

R1

Rollers with Lite APP



1) WARNING

- Read and follow all instructions concerning rollers setup and installation of your bicycle into the rollers. Failure to securely attach the bicycle to the rollers could result in serious injury to the rider or bystanders.
- Remove all oils and moisture from the roller and the tyre before use.
- Keep both hands on handlebar at all times.
- Do not over-tighten the adjustment knobs. Over tightening may cause damage to the rollers or your bicycle frame. The clamp handles should be firm and secure. Do NOT force!
- Always take care when training to prevent children or pets moving close to the rollers.

2) CAUTION

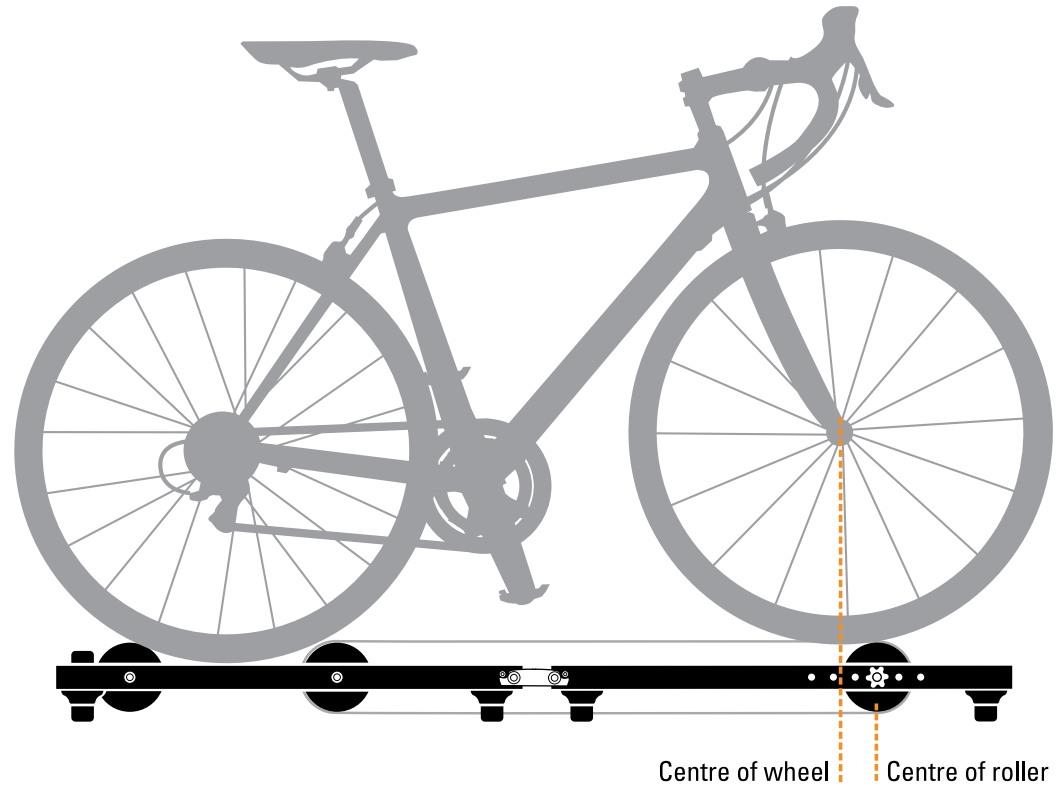
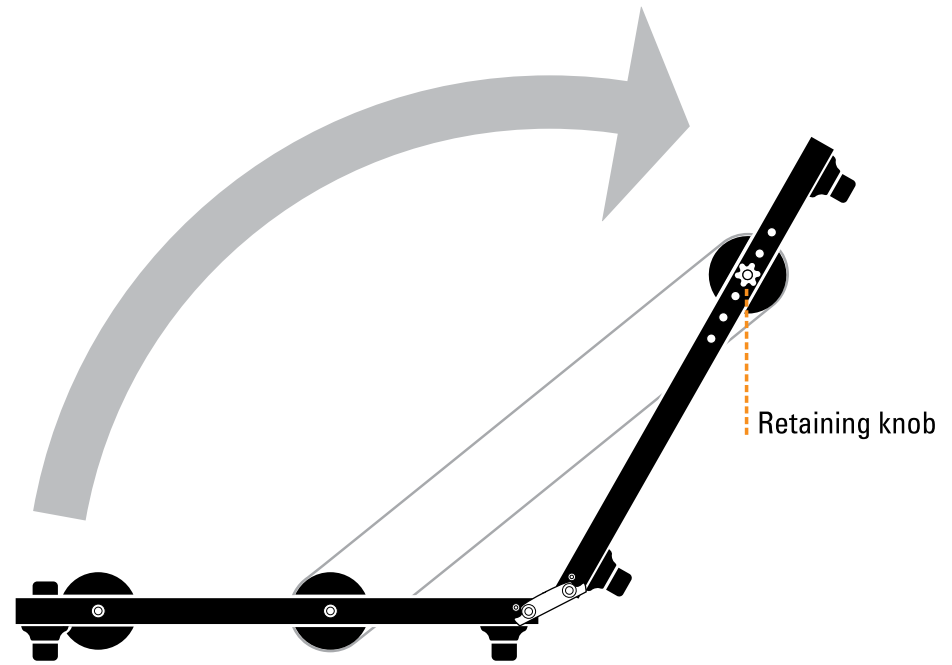
