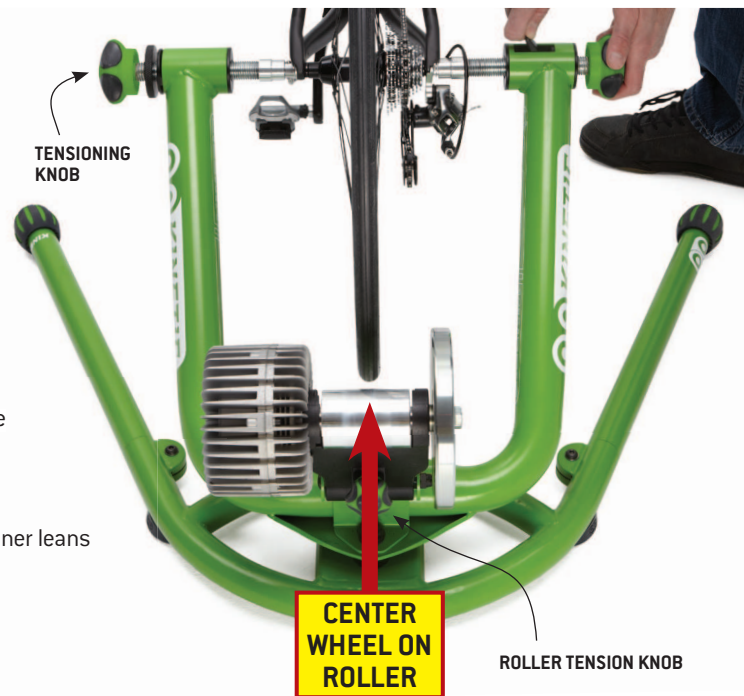


3 STEPS TO FINE TUNE THE ROCK AND ROLL RIDE

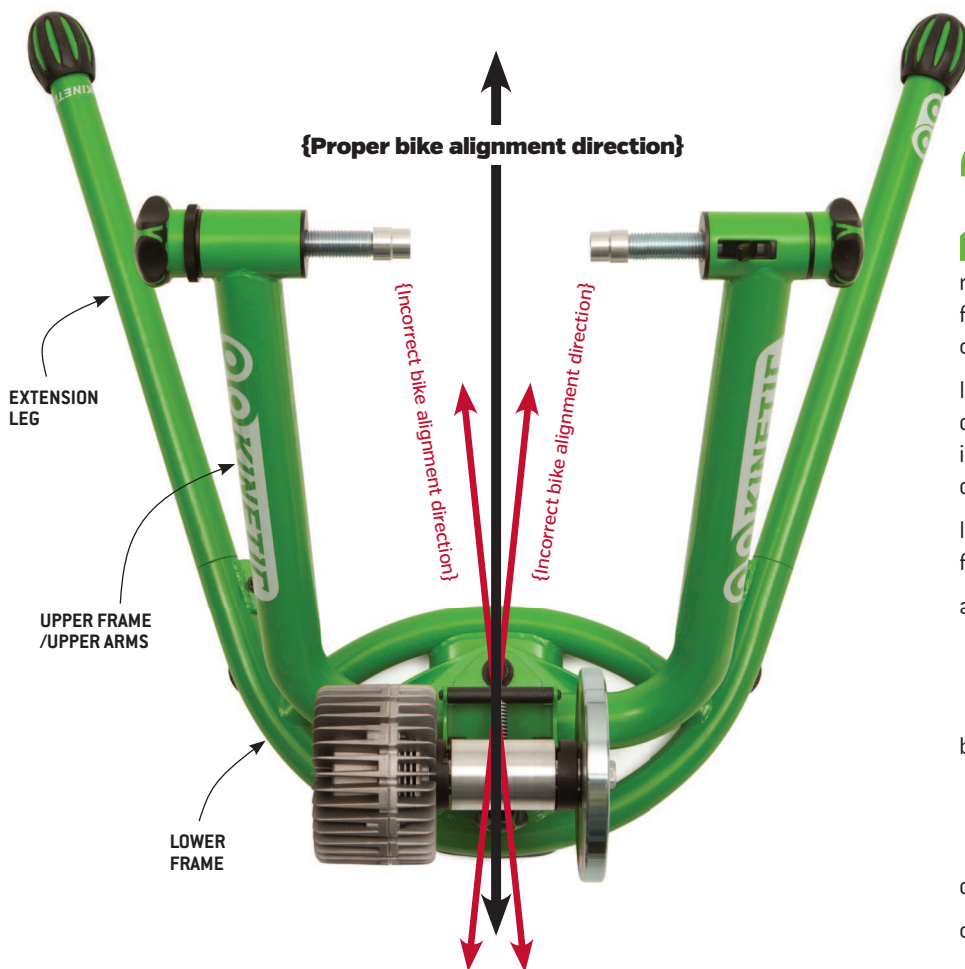
To fine tune the ride and prevent the Rock and Roll from feeling like it's leaning to one side or the other when seated in a neutral position, first of all be sure that your trainer is on a level floor surface. (If you must ride on a slope, position the trainer up or down the slope—front to back—rather than across sideways), then follow these 3 steps:

