

Assembly instructions

1. Included in package are roller trainer, one spare belt, foot-step, instructions.
2. Remove trainer from box. Push red folding button, pull the other side of unit (fig. 1). Put belt into slot (see fig. 3, there are 3 positions to choose from) on opposite side of where you will place the foot-step. Push trainer flat (fig. 2). Add foot-step (fig. 4) to side opposite the belt.
3. Place bike on trainer (fig. 5). Be sure the front roller is slightly (1-2 cm) ahead of the front wheel. If necessary, loosen triangle knob to move front roller to position correctly, then re-tighten (fig. 6).



fig. 1

fig. 2



fig. 3

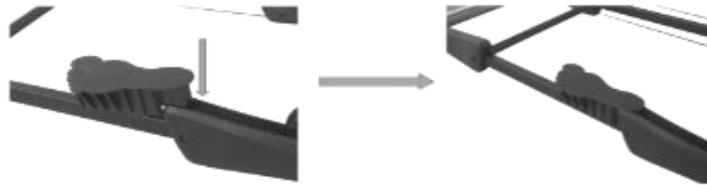


fig. 4

fig. 5

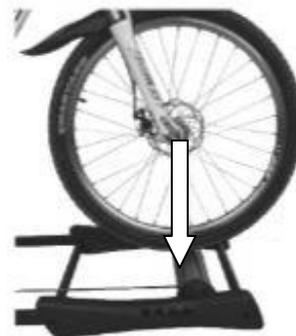


fig. 6





Product name: Conquer Anodized Foldable Roller Trainer
SKU: 530-ROLLRALY
EMAIL: customercare@conquerequipment.com
TEL: 855-349-4327
help.conquerequipment.com

Instructions:

1. Trainer is compatible with bikes with the wheelbase measuring between 970mm-1090mm (38.2"-42.9"). Max weight including rider/bike is 150kg (approx. 330 lbs)
2. Use this roller trainer on a flat surface only.
3. Using a bike with smooth tire treads and/or placing unit on a trainer/exercise mat will reduce noise. Be sure the bike's tires are inflated to 90-95% of max PSI.
4. Remove trainer from package. Push red folding button, begin to unfold trainer (fig. 1). Place belt on opposite side of where you want the foot-step within one of the three belt positions (fig. 3). When using button to fold/unfold trainer, be sure to not pinch fingers when folding unit.
5. Push middle stabilizer bar while pulling front stabilizer bar until unit is flat (fig.2). Add foot-step (fig.4). Put bike on trainer (fig 5). Cradle rear wheel between the middle and rear rollers. Ensure front roller is slightly (1-2 cm) ahead of the front wheel. If necessary, loosen knob to move front roller to best position, then re-tighten (fig. 6).
6. Using trainer in a dry environment may cause static electricity. To avoid danger of this, keep the unit away from the TV and use a humidifier.
7. If you are new to using a roller trainer, begin by placing unit in a doorway or next to a stable, stationary object so you are able to reach out or lean for balance.
8. Be sure your bike is in a middle gear to start (not too hard, and not too easy).
9. 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.
10. Relax, keep upper body movement to a minimum and maintain a smooth pedaling style.
11. Try to maintain ample speed because as your bike slows down it will be harder to keep the wheel straight.
12. When you are ready to stop, do not brake hard. Stop pedaling, then place a foot on the ground or the foot-step of the unit.
13. Practice and have fun on your new Conquer Anodized Foldable Roller Trainer!



We appreciate your feedback! We hope this exceeded your expectations. If you enjoyed our product, feel free to leave us a positive product review. If you need help or have questions, please email us at customercare@conquerequipment.com and we will do everything in our power to be sure you are happy!