Double OverDrive Trike Trainer

MR220 · Suggested retail **$399**

The same roll-on trike trainer with two resistance drums, for riders who want to work hard.



How it rides

Both red-capped drums use patented ARC Technology, so the MR220 pushes back harder at speed than any other SportCrafters trike trainer. Below about 10 mph it feels like the OverDrive, so warm-ups and easy days stay easy. Turn it around for a lighter, steady resistance a partner can share.

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 Double OverDrive (MR120).

Who it is for

Fit, strong riders who want hard intervals and sprints, on trikes with 21 or more speeds so they can reach the speeds where the second drum works. Fits tadpole trikes and delta trikes that drive one rear wheel.

Specifications

Resistance	Two ARC progressive resistance drums. Over 500 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. Sealed bearings, 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)
Box size	22 x 9 x 6 in (56 x 23 x 15 cm)
Shipped weight	About 9.6 lb (4.4 kg)
Assembly	None. Ready to ride out of the box.
Warranty	Lifetime

