SPORT CRAFTERS

OWNER'S MANUAL · MODEL HCT2

HANDCYCLE TRAINER

Assembly, setup, riding and care

THE NEW HCT2



HOW IT WORKS



The front wheel sits on the drums. The uprights rest against the leg supports. Nothing clamps on.

IN USE



Roll on, ride, roll off. Train indoors or warm up before a race.

Earlier model shown in use.

5
assembly steps

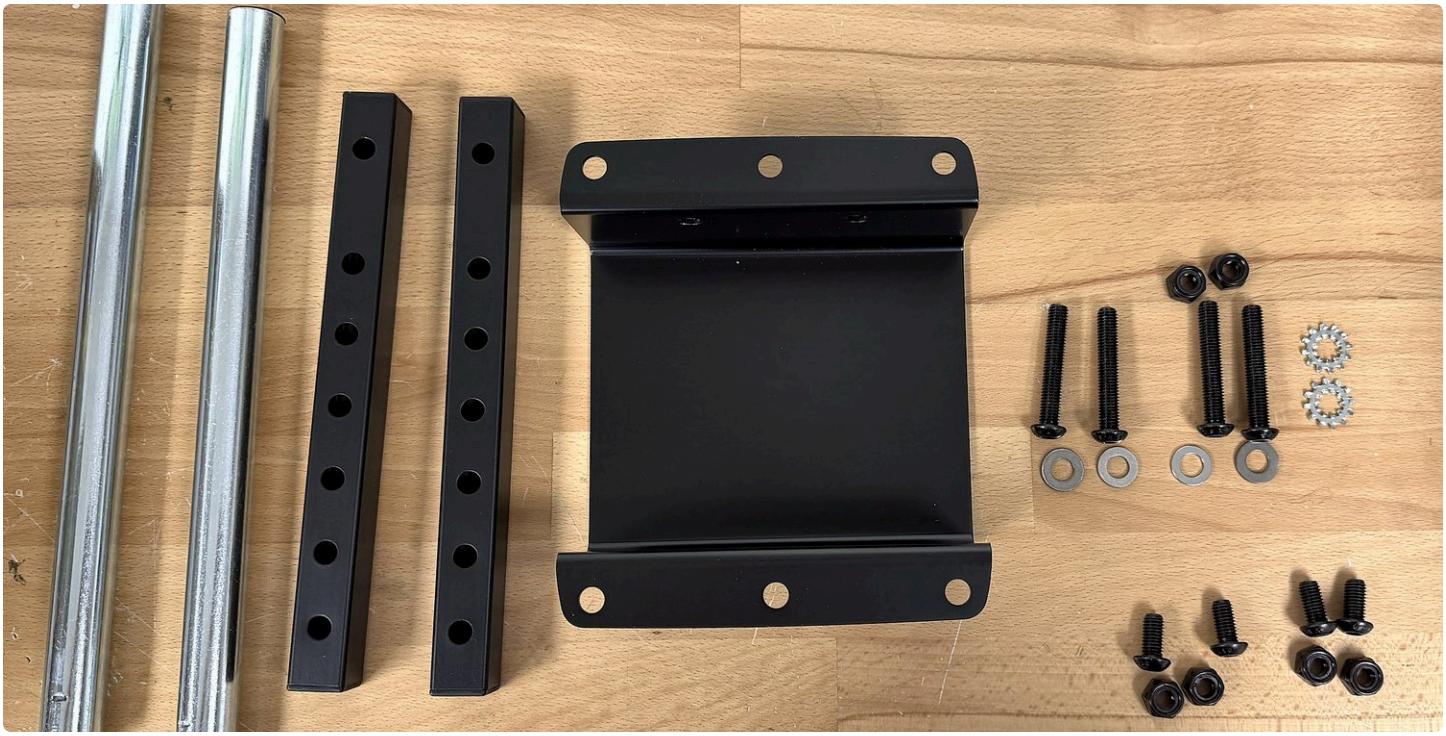
2
tools: 6 mm hex key, 17 mm wrench

8
bolts to tighten

Read this manual before your first ride.
Lifetime warranty · sportcrafters.com

BEFORE YOU START

WHAT'S IN THE BOX

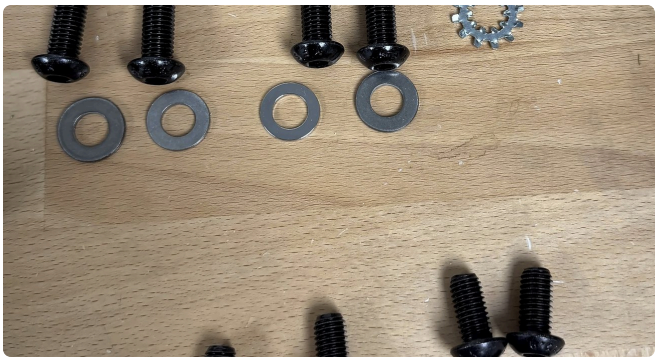


Left to right: upright posts **A**, adjustment arms **B**, center tray **C**, hardware **D**–**H**. The MR210 / MR220 trainer is not shown.

