

## II. Tips For Using Your Rollers

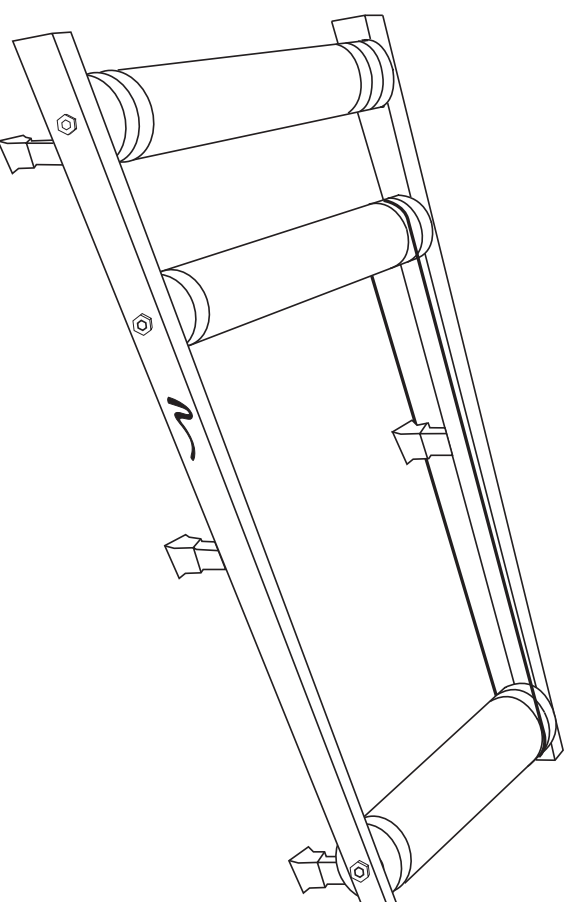
1. Rollers work best with smooth tread tires. If using a mountain bike, switch to a slick tire to reduce noise and increase stability.
2. If you are new to roller riding, position the rollers in a doorway or beside a stable object for support as you develop the necessary balance.
3. Make sure the rollers are on a level surface.
4. Select a middle gear, and begin with the bike centered on the roller drums, as close to vertical as possible. If this is your first time, you may find it easier to lower your saddle slightly to help you get started in a vertical position.
5. Begin pedaling, and keep your eyes forward, as you would if you were on the road. Although your instinct will be to watch the front wheel, you'll have an easier time maintaining your balance and riding in a "straight line" if you focus on a fixed object 10-15 feet directly in front of you.
6. If you begin to lean or drift to the side of the drums, correct your position with very SLIGHT steering movements. Oversteering will cause you to lose your balance or send you off the side of the drums.
7. Maintaining a smooth, high pedal cadence and high wheel speed will help keep you balanced on the rollers, due to the gyroscopic effect of fast-spinning wheels.
8. Initially, riding on rollers feels like riding on ice—move the handlebar too sharply or pedal with a rough stroke and you may lose your balance. This is the great advantage of rollers over trainers—rollers teach you to reduce upper body movement and maintain a smooth pedal stroke.
9. As you become more comfortable on the rollers, you can use the bicycle gearing to vary the level of resistance.
10. When you're ready to stop, don't use the brakes. Instead, put your feet on the frame rails and let the wheels coast to a stop.

## III. Care and Maintenance

1. Always wipe off the rollers after use. Use only a damp cloth. Do not use solvents or harsh cleaners.
2. The sealed cartridge drum bearings are permanently lubricated and sealed and require no maintenance.
3. Check the axle nuts periodically to make sure they're snug, but do not overtighten.



# Reduced Radius Rollers



Thank you for your purchase of a set of Nashbar Rollers. Rollers not only offer an excellent workout with moderate resistance, but also improve your balance, pedaling technique and steering coordination. The Nashbar Rollers include precision, CNC machined aluminum drums, a durable steel frame and sealed cartridge bearings for years of trouble-free use.