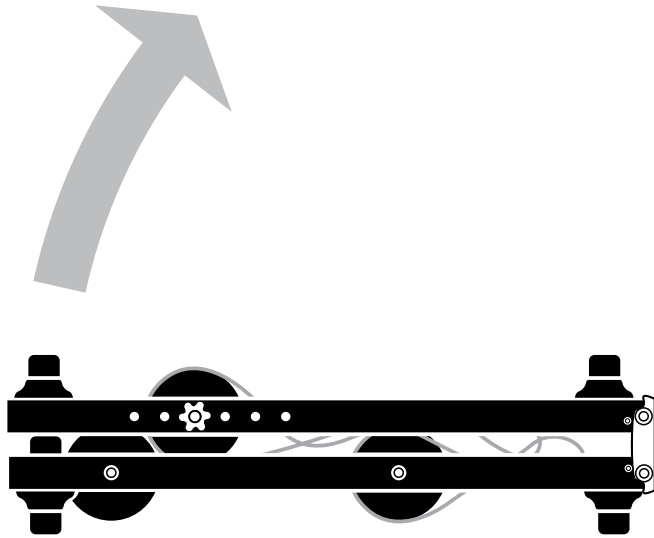
- These rollers are intended for single-rider bicycles only.
- Read and follow all instructions.
- Ensure you always use the rollers on a flat surface.
- Do not put fingers, feet or dangling objects near any moving parts.
- Do not attempt to dismount until all moving parts have come to a standstill.
- Do not attempt to modify your JetBlack rollers.
- Do not attempt to stop the resistance unit or flywheel manually.
- Keep children and pets away from the rollers during use.
- Before you start any exercise program you should consult a physician. Should you become ill, feel dizzy, light-headed or nauseous while riding the rollers, stop riding immediately and seek medical attention.

