

## Care and maintenance

- ◆ Always wipe off the mini-roller after use to avoid any corrosion to the parts. Use a damp cloth only; do not use any cleaners.
- ◆ You may notice that magnetic particles may stick to the red drum. No worries, just remove big stuff (paperclips) by hand, and remove small dusty iron parts with the sticky side of a piece of tape.
- ◆ The bearings are permanently lubricated and sealed. No maintenance is required on the bearings.
- ◆ Keep all fasteners snug & tight, but do not overtighten.

## Warranty

SportCrafters warrants your mini-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 a lifetime of ownership.

Please retain your receipt as proof of purchase.

If anything goes wrong during the warranty period, please contact us at [peter@sportcrafters.com](mailto:peter@sportcrafters.com) or (574) 243-BIKE (2453)

# SPORTCRAFTERS

## MINI-ROLLER MANUAL *With Magnetic Resistance (MR100) Or Progressive Magnetic Resistance (MR110)*

Congratulations on your purchase of a SportCrafters mini-roller. This unit was designed to provide the best workout possible and let you train with your trike without fear of damaging the frame or wearing tires. Your mini-roller features:

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

**Model MR100:** One drum with two red caps

- ◆ Provides a good nominal resistance for most cyclists

**Model MR110:** One drum with red and black cap.

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

The logo for arc, featuring the lowercase letters 'arc' in a bold, sans-serif font. A thick, black, curved line arches over the letters, resembling a stylized 'a' or a protective shield.

Power Modulation Technology

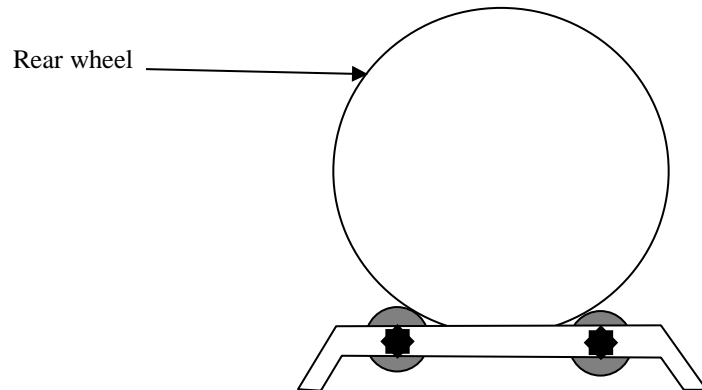
It is also 100% made by hand in the U.S.A.  
[www.sportcrafters.com](http://www.sportcrafters.com)

# PRECAUTIONS

- ◆ THIS MINI-ROLLER IS FOR CYCLISTS GOOD PHYSICAL HEALTH. IF YOU ARE UNFAMILIAR AND UNTRAINED IN PROPER TRAINING TECHNIQUE, SEEK EXPERIENCED HELP
- ◆ USE ONLY ON A FLAT AND LEVEL FLOOR.
- ◆ DO NOT USE IN DUSTY OR DIRTY CONDITIONS.
- ◆ YOUR MINI-ROLLER DRUMS ARE PRECISION LATHE-TURNED FOR A SMOOTH RIDE. PROTECT THE DRUMS FROM DAMAGE DURING USE AND HANDLING.

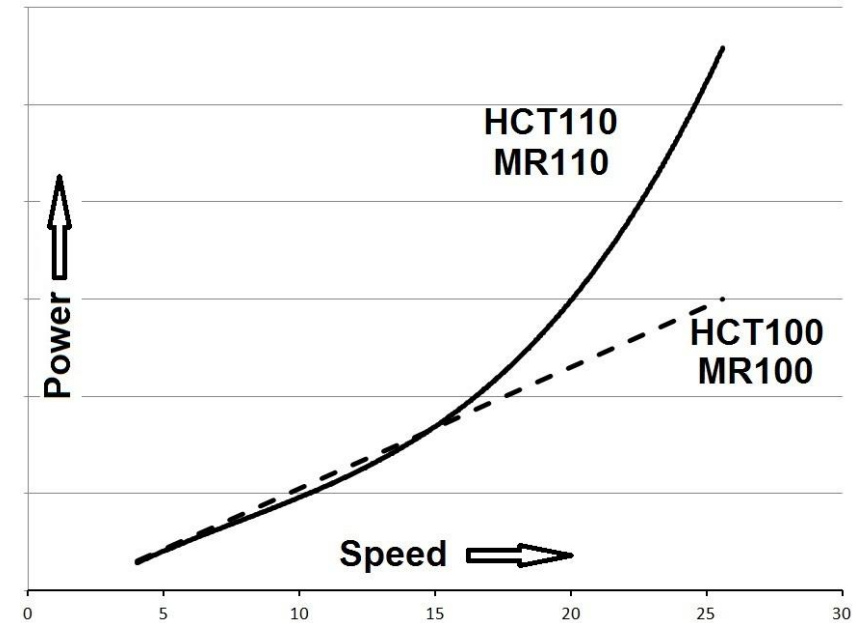
## TO USE:

Place your trike so that the rear wheel is cradled between the two drums and the drum with **red cap(s) is at the rear of the trike**. Align the trainer as well as you can by eye, then spin the rear wheel by hand. The rear tire will “settle in” to its natural alignment. If the tire isn’t well centered on the drums, adjust the alignment so that when you spin the rear tire, it stays close to the center of the drums.



If you have any questions, use the “Contact” tab at [www.sportcrafters.com](http://www.sportcrafters.com)  
Or call (U.S.) 574 243-BIKE (574-243-2453)

## RESISTANCE (Power)



**MR100:** This model has one drum with **two red end caps** that provides a nominal resistance (proportional to speed) that many riders find acceptable.

**MR110:** This model has one drum with **one red end cap** and one black 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!***