DEALER GUIDE

SportCrafters Trike Trainers MR210 and MR220

What they are, how they work, and how to help each customer pick the right one.



The new redesigned SportCrafters trike trainer

Welcome

SportCrafters trike trainers are made specifically for recumbent trikes. The rider rolls the rear wheel onto the trainer, and the trike becomes an indoor exercise bike in about a minute. They need no assembly and no maintenance, and they are light and compact enough to carry to a closet or another room.

This guide covers our two current trike trainers, the **MR210 OverDrive** and the **MR220 Double OverDrive**. Each one gets its own page with features, what those features mean for the rider, specs and suggested retail price. After that you will find a side-by-side comparison, a quick guide to which customer fits which model, setup tips and a few ideas for how to talk about them on the sales floor.

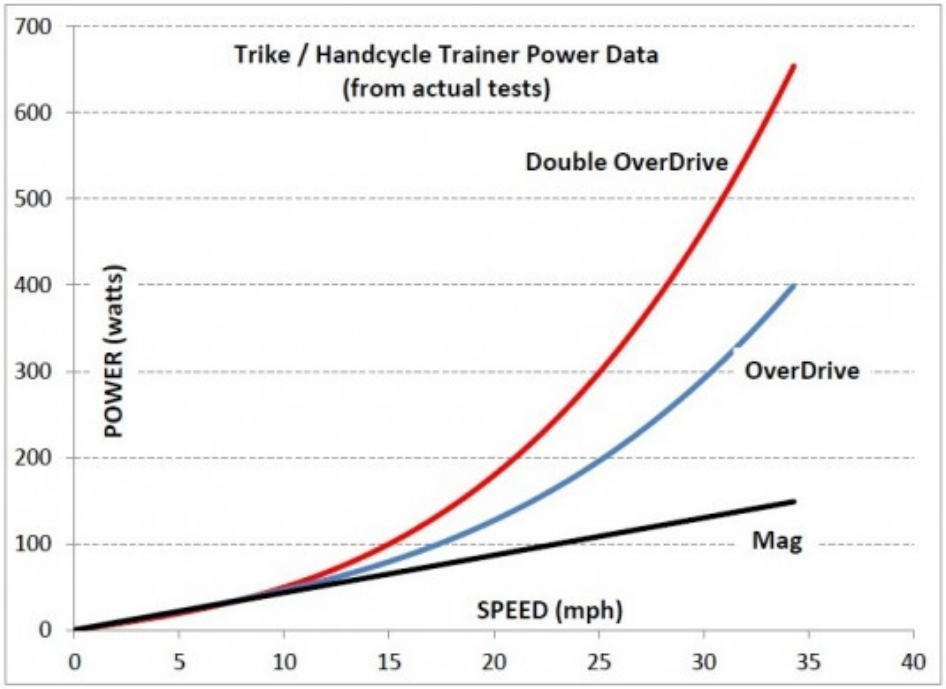
HOW IT WORKS

Resistance that follows the rider

Both trainers are powered by SportCrafters' patented ARC Technology. The rear wheel sits between two precision aluminum drums. As the rider pedals faster, the trainer pushes back harder, with no knobs, levers or settings to adjust.

That rising pushback is called progressive resistance, and it is a lot like riding outside. Easy spinning feels easy. Pick up speed and you have to work for it.

To change how hard the workout feels, the rider simply shifts gears, the same way they would on the road. Turn the trainer around 180 degrees and it changes character, giving a lighter, low-to-moderate resistance. That makes one trainer useful for everyone in the house, from a strong rider doing intervals to someone just keeping their legs moving.



Trike / handcycle trainer power data from SportCrafters' own tests (sportcrafters.com). The blue OverDrive curve is the MR210; the red Double OverDrive curve is the MR220. The black Mag curve is the earlier low-resistance model, shown for reference.

Reading the chart: below about 10 mph, both trainers feel about the same. Above that, the curves split. At around 30 mph the OverDrive (MR210) is near 300 watts, while the Double OverDrive (MR220) is past 500 watts. The MR220 is built for riders who want to push hard.

PRODUCT 1

OverDrive Trike Trainer (MR210)



The new redesigned SportCrafters trike trainer

The MR210 OverDrive is the everyday trike trainer. It automatically adjusts resistance as the rider changes speed, and at higher speeds it ramps up to feel like real road riding.

It is a great fit for the active trike rider who wants to stay in shape through the winter or on bad-weather days. It is also a good pick for households with riders of different fitness levels. Turn it around and it gives a gentler, low-to-moderate resistance.