KEY	PART	QTY
A	Upright post (round, silver)	2
B	Adjustment arm (square, black, 7 holes)	2
C	Center tray	1
D	Long bolt	4
E	Short bolt	4
F	Locknut	6
G	Flat washer	4
H	Star washer (toothed)	2

TOOLS YOU NEED

One 6 mm hex key and one 17 mm wrench or socket. Tools are not included.



Hardware kit. Count every piece before you begin.

CHECK THE FIT FIRST

Trainer: works ONLY with the new MR210 or MR220 trainer. It will not work with the earlier MR110 or MR120.

Handcycle: recumbent handcycles with footrests on the fork, ahead of the front axle. Not for upright handcycles or wheelchair attachments.

ASSEMBLY

INSTALL THE CENTER TRAY

Start with your MR210 or MR220 trainer on a flat table. Leave every fastener finger-tight until step 5.

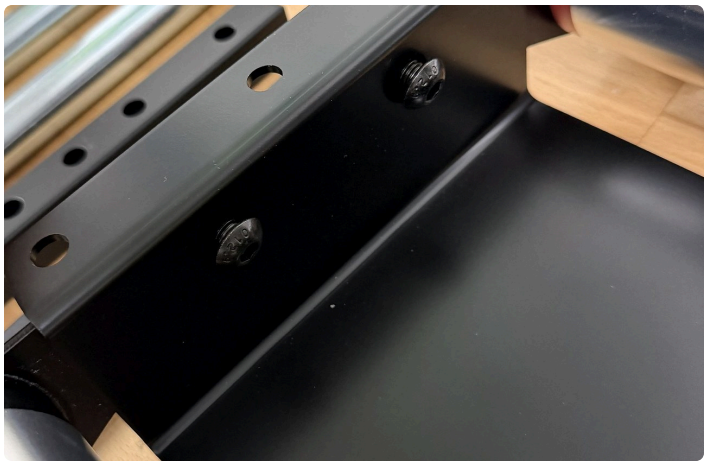
1 SET THE TRAY BETWEEN THE ROLLERS

Lower the center tray **C** into the roller frame, open side up. The side walls sit inside the frame rails. The flat flanges with three holes face outward, one on each side. Line up the two holes in each side wall with the holes in the frame.

Uses: **C**



Tray drops in between the two drums.



Seated: flanges out, side walls against the frame rails.

2 BOLT THE TRAY TO THE FRAME

Push a short bolt **E** through each side-wall hole from inside the tray. Thread a locknut **F** onto each bolt on the outside of the frame. Two bolts per side, four in total.

Uses: 4 × **E** 4 × **F**



Bolt heads go inside the tray.



Done: two bolt heads show on each side wall.

ASSEMBLY

ADD THE ARMS AND UPRIGHTS

3 MOUNT EACH ADJUSTMENT ARM

Push a long bolt **D** down through the end hole of an arm **B**. Slide a star washer **H** onto the bolt under the arm. Drop the bolt through the center hole of the tray flange. Underneath, add a flat washer **G** and a locknut **F**. Repeat on the other side.

Uses: 2 × D 2 × H 2 × G 2 × F



Star washer goes on under the arm.



Top to bottom: bolt, arm, star washer, flange, flat washer, locknut.



Arm swings on the bolt until tightened.

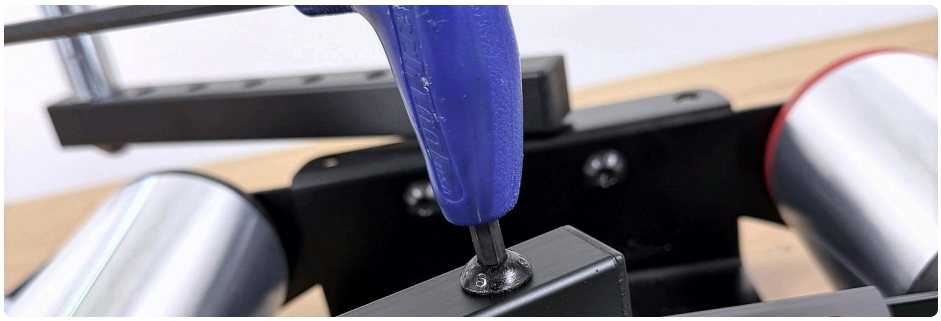
4 ATTACH THE UPRIGHT POSTS

Stand an upright post **A** on the outer end hole of each arm. From below, push a long bolt **D** with a flat washer **G** up through the arm and thread it into the base of the post.

