

## Care and Maintenance

- Always wipe the roller down after use to avoid corrosion. Use a damp cloth only; do not use any cleaners.
- Always disengage the belt or fold the unit after use. Leaving the belt stretched between the drums for long periods of time will cause the belt to lose tension.
- The bearings are permanently lubricated and sealed, and they do not require maintenance.
- Make sure all fasteners are snug. Do not over-tighten any fasteners as it can damage the roller frame.
- PVC Rollers Only: The drums may warp if exposed to direct sunlight or excessive heat for extended periods.

## Warranty

SportCrafters warrants all products to be free of any and all defects in material or workmanship. This warranty does not apply to parts that have excessive wear due to normal use, misuse, 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.

Please retain your receipt as proof of purchase.

In the event of a warranty, please contact us at [info@sportcrafters.com](mailto:info@sportcrafters.com), or call 574-243-2453.

**SPORTCRAFTERS**  
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# ROLLERS



**SPORT  
CRAFTERS**

100% Handmade in the USA

[www.SportCrafters.com](http://www.SportCrafters.com)

Thank you for choosing SportCrafters Rollers. Rollers are the best training tool for developing balance, pedal technique and handling skills for superior performance in competition. We are proud to be the largest U.S. manufacturer of rollers, and we believe wholeheartedly in the positive results they render.

SportCrafters Cadence Rollers offer an excellent spin with moderate resistance. Add the optional OverDrive Drum with progressive resistance, and you'll get a real-road power profile that allows for hard interval workouts.

*A quick note about roller training:*

Rollers are difficult to ride, and for a reason. You will discover your own weaknesses and be challenged to improve on them. If you commit to training on rollers regularly, then you will become a better cyclist. Guaranteed.

Please review the following information:

- **Roller Assembly and Use**
- **Roller Riding Tips**
- **Fork Stand (Optional)**
- **OverDrive Drum (Optional)**
- **High Inertia Drum (Optional)**

## Roller Assembly and Use

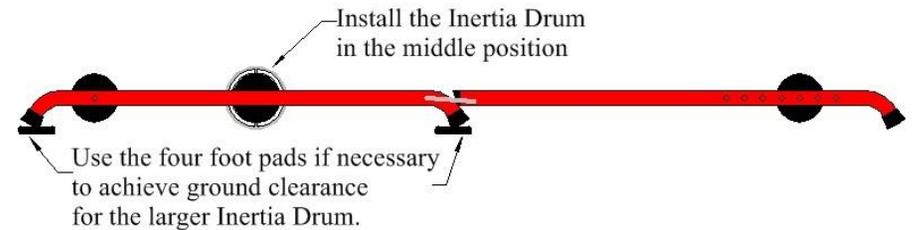
Your roller comes completely assembled. Unfold the unit and set the belt into the grooves on the front drum and the middle drums so that the middle drum drives the front drum smoothly.



Be sure that the belt still wraps between the middle drum and the front drum when you reassemble.

If your roller drums are assembled with nuts, use two 9/16" wrenches, or 14mm wrenches, holding one nut inside the rail while loosening the other outside the rail.

Reassembly is the opposite of disassembly, except you do not have to hold the inner nut. Simply tighten the two nuts at the ends of the axles toward each other.



## PRECAUTIONS

- A roller is for intermediate to advanced cyclists only. If you are unfamiliar with roller riding technique, seek experienced advice and read Roller Riding Tips in this manual.
- Use only on a flat and level surface. We do not recommend riding the rollers on carpet, as the fibers can interfere with the drums and/or belt.
- Do not use in dusty or dirty conditions, and always clean after use according to Care and Maintenance in this manual.
- Your roller drums are precision lathe-turned for a smooth ride. Protect the drums from damage during use, handling and storage.

## OverDrive Drum (Optional)

The SportCrafters OverDrive Drum is designed to deliver reliable performance for a lifetime because there are no seals or friction devices, and nothing to wear out over time. Below is a sneak peek at what is inside your OverDrive Drum.

### Installation:

- The drum should be installed at the rearmost position on the roller set.
- To enable the progressive resistance mechanism, you must install the drum so that the red cap is on the right while you are riding the rollers.
- To disable the progressive resistance, and use the roller for easier spinning at higher speeds, simply reverse and install with the red cap on the left while riding the rollers.



**Important Note:** Feedback we have received from various users tells us that many stronger athletes like the ability to do intense climbing intervals by pushing hard at low cadence. So, the power curve is intentionally steep. For recovery, you might need to be in your small chainring.