Features and what they mean for the rider

Feature	What it means for the rider
One progressive resistance drum (ARC Technology)	Real-road resistance. Light spinning feels light, and faster riding feels like work, just like outside.
Updated, more durable design	Built to take years of regular indoor riding, and backed by the same lifetime warranty.
Eight floor pads	The trainer sits firmly on the floor and grips it well, so it stays put while the rider pedals.
Grippy handle	Easy to pick up and carry to the closet, the TV room or the car.
Sturdy laser-cut frame	A solid, clean-cut frame that holds the drums steady.
Same quality rollers	Precision aluminum drums, lathed on the axle and spin balanced, for a smooth, quiet spin.
Change resistance by changing gears	Nothing to adjust on the trainer. Shift up to work harder, shift down to ease off.
Turn it around for lighter resistance	Spin it 180 degrees for low-to-moderate resistance. Good for family members or easy recovery days.
No assembly or maintenance	Sealed, greased bearings. Take it out of the box and ride.
Fits 16" to 700c wheels, no clamping	Works with most recumbent trikes, and nothing has to be clamped to the rear skewer.
Tadpole and delta trikes	Tadpoles and one-wheel-drive deltas use one trainer (with a wheel block under the other rear wheel on a delta, if needed). Two-wheel-drive deltas need a pair. Contact SportCrafters for details.
Lifetime warranty	Peace of mind for the rider, and an easy yes for the shop.

MR210 specifications

Spec	Detail
Drums	Aluminum, 3.25" (82.5 mm) diameter, 1/8" (3 mm) wall
End caps	Molded polycarbonate
Drum finishing	Lathed on the axle for precision runout and balance; dynamically spin balanced; will not distort in heat or sunlight
Bearings	Greased and sealed, no maintenance needed
Frame finish	Steel, zinc-plated and powder coated
Wheel sizes	16" to 700c
Product dimensions	21" x 4.25" x 10" (53.3 x 10.8 x 25.4 cm)
Shipped dimensions	22" x 10" x 4" (55.9 x 25.4 x 10.2 cm)
Shipped weight	7 lb (3.2 kg)
Warranty	Lifetime

Who it is for

Most trike riders. Recreational and active riders who want to keep fit indoors, riders coming back from a layoff, and families sharing one trainer. If the customer rides casually on a trike with 21 or more gears, this is the one SportCrafters recommends. On trikes with 3 or 8 speeds, the MR210 is the right choice because the rider will not have enough gearing to reach the speeds where the MR220's extra resistance comes in.

MR210 MAP / suggested retail **$299**

Pricing as of October 31, 2026. Shipping and tax not included.

PRODUCT 2

Double OverDrive Trike Trainer (MR220)



The new redesigned SportCrafters trike trainer

The MR220 Double OverDrive came from customers asking for more resistance than the OverDrive for strong interval sprints. Its two identical progressive resistance drums push back harder than real-road resistance at higher speeds, the most of any SportCrafters trike trainer.

It still works as a daily trainer for anyone. Turn it around for low-to-moderate resistance, so a hard-training rider and a casual partner can share it.

Features and what they mean for the rider

Feature	What it means for the rider
Two identical progressive resistance drums (ARC Technology)	Higher than real-road resistance. Room to do hard intervals and sprints without running out of trainer.
Updated, more durable design	Built to take years of regular indoor riding, and backed by the same lifetime warranty.
Eight floor pads	The trainer sits firmly on the floor and grips it well, so it stays put while the rider pedals.
Grippy handle	Easy to pick up and carry to the closet, the TV room or the car.
Sturdy laser-cut frame	A solid, clean-cut frame that holds the drums steady.
Same quality rollers	Precision aluminum drums, lathed on the axle and spin balanced, for a smooth, quiet spin.
Change resistance by changing gears	Nothing to adjust on the trainer. Shift up to work harder, shift down to ease off.
Turn it around for lighter resistance	Spin it 180 degrees for low-to-moderate resistance. Good for family members or easy recovery days.
No assembly or maintenance	Sealed, greased bearings. Take it out of the box and ride.
Fits 16" to 700c wheels, no clamping	Works with most recumbent trikes, and nothing has to be clamped to the rear skewer.
Tadpole and delta trikes	Tadpoles and one-wheel-drive deltas use one trainer (with a wheel block under the other rear wheel on a delta, if needed). Two-wheel-drive deltas need a pair. Contact SportCrafters for details.
Lifetime warranty	Peace of mind for the rider, and an easy yes for the shop.

MR220 specifications

Spec	Detail
Drums	Aluminum, 3.25" (82.5 mm) diameter, 1/8" (3 mm) wall
End caps	Molded polycarbonate
Drum finishing	Lathed on the axle for precision runout and balance; dynamically spin balanced; will not distort in heat or sunlight
Bearings	Greased and sealed, no maintenance needed
Frame finish	Steel, zinc-plated and powder coated
Wheel sizes	16" to 700c
Product dimensions	21" x 4.25" x 10" (53.3 x 10.8 x 25.4 cm)
Shipped dimensions	22" x 10" x 4" (55.9 x 25.4 x 10.2 cm)
Shipped weight	7 lb (3.2 kg)
Warranty	Lifetime

Who it is for

Fit, athletic trike riders who want very intense interval workouts but still like an easy recovery spin at low speeds. Best on trikes with a wide gear range (21+ speeds) so the rider can reach the speeds where the second drum really works.