Uses: 2 × A 2 × D 2 × G



Bolt and washer enter from under the arm.



Step 5: hex key on the bolt head, wrench on the locknut below.

5 TIGHTEN THE TRAY AND THE UPRIGHTS

Tighten the four tray bolts and both upright bolts with the 6 mm hex key and 17 mm wrench. Snug is enough. Leave the two arm bolts just loose enough to swing. You set the arm angle on the next page.

Tools: 6 mm hex key + 17 mm wrench

FIT AND RIDE

FIT IT TO YOUR HANDCYCLE

Nothing clamps to your handcycle. The front wheel sits on the drums and the uprights keep it centered.

1. **Pick a flat, hard floor**
   Level and clean. Not carpet: fibers can catch in the drums.

2. **Roll the front wheel on**
   The tire rests in the cradle between the two drums. Line the trainer up straight with the wheel. With the wheel as vertical as possible, spin the wheel gently forward by hand and twist the trainer under the tire so that the tire tracks as straight in the middle of the trainer as possible.

3. **Bring the uprights in**
   Swing each arm until its upright touches the outer leg-support tube. The uprights must touch a rigid part of the fork AHEAD of the steer centerline, shown below.

4. **Lock the arms**
   Tighten both arm bolts. Need more reach? Move the upright to another hole in the arm.

5. **Spin the wheel again**
   It should stay vertical and run near the middle of the drums. If it drifts, stop and re-set the arms.

WHERE THE UPRIGHTS MUST TOUCH



The red line is the steer centerline. The uprights rest on a rigid part of the fork in front of that line, such as the outer leg-support tube (right side of this picture).

BEFORE EVERY RIDE

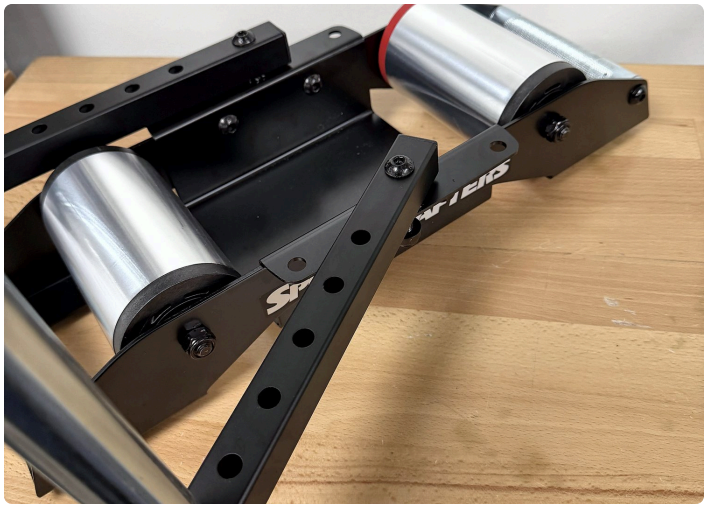
All eight bolts snug. Uprights touching on both sides. Floor clear of dust, grit and loose items. Keep children, pets and fingers away from moving drums.

CARE AND SUPPORT

KEEP IT ROLLING

AFTER EACH RIDE

- Wipe the drums and frame with a damp cloth. No cleaners or solvents.
- Protect the drums from dents and scratches in use, transport and storage.
- Store indoors, dry, out of direct sun and heat.



EVERY MONTH

- Check all eight bolts. Snug, not over-tight. Over-tightening can damage the frame.
- Spin each drum by hand. It should turn freely and quietly.
- Bearings are sealed and greased for life. No lubrication needed.

IF SOMETHING FEELS OFF

WHAT YOU NOTICE	WHAT TO DO
Wheel walks to one side	Straighten the trainer under the wheel. Re-set both uprights so they touch evenly (page 5).
Arm slips or changes angle	Check the star washer **H** is between the arm and the flange. Re-tighten the arm bolt.
Trainer rocks forward and back	Smooth your stroke and try a different cadence. Ask us about the Rhythm accessory, which lets the trainer float slightly.
Vibration or noise	Check tire pressure and wheel true. Clean the drums. Check fasteners.
A part is missing or damaged	Do not ride. Contact SportCrafters support.

LIFETIME WARRANTY

SportCrafters warrants this trainer against defects in materials and workmanship. Normal wear, misuse, neglect, accidents and modifications are not covered. Keep your receipt as proof of purchase. Full terms at sportcrafters.com

NEED HELP?

support@sportcrafters.com
sportcrafters.com
3808 Auburn Blvd, Suite 54
Sacramento, CA 95821

HOW IT WORKS

HOW THE TRAINER WORKS

Your handcycle stays whole. The front wheel does the work, and the trainer adds resistance on its own.