3) SETTING UP YOUR ROLLERS

1. Your rollers come fully assembled. Simply unfold the unit and seat the band into the grooves on the front and middle roller, so the middle roller drives the front roller smoothly.
2. The front roller should be placed so that the rollers axle is mounted slightly in front of the bicycles front axle.
3. Check your tyre pressure is inflated to whichever comes first; the tyre manufacturer's maximum recommended pressure or 110psi if your tyres will allow.

BIKE POSITION

To move the front roller undo the retaining knobs and then unclip the roller from the frame, by spreading the frame legs apart, (remember the band will be tensioning the roller). Move roller to the desired position and reattach. Check that the band is still fitted firmly on the front and middle rollers and retaining knobs are tightened firmly.



4) GETTING THE BEST FROM YOUR ROLLERS:

ROLLERS TRAINING TIPS

Rollers are the trainer of choice for more than 90% of the pro peloton due to their accurate simulation of riding on the road.

Training on rollers will improve your bike handling skills and improve your pedalling efficiency.

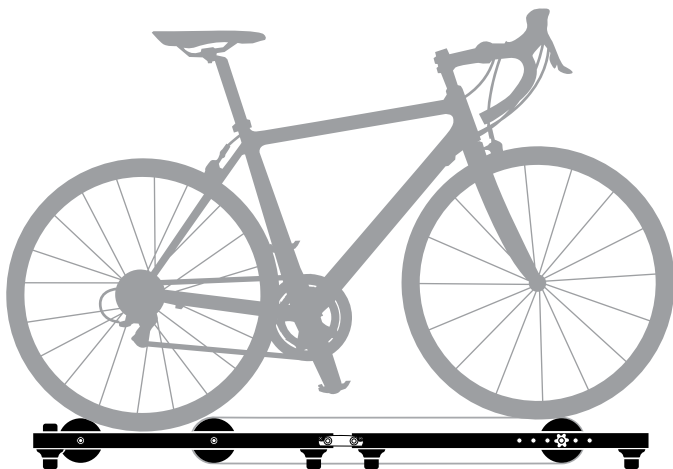
You'll see the results of roller training almost immediately once you hit the road and prolonged use will turn you into a pro of the bunch.

Unless you are experienced or have trained supervision, it would be best to start out by placing the roller in a doorway for stability. Start riding with the bike in a vertical position in the centre of the roller, if you are new at this you may find it easier to start with your seat lower down to help you get started in vertical position. To stay in the centre of the roller it is tempting to look down at your front wheel, avoid this temptation and look forwards. It is best to look at a spot or object (around 5m) ahead of you and stay lined up with this spot.

If training in a doorway, position yourself so that your shoulders are in line with the doorway, not your hands. This way you can keep your hands on the bars while still using your shoulders to steady yourself.

If reaching for a drink or to wipe sweat, focus on balancing with your core muscles and keep your one hand which is on the bars firm, but light and keep pedalling. Steady movements are better than sudden.

In the beginning, rollers are much more tiring than a trainer because so many more muscles are coming into play. Do not become discouraged. After only a few attempts you will become confident and can be doing full roller sessions.



DISMOUNTING

Wait until all rollers and wheels have come to a full stop and only then apply the brakes. Lean against the doorway, or have someone hold one side. Keep the brakes engaged so the wheels don't move. Unclip one foot and without leaning too much, place it on the floor or a small support next to the rollers. Unclip the second foot and swing your leg over the saddle until you are in a standing position next to the rollers.

5) CARING FOR YOUR TRAINER

When used according to the manufacturer's instructions and cared for with common sense, your JetBlack trainer will provide a lifetime of training.

Wipe any sweat off after a workout.

Keep the machine away from any corrosive substances, such as salt or other potentially hazardous substances.

If the roller darkens or shows black tyre build up you may clean it off with a cloth. This tyre build up can be cleaned with a rag by friction rubbing the roller with a side to side motion. The rubbing motion with a clean rag will lift the tyre build up off the roller. Do not use alcohol or any cleaning solvents on the hydrogel roller. A clean cloth and friction is all that is required.

6) STORAGE

To store or transport your trainer:

- Simply fold the unit flat and secure it with the swing tab and thumb bolts
- Be careful when folding the legs to avoid pinching your fingers.
- Store the trainer indoors, out of the rain and away from temperature extremes.
- Keep the trainer away from any corrosive substances, such as salt or other potentially hazardous substances.

7) WARRANTY

JetBlack offers the original owner a lifetime warranty against manufacturing defects manufacturing defects in materials and workmanship. Units which use batteries or computer display unit come with a one year warranty on these products. This warranty is not applicable to damage caused by misuse, abuse, neglect, accident or unauthorized modification. If the unit is disassembled by the consumer, this warranty is void.

It is the responsibility of the purchaser to retain receipts for proof of purchase in the event that warranty is required. Returning goods to JetBlack or the place of purchase is done at the owner's expense.

If you experience problems with your trainer, please email us at info@jetblackcycling.com

FREE JETBLACK TRAINING APP

New and exclusive to JetBlack!

Free lite app for iOS or Android with Multiple coaching sessions crafted by Olympic cycle coach Murray Healey.

- Upload your workout to Training Peaks and Strava!
- Test and monitor yourself with an in built Fitness/Zone test and Training Zone calculator
- View: Gear Recommendations, Goal Cadence, Session Time, Session Profiles. Optional accessories allow upgrades to include, Speed, Cadence, Heart Rate, Power (watts) and Calories Burnt



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