MR220 MAP / suggested retail	**$399**

Pricing as of October 31, 2026. Shipping and tax not included.

SIDE BY SIDE

MR210 vs MR220

Both trainers share the same frame, drums, wheel fit, specs and lifetime warranty. The difference is how much resistance they give at speed.

	MR210 OverDrive	MR220 Double OverDrive
Resistance drums	One progressive resistance drum	Two identical progressive resistance drums
Resistance feel	Real-road resistance	Higher than real-road resistance; the most resistance SportCrafters offers
Tested power at about 30 mph	About 300 watts	Over 500 watts
Below about 10 mph	Easy spin	Easy spin (feels about the same as the MR210)
Best workout	Steady fitness rides, staying in shape	Hard intervals and sprints
Gearing that suits it	Any, including 3 and 8-speed trikes	21+ speeds to reach the high end of the curve
Turn it around	Low-to-moderate resistance	Low-to-moderate resistance
Frame, pads, handle, drums, specs	Same	Same
Warranty	Lifetime	Lifetime
MAP / suggested retail	$299	$399

Which one fits which customer

Customer	Recommend
Rides for fun and fitness, wants to keep moving all winter	MR210
Trike has 3 or 8 speeds	MR210
Rides casually on a 21+ speed trike	MR210
Coming back from a layoff, or wants light exercise to start	MR210 (turned around for lighter resistance if needed)
Two riders at different fitness levels sharing one trainer	Either. Turning it around gives the lighter rider an easy setting
Strong, athletic rider who wants hard intervals and sprints	MR220
Already owns an OverDrive and says it is not hard enough	MR220
Two-wheel-drive delta trike (both rear wheels driven)	A pair of trainers is needed. Contact SportCrafters

Getting the customer riding

1. Place the trike. Roll the trike so the rear wheel is cradled between the two drums, with the red-cap end toward the back of the trike. Red cap toward the rear gives the progressive resistance. Red cap toward the front gives lighter resistance.

2. Let it settle. Line the trainer up by eye, then spin the rear wheel by hand. The tire will settle into its natural position near the center of the drums.

3. Pick the spot. Use it on a flat, level floor. SportCrafters does not recommend riding on carpet, because the fibers can get into the drums. A training mat helps. Keep it out of dusty or dirty areas.

4. Care. Wipe it down with a damp cloth after riding (no cleaners). Keep fasteners snug but do not over-tighten them. The bearings are sealed and need nothing.

Delta trikes: lift one rear wheel and spin it backward, then do the same with the other. If the pedals turn with only one wheel, it is one-wheel drive: use one trainer and a wheel block under the other wheel. If the pedals turn with either wheel, it is two-wheel drive and needs a pair of trainers.



Tadpole trike on a SportCrafters trike trainer. Setup example from sportcrafters.com; earlier frame shown.



Delta trike on a trainer with a wheel block under the other rear wheel. Setup example from sportcrafters.com; earlier frame shown.

Set expectations before the sale

These trainers do not clamp the trike in place. Riders may feel a slight fore-aft rocking, depending on how tightly the front brakes lock and how stiff the trike frame is. Most riders do not mind it, and many use that gentle feedback to smooth out their pedal stroke. Locking the brakes and focusing on an even stroke reduces it.

For riders with a brain injury, that motion can be bothersome, and a stationary clamp-style trainer may suit them better. The trike trainers are for recumbent trikes only, not two-wheel recumbent bikes.

ON THE SALES FLOOR

How to talk about it

Most people who buy a trike trainer are not training for a race. They want to keep moving when it is cold, wet, dark early or too hot outside, and they want to do it on the trike they already love.

The simplest picture to paint: set the trike on the trainer in front of the TV, put on a favorite show or some music, and ride. Thirty minutes goes by quickly, and the rider keeps their legs, heart and riding fitness ready for the next nice day.

Zwift is the newer way to ride indoors. Riders join online group rides, so a trike rider in their living room can ride along with other trike riders from all over. For customers who miss their riding group in the off-season, that can be what gets them excited.

Good questions to ask

- What kind of trike do you ride, tadpole or delta? If delta, is it one or two-wheel drive?
- How many gears does it have?
- Are you riding to stay in shape, or do you want hard workouts?
- Will anyone else in the house use it?
- Where will it go? (Hard floor or a mat is best, not carpet.)

Simple lines that work

- "It turns your own trike into an indoor exercise bike in about a minute."
- "You change how hard it is just by shifting gears."
- "Turn it around and it is easy enough for anyone in the family."
- "No assembly, no maintenance, and a lifetime warranty."
- "Pick the MR210 for staying in shape. Pick the MR220 if you want it really hard."

Questions about fit, two-wheel-drive delta trikes or warranty?
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