

JetBlack Roller Instructions

Code: JBT-R1

Thank you for purchasing your JetBlack Roller please thoroughly read the instructions below before use. For more information or to register your product, go to our website.

www.jetblackcycling.com

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Congratulations on your purchase of the world's finest rollers. This is the ultimate tool for training, balance, pedal technique and steering coordination for better performance in competition. Rollers give an excellent workout with moderate resistance. Your JetBlack rollers are a professional training tool, designed for years of trouble free service.

Setting Up Your Roller

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. The front roller should be placed so that the rollers axle is mounted slightly in front of the bicycles front axle.

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.

Rollers Training Tips

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.

