OWNER'S MANUAL · MODEL TWD210

TWD210 TWO WHEEL DRIVE SET

For delta trikes with a rear differential. Assembly, setup, riding and care



2
OverDrive 2 (MR210) trainers, one under each rear wheel.

4
bolts hold the guide-wheel bracket. You install it once.

Lifetime
warranty. Read this manual before your first ride.

BEFORE YOU START

WHAT'S IN THE SET

The TWD210 is for delta trikes that drive both rear wheels through a differential. Each rear wheel gets its own trainer, so both wheels get the same load.



Two OverDrive 2 trainers. One has the guide-wheel bracket installed between its drums.

IN THE SET

Trainers	Two OverDrive 2 (MR210) trainers
Guide-wheel bracket	A center bracket with the blue guide wheels already installed
Bolts	Four bolts to hold the bracket to one trainer
Tools you need	A 6 mm Allen key and a 17 mm wrench

Ships in 3 boxes: two trainer boxes and one kit box.

CHECK THE FIT FIRST

Lift one rear wheel and spin it backward by hand. Watch the pedals. Do the same with the other rear wheel.

Pedals turn with either wheel: your trike has a differential. The TWD210 is the right set.

Pedals turn with only one wheel: you don't need the TWD210. Use one OverDrive 2 under the drive wheel and a riser block under the other rear wheel. See the Delta Trike Kit.

Spin backward, because the freewheel lets a wheel spin forward without moving the pedals.

KNOW YOUR TRAINERS

Red cap	Marks the resistance drum on each trainer. Both red caps face the rear.
Not connected	The two trainers sit side by side, one under each rear wheel. They do not connect to each other.
Rear wheels	16 in to 700c. Tires up to 3 in wide fit fine. Nothing clamps to the axle.
Guide wheels	The blue wheels keep the trike from rolling off. A delta's rear end can swing side to side around the steering, so one trainer needs them.
Bearings	Sealed and greased. No maintenance.

ASSEMBLY AND SETUP

SET UP ONCE, THEN RIDE

The guide wheels come already installed on the center bracket. You bolt the bracket to one trainer once. After that, setup takes seconds.

1. **BOLT ON THE BRACKET (FIRST TIME ONLY)**
   Set the center bracket between the two drums of one trainer, guide wheels up. Fasten it with the four bolts, using a 6 mm Allen key and a 17 mm wrench. Snug is enough.
2. **PICK A FLAT, HARD FLOOR**
   Level and clean. Not carpet: the fibers can get into the drums.
3. **PUMP UP BOTH REAR TIRES**
   Use the maximum pressure printed on each tire's sidewall.
4. **BOTH RED CAPS TO THE REAR**
   Point both trainers the same way, red caps toward the back of the trike, so the differential acts like you're riding straight.
5. **TRAINER WITH GUIDE WHEELS ON THE DRIVE SIDE**
   Lift the back of the trike. Slide the trainer with the guide-wheel bracket under the rear wheel on the drive side, and the plain trainer under the other rear wheel.
6. **LINE BOTH TRAINERS UP STRAIGHT**
   Set each trainer square to its wheel, by eye. Spin each wheel by hand. Once both are straight, the wheels stay centered on their own as you ride.
7. **SET THE BRAKES**
   Set the parking brake firmly. If it slips, wrap a short velcro strap around the brake lever.
8. **LEVEL THE FRONT, IF YOU LIKE**
   Put a riser block under the front wheel. It isn't included. We sell the Elite Su-sta Adjustable Riser Block.



A delta trike set up on the TWD210.

BEFORE EVERY RIDE

Both tires at maximum pressure. Both red caps facing the rear. Brake set. Floor clear of dust, grit and loose items. Keep children, pets and fingers away from the moving drums.

