

TO USE:

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 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.

RESISTANCE (Power)

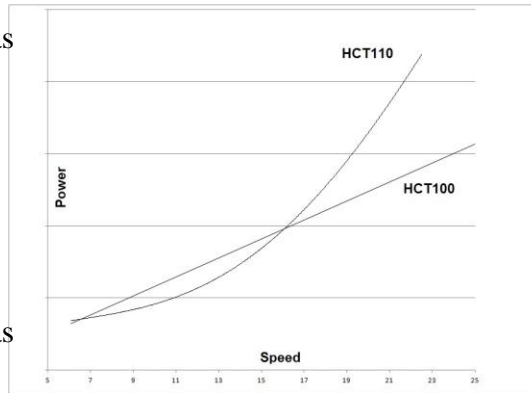
HCT100: This model has one drum with **two red end caps** that provides a nominal resistance (proportional to speed) that many riders find acceptable.

HCT110: This model has one drum with **one red end cap** and one black

end cap that provides a progressive resistance (proportional to speed) that is more challenging at the higher speeds.

- **RED CAP ON RIGHT** engages the progressive resistance feature.
- **RED CAP ON LEFT** disengages the progressive resistance and you will get a lower resistance at higher speeds.
- **No disassembly required, just turn the trainer around and readjust the uprights.**

If you have any questions, please contact peter@sportcrafters.com or (U.S.) 574 243-BIKE (2453) and ask for Pete



SPORTCRAFTERS

Handcycle Trainer

The SportCrafters Handcycle Trainer Models **HCT100** and **HCT110** are uniquely designed for use with most handcycles. If you have any questions on your application, please contact SportCrafters and we should be able to help. Once assembled and adjusted properly for your handcycle, you can mount your handcycle easily by just placing it between vertical tubes. No other special devices or tires are required.

- ◆ Powder coated tubular steel construction
- ◆ 100% sealed radial ball bearings
- ◆ Two large 3" diameter aluminum drums provide a smooth ride without tire wear.

Model HCT100: One drum with two red caps

- ◆ Provides a good nominal resistance for most cyclists

Model HCT110: One drum with red and black cap.

- ◆ Provides higher resistance at higher speeds for more accomplished athletes. Equipped with

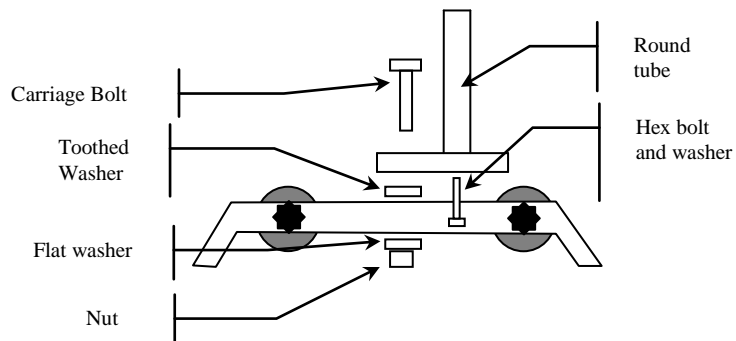


It is also 100% made by hand in the U.S.A.
www.sportcrafters.com

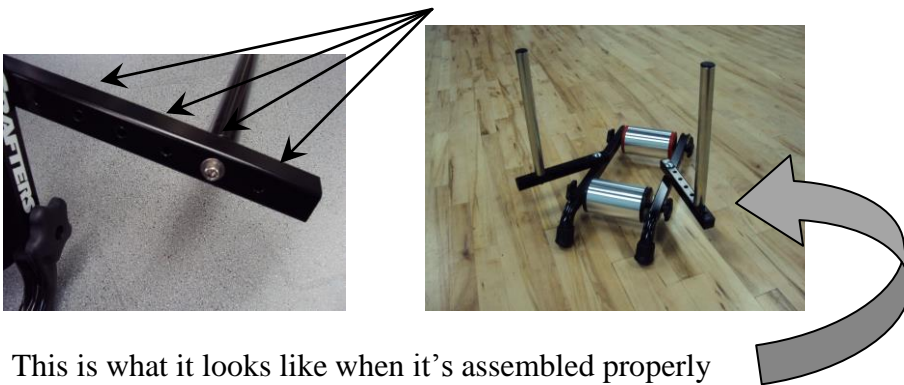
PRECAUTIONS

- ◆ THIS TRAINER AND ADAPTER IS FOR HANDCYCLISTS IN GOOD PHYSICAL HEALTH. IF YOU ARE UNFAMILIAR AND UNTRAINED IN PROPER TRAINING TECHNIQUE, SEEK EXPERIENCED HELP
- ◆ CORRECT INSTALLATION AND ADJUSTMENT OF THE ADAPTER IS ESSENTIAL TO PROPER FUNCTION. IF YOU ARE UNFAMILIAR WITH HOW TO PROPERLY ASSEMBLE THIS UNIT, PLEASE SEE YOUR HANDCYCLE DEALER OR LOCAL BIKE SHOP.

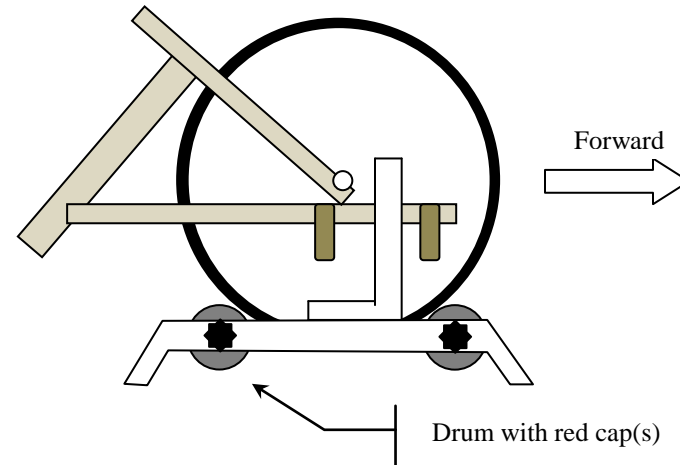
Assemble each upright to the trainer as follows:



There are several holes to choose from to install the uprights



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.



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

