance, pedal technique, body, and steering coordination for better performance in competition.

Standard rollers also offer an excellent workout with moderate resistance. Add the optional



progressive resistance rear drum and you'll get a realistic power experience for hard interval workouts

Your roller is a professional machine, designed for years of trouble-free service. It features tubular steel construction, 100% sealed radial ball bearings, folding frame, and easy-adjust front drums.

As with all SportCrafters products, this unit is 100% made by hand in Granger, Indiana U.S.A.

### **SportCrafters Inc**

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# PRECAUTIONS

- ◆ **A ROLLER IS FOR INTERMEDIATE TO ADVANCED CYCLISTS ONLY. IF YOU ARE UNFAMILIAR AND UNTRAINED IN HOW TO RIDE A ROLLER, SEEK EXPERIENCED, SUPERVISED HELP AND READ "RIDING TIPS"**
- ◆ **USE ONLY ON A FLAT AND LEVEL FLOOR.**
- ◆ **DO NOT USE IN DUSTY OR DIRTY CONDITIONS.**
- ◆ **YOUR ROLLER DRUMS ARE PRECISION LATHE-TURNED FOR A SMOOTH RIDE. PROTECT THE DRUMS FROM DAMAGE DURING USE AND HANDLING.**

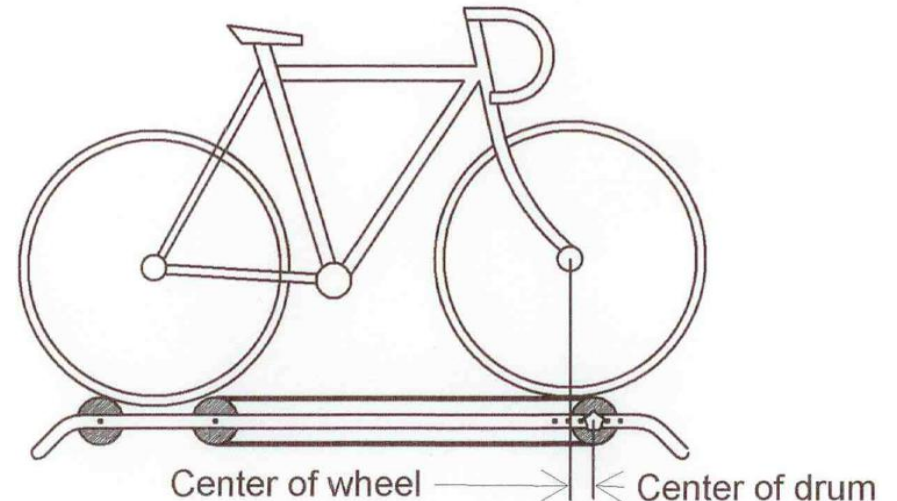


Your roller comes completely assembled. Unfold the unit and set the belt into the grooves on the front drum and the middle drums so that the middle drum drives the front drum smoothly.



Adjust front drum by folding the frame to remove the tension on the belt, then removing the knobs on both sides of the drum. If one knob stays tight while the other one comes loose, screw the loose knob back onto the axle approximately 2-3 turns, then push the knob sideways slightly to put a slight bind onto the threads. Now loosen the other knob.

Spread the front legs apart just enough to slide one end of the axle out of the frame. Then slide the other end of the axle out. The frame will flex enough to allow you to remove the drum without bending the frame. Choose a new position for the drum, make sure the belt is on the drum properly and re-tighten the knobs.



Place your bike so that the rear wheel is cradled between the rear and middle drums, and the front wheel is on top of the front drum. The position of the front drum should be adjusted so that the center of the drum is slightly AHEAD of the axle of your bike's front wheel. Use the FIRST adjustment position that places the drum ahead of the axle of your bike's front wheel.