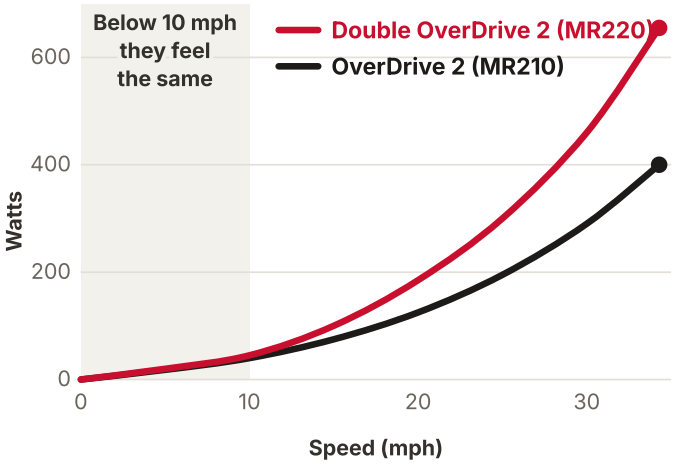
WHY BOTH CAPS FACE THE REAR

A differential lets the rear wheels turn at different speeds in a corner. With both trainers pointed the same way, each wheel gets the same load, so the trike rides as if it's going straight. If they point different ways, the differential acts as if you're always turning, and it wears out fast.

HOW IT RIDES

RESISTANCE THAT FOLLOWS YOU

Each trainer uses SportCrafters' patented ARC Technology. Magnets inside the red-capped drum move closer to the drum wall as it spins faster. The faster you pedal, the more it pushes back, much like riding outside.



Power at each speed for one trainer, redrawn from SportCrafters' original test chart. Values are approximate. The TWD210 uses two OverDrive 2 (MR210) trainers.

MAKE IT HARDER OR EASIER

- **Shift gears.** Shift up to work harder, shift down to ease off.
- **Keep both trainers the same way.** Both red caps face the rear for an even load on both wheels.
- **Electric assist is fine.** If it feels too hard, use the motor, as long as you keep pedaling.

A LITTLE ROCKING IS NORMAL

The trainers do not clamp your trike in place, so you may feel a gentle forward and back motion as you pedal. Set the brake firmly, pedal with a smooth, round stroke, and use pedals with clips or straps.

If that motion would bother you, for example after a brain injury, a clamp-style stationary trainer may suit you better.

TRACK YOUR RIDE

Put a wheel-mounted bike computer on a rear wheel that sits on a trainer to track speed and distance. The trainers do not measure power.

CARE AND SUPPORT

KEEP IT ROLLING

AFTER EACH RIDE

- Wipe the drums, guide wheels and frames with a damp cloth. No cleaners or solvents.
- Store indoors, dry, out of direct sun and heat.

EVERY MONTH

- Check the four bracket bolts and the frame bolts. Snug, not over-tight.
- Spin each drum and guide wheel by hand. They should turn freely and quietly.
- The trainer bearings are sealed and greased. No oil needed.

IF SOMETHING FEELS OFF

WHAT YOU NOTICE	WHAT TO DO
Trike pulls or swings	Check that both red caps face the rear and the guide-wheel trainer is on the drive side.
Hard to get going	Pump both tires to maximum pressure. Start in a low gear.
Wheel walks to one side	Lift the trike, straighten the trainer under that wheel, and spin it to let it settle.
Hum or noise	Knobby tires hum more than smooth ones. A cold tire can squeak until it warms up.
A part is damaged	Do not ride. Contact SportCrafters support.

LIFETIME WARRANTY

SportCrafters warrants this set against manufacturer defects. Damage from abuse or misuse is not covered. Full terms at sportcrafters.com/pages/warranty.

GET SUPPORT

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SPECIFICATIONS

In the set	Two OverDrive 2 (MR210) trainers and the two-wheel-drive kit with guide wheels
Resistance	One ARC progressive resistance drum in each trainer
Drums	Aluminum, 3.25 in (82.5 mm) diameter, 1/8 in (3 mm) wall. Lathed on the axle and spin balanced.
Frame	Laser-cut steel, zinc-plated and powder coated, with a knurled grab handle and 8 rubber floor pads
Ships in	3 boxes: two trainer boxes (22 × 9 × 6 in, 9.6 lb each) and one kit box (15 × 10 x 4 in, 7.8 lb). About 27 lb (12.3 kg) total.
Warranty	Lifetime