## High Inertia Drum (Optional)

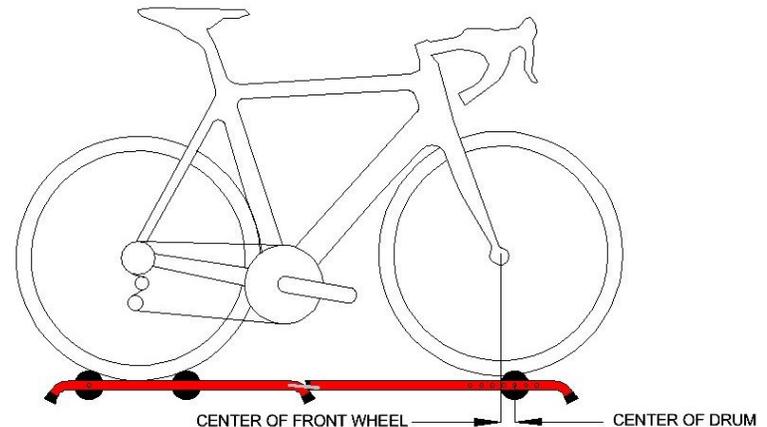
If your roller is equipped with knobs fastening the two rear drums, then your job is easy! Simply remove the two knobs holding the middle drum, and one of the knobs holding the rear drum. Separate one side of the frame, remove the middle drum, and install the High Inertia Drum.

Make sure the roller frame aligns like this:



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.

# Roller Riding Tips

- Three words: Positive Mental Attitude. It goes a long way!
- Make sure the rollers are on a flat surface. Carpet can interfere with the rollers.
- Start out by placing the rollers in a hallway or a doorway. That way, you can use the walls to lean on for balance until you feel more comfortable.
- Make sure your bike is in a middle-of-the-road gear to start. Not too hard, not too easy.
- Focus on a point a few feet in front of you instead of straight down. Don't look at your wheel! Trust us, it helps.
- Relax your shoulders, and loosen your grip on the handlebars. Instead of trying to steer the bike, focus on a smooth pedal stroke and you will automatically ride in a straight line.
- Push and pull all the way through the pedal stroke, and maintain a decent speed. If you slow down, it will be harder to keep your wheel straight.
- As soon as you get the hang of riding rollers without needing the doorway for balance, get out of the doorway! Challenge yourself to just use the wall for mounting the rollers, and then abandon the wall altogether.
- Want to know what happens when you ride off the side of the rollers? We've seen the videos and, no, you will not shoot forward and crash dramatically through your sliding glass window. If you ride off the side, stop pedaling! Your wheels will stop spinning immediately and you can put your foot down to keep from tipping over.
- Make sure there is nothing nearby that can hurt you if you do fall off. Accidents happen.
- **DON'T GIVE UP!**

# Fork Stand (Optional)

The SportCrafters Fork Stand should only be used with SportCrafters Rollers. Any compatibility with other brands or models is not guaranteed.

Follow instructions provided with your roller to adjust the front drum ahead of the fork stand (for shorter-wheelbase bike):

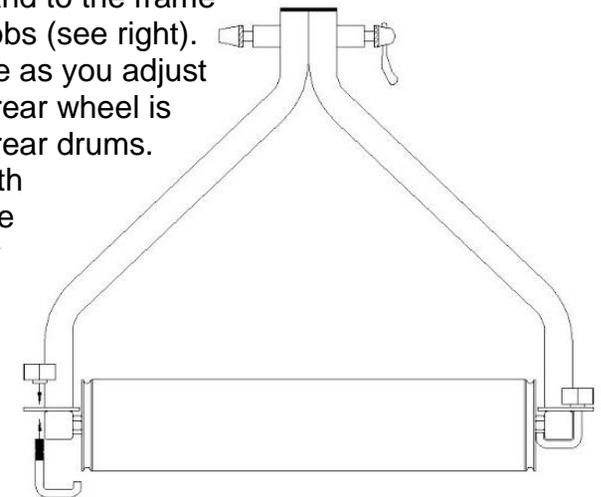


Or behind the fork stand (for longer-wheelbase bike):



**In any case, the front roller drum should clear the fork stand when it is installed on the roller frame.**

Assemble the fork stand to the frame with 4 J-bolts and knobs (see right). Keep the J-bolts loose as you adjust your bike so that the rear wheel is cradled between the rear drums. Tighten the J-bolts with the knobs. Do not use any tools to tighten or you will damage the J-bolts or the roller frame.



Remove your front wheel and assemble your bike to the skewer using the standard adjustment procedure for quick-release skewers.