For technical support, call 1-800-888-2710

Bike Nashbar, 6103 Rt. 446, Canfield, OH, 44406

Made in Taiwan

[www.nashbar.com](http://www.nashbar.com)

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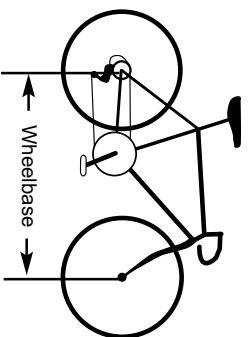


Fig. 1

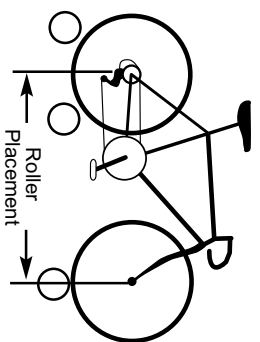
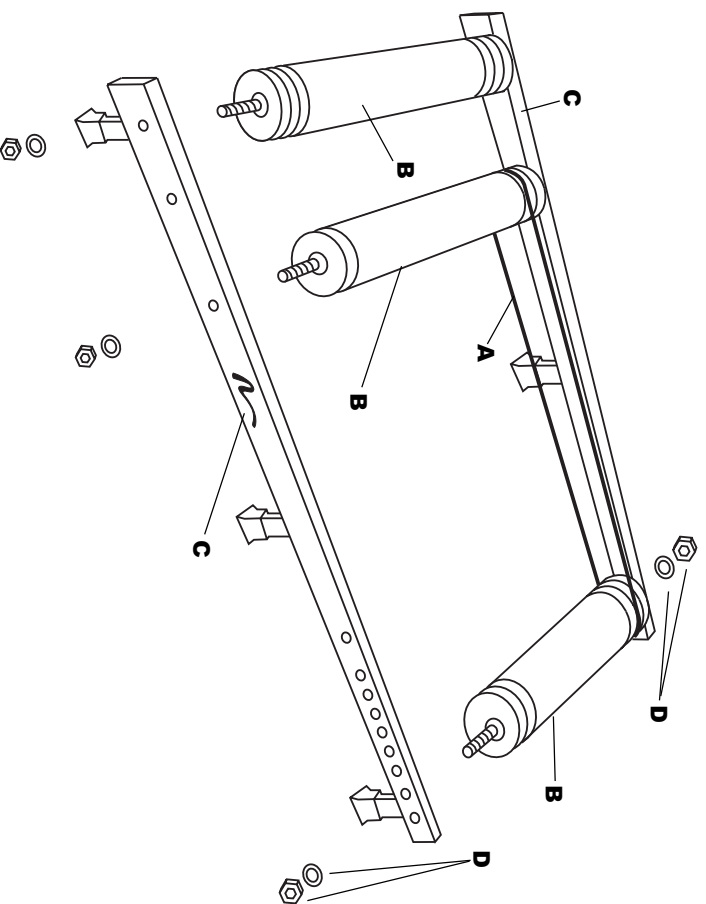


Fig. 2



- Read and follow all instructions.
- Keep children and pets away from the rollers during use.
- Before you start any exercise program you should consult a physician.

### CAUTION

#### I. Set-up

1. The Nashbar Rollers come fully assembled. Follow the steps below to adjust the rollers to fit your bicycle's wheelbase.
2. The distance from the midpoint between the two rear roller drums to the center of the front roller drum is indicated on the decal applied to the frame rail (C) above the axle holes.
3. Measure the wheelbase of the bicycle to be used on the rollers. See Figure 1.
4. The axle of the front roller drum should be positioned in the frame axle holes which most closely match the bicycle's wheelbase. See Figure 2. **Make sure the axle of the front roller drum is aligned with or positioned in front of the bicycle's front axle.** The rollers can be adjusted to fit wheelbases from 35½ inches to 42 inches.
5. To reposition the front roller drum, remove the front drum axle nuts and washers (D) from both sides of the drum. It may also be necessary to loosen the nuts on the middle drum so that the front drum can be removed.
6. Position the front drum axle in the appropriate set of frame axle holes as described in step 3.
7. Reattach and tighten all nuts and washers, but do not over tighten, as this will put too much pressure on the bearings. The rollers are now ready for use.