

- Your roller drums are precision lathe-turned for a smooth ride. Protect the drums from damage during use, handling and storage.

Care and Maintenance

- Always wipe the trainer down after use to avoid corrosion. Use a damp cloth only; do not use any cleaners.
- The bearings are permanently lubricated and sealed, and they do not require maintenance.
- Make sure all fasteners are snug. Do not over-tighten any fasteners as it can damage the roller frame.

Warranty

SportCrafters warrants all products to be free of any and all defects in material or workmanship. This warranty does not apply to parts that have excessive wear due to normal use, misuse, neglect, accident, or acts of God. Where applicable, incidental and consequential damages are not covered, and there are no other warranties, expressed or implied. This warranty applies to the original owner, and is valid for a lifetime.

Please retain your receipt as proof of purchase.

In the event of a warranty, please contact us at info@sportcrafters.com, or call 574-243-2453.

SPORTCRAFTERS
51345 Bittersweet Road
Granger, Indiana 46530 USA

TRIKE TRAINERS



**SPORT
CRAFTERS**

100% Handmade in the USA

www.SportCrafters.com

Thank you for choosing SportCrafters Trike Trainers. Our Trike Trainers are the only training tool in the world built specifically for your recumbent trike. It is the perfect companion during inclement weather, for rehabilitation and for staying in shape during the riding season.

The SportCrafters Mag Trike Trainer (indicated by two red caps on the rear drum) offer an excellent spin with low to moderate resistance. The OverDrive Trike Trainer (indicated by one red cap on the rear drum) adds progressive resistance, and you'll get a real-road power profile that allows for hard interval workouts.

A quick note:

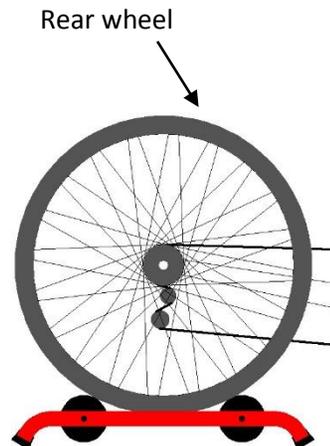
You may experience some fore-aft rocking while riding, which is caused by uneven pedal stroke. Locking your brakes will reduce this. However, if you focus on improving your pedal stroke then you will get a great workout *and* improve your technique.

Please review the following information:

- **Trainer Assembly and Use**
- **Precautions**
- **Care and Maintenance**
- **Warranty**

Trainer Assembly and Use

Place your trike so that the rear wheel is cradled between the two drums and the drum with **red cap(s) is at the rear of the trike**. Align the trainer as well as you can by sight, then spin the rear wheel by hand. The rear tire will “settle in” to its natural alignment.

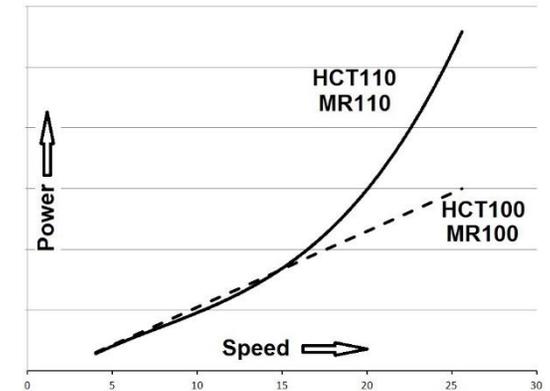


If the tire isn't well centered on the drums, adjust the alignment so that when you spin the rear tire, it stays close to the center of the drums.

Resistance (Power)

Mag Trike Trainer (MR100): This model has one drum with **two red end caps** that provides low to moderate resistance depending on speed.

OverDrive Trike Trainer (MR110): This model has one drum with **one red end cap** that provides progressive resistance, or much more resistance at higher speeds than the Mag Trike Trainer.



- **Red cap toward rear of the trike** engages progressive resistance
- **Red cap toward front of the trike** disengages progressive resistance and you will get lower resistance at higher speeds.

PRECAUTIONS

- This trainer is for cyclists in good physical health. If you are unfamiliar with proper training technique, please seek professional guidance.
- Use only on a flat and level surface. We do not recommend riding the rollers on carpet, as the fibers can interfere with the drums.
- Do not use in dusty or dirty conditions, and always clean after use according to Care and Maintenance in this manual.