OverDrive Trike Trainer

MR210 · Suggested retail **$299**

Roll the rear wheel of a recumbent trike onto the drums and it becomes an indoor trainer. No clamps, no knobs, nothing to set up.



How it rides

The red-capped drum uses patented ARC Technology. The faster the rider pedals, the harder it pushes back, much like riding outside. To change the effort, the rider shifts gears. Turn the trainer around and it gives a lighter, steady resistance, so one trainer works for everyone in the house.

What is new on this frame

Sturdier frame. Laser-cut steel, zinc-plated and powder coated, built for years of indoor riding.

Grippy grab handle. A knurled bar that is easy to hold when you lift and carry the trainer.

Eight floor pads. Four rubber pads on each side keep the trainer flat and steady on the floor.

Same drums and specs. The drums, resistance and specs are the same as the original OverDrive (MR110).

Who it is for

Most trike riders who want to stay fit through winter, come back from a layoff or share one trainer with the family. Fits tadpole trikes and one-wheel-drive delta trikes. The right pick for 3 and 8 speed trikes.

Specifications

Resistance	One ARC progressive resistance drum. About 300 watts at 30 mph in SportCrafters testing.
Drums	Aluminum, 3.25 in (82.5 mm) diameter, 1/8 in (3 mm) wall. Lathed on the axle and spin balanced. Molded polycarbonate end caps.
Bearings	Greased and sealed. No maintenance.
Frame	Laser-cut steel, zinc-plated and powder coated, with a knurled grab handle and 8 rubber floor pads
Wheel sizes	16 in to 700c. Nothing clamps to the axle.
Trainer size	21 x 4.25 x 10 in (53.3 x 10.8 x 25.4 cm)
Shipped weight	About 9.6 lb (4.4 kg)
Assembly	None. Ready to ride out of the box.
Warranty	Lifetime