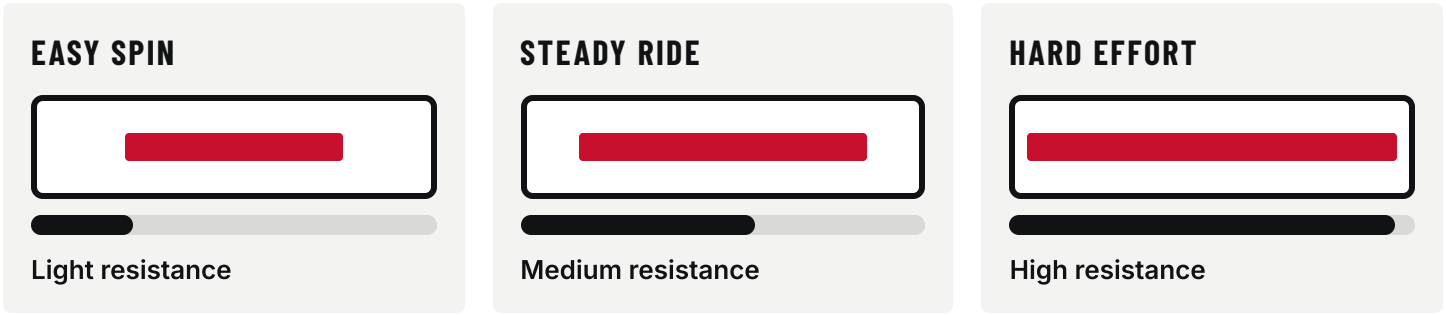
Wheel on the drums, upright against the leg support. Earlier model shown.

1. **The wheel sits in a cradle**
   Your front (drive) wheel rests between two aluminum drums. When you crank, the tire turns the drums.

2. **The uprights keep you centered**
   Two upright posts rest against your leg supports. They stop the wheel from walking sideways. Nothing clamps on, and you do not remove your footrests.

3. **The red-capped drum adds resistance**
   Magnets inside this drum move closer to the drum wall as it spins faster. Closer magnets mean more resistance. SportCrafters calls this ARC Technology.

FASTER WHEEL, MORE RESISTANCE



Red = magnets inside the drum. Black = drum wall. A simple picture of the idea, not to scale and not a measurement.

WHAT THAT MEANS FOR YOU

- No resistance knob, cable or app. Speed up to work harder, slow down to ease off.
- The resistance unit holds no fluid, so there is nothing to leak.
- The resistance unit needs no maintenance.
- SportCrafters tests found the feel close to riding on the road.

WHY IT FEELS DIFFERENT FROM A CLAMP-ON TRAINER

The trainer does not hold your handcycle rigid. If your stroke has a weak spot, you feel it right away. That feedback helps you build a smoother, rounder stroke. If it rocks forward and back, the optional Rhythm accessory lets it float slightly.

BENEFITS

WHY RIDERS USE IT

Used by riders from first-timers to the fastest handcyclists in the world.

Roll on, roll off

No installation each ride. Roll the front wheel onto the drums and go.

Keep your riding position

Footrests stay on, so you train in the same body position you ride in.

Resistance sets itself

It rises as you speed up. No manual adjustment while you ride.

Easy on tires

It does not wear tires the way a clamp-on trainer does. Warm up on your race tires.

A smoother stroke

You feel the dead spot in your stroke, so you can work on it.

Goes where you go

Lightweight and portable. Take it to a race for your warm-up.



Warming up before a ride. Earlier model shown.

A STARTER SESSION

BLOCK	WHAT TO DO
Warm-up	5 min easy spinning
Cadence ladder	1 min each at 80, 85, 90, 95 and 100 RPM
Main set	3 × 10 min at your own effort level. Change cadence every 2 min, between 80 and 110 RPM.
Recovery	5 min easy between efforts

Sample workout from Mike Durner, Coach, Military and Veteran Cycling, U.S. Olympic Committee, on the SportCrafters blog. An example only. Ask your own coach or doctor what is right for you.

> “Resistance feel wise, I can’t tell the difference between your rollers and high quality fluid trainer.”
>
> Michael Durner, Coach, Military & Veteran Cycling, United States Olympic Committee. Said about SportCrafters rollers with the same resistance technology.

GOOD FOR

Staying fit indoors when weather or daylight keeps you off the road. Interval training. Race warm-ups.

KNEELING HANDCYCLES

Use caution. The trainer was developed with recumbent (lie-back) handcycles. Check the fit on page 5 before riding.