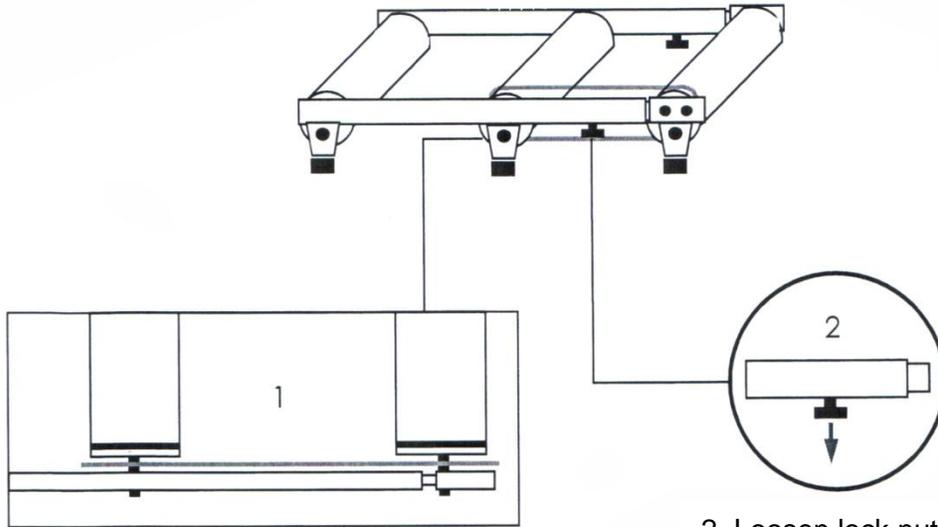




Product name: Indoor Cycling Roller Trainer
SKU: 530-TRAINER-ROLLER
EMAIL: info@conquerequipment.com
TEL: 855-349-4327

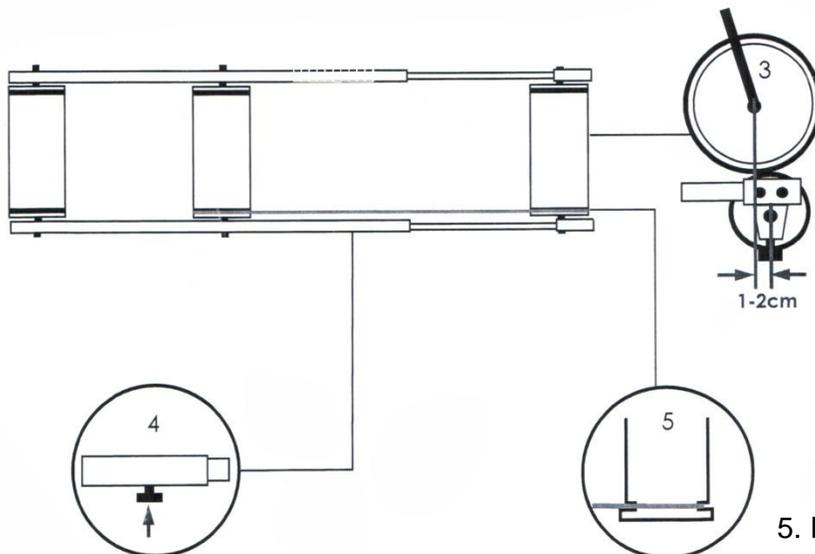
Thank you for purchasing the Conquer Indoor Cycling Roller Trainer.

Assembly instructions



1. Put the drive belt between the front roller drum and the middle roller drum.

2. Loosen lock nuts on either sides of roller trainer frame.



3. Spread the front roller drum out until it is 1-2 cm longer than your bike's wheelbase.

4. Tighten the lock nuts on sides of frame. Add stabilizer feet.

5. Put drive belt into the notches on the front roller drum and middle roller drum.



Product name: Indoor Cycling Roller Trainer
SKU: 530-TRAINER-ROLLER
EMAIL: info@conquerequipment.com
TEL: 855-349-4327

Instructions for use:

1. Refer to assembly instructions before use.
2. Install long stabilizer feet onto bottom of the mount-step and place mount-step on rail of roller trainer on the opposite side of drive belt. (fig.1)
3. Use roller trainer on a flat surface.
4. Using a bike with smooth tire treads will reduce noise.
5. Cradle the rear wheel between the middle and rear roller drums. Be sure the front roller drum is slightly (1-2 cm) ahead of the front wheel. (fig. 2)
6. If you are new to using a roller trainer, begin by placing the unit in a doorway or next to a stable, stationary object so you are easily able to reach out or lean for balance.
7. Be sure your bike is in a middle gear to start (not too hard, and not too easy).
8. Keep your eyes forward (as you would while riding on the road) as this will help to ride in a straight line. Try to focus on a point a few feet in front of you.
9. Relax, keep upper body movement to a minimum and maintain a smooth pedaling style.
10. Try to maintain ample speed because as your bike slows down it will be harder to keep the wheel straight.
11. Practice, practice, practice! Above all, have fun on your new Conquer Indoor Cycling Roller Trainer.

Fig 1.

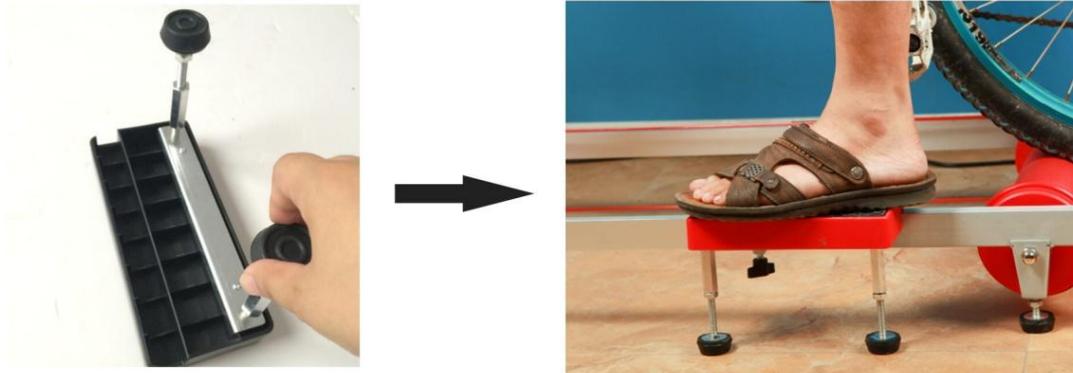


Fig. 2