1 An uncentered bike will usually lean to one side or another. In order to properly center a bicycle on the trainer and eliminate the leaning, follow these steps:

- Loosen roller tension knob
- Loosen left or right tensioning knob depending on which way the trainer leans
- Tighten opposite tensioning knob to center the wheel on the roller
- Retighten the roller tension knob and check that bike is centered
- If bike still leans dramatically to one side, try step 2.



TIP: The ProFlywheel is heavier than the standard flywheel and can throw the Rock And Roll slightly off balance to the right. Correct this by adjusting bike slightly to rider's left.



2 If bike still doesn't feel centered after step 1, the bicycle alignment relative to the lower frame may be off and causing rider lean. The Rock and Roll trainer's design allows for several degrees of left to right play when looking down over the elastomer stack pivot points.

If upper frame and lower frame alignment isn't centered, a mounted bike can be moved left or right in order to reduce or eliminate excessive leaning in one direction.

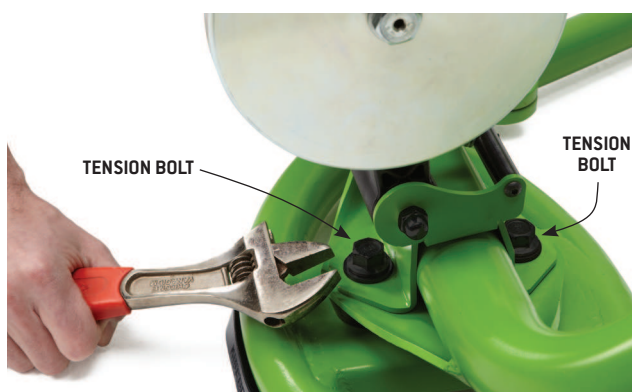
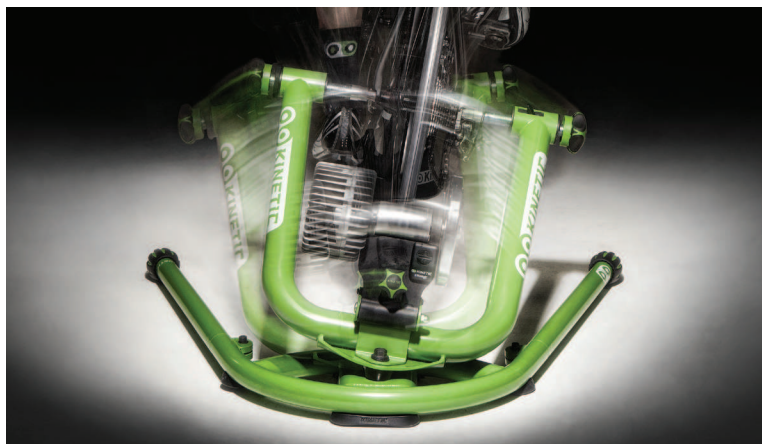
In order to properly align a bicycle on the trainer, follow these steps:

- With bike mounted in the trainer examine elastomer stack to see if the lower base and upper arms are symmetrical and aligned forward.
- If bike is aligned and point either left or right of center, try gripping the bike and placing one foot on the trainer extension leg and gently aligning trainer upper arms with the trainer base.
- Get back on bike and test for lean.
- Repeat if necessary.

3 STEPS TO FINE TUNE THE ROCK AND ROLL RIDE

3 If your bike feels like it's leaning after step 1 or step 2, try the following fine-tuning tweaks in combination with steps 1 and 2 and remember to experiment to figure out what works best with your trainer, bike, and riding style.

- While riding the bike on the trainer, if you're experiencing lean and have tried steps 1 and 2, while seated on your bike, shift your weight opposite the lean and back to center. This should re-center the upper trainer frame.
- The factory torque setting on the tension bolts is set to create an active but neutral ride. We've found that loosening the tension bolts by a half turn or so can decrease trainer lean.



MOTION FINE TUNING

The Rock And Roll trainer is factory-set for an active side-to-side ride. If a rider finds the factory setting to either be too active or not active enough, a few 1/2 turns on the tension bolts can custom-tune the ride.

- Be sure your Rock And Roll is on firm surface.
- For a stiffer ride, tighten each tension bolt a 1/2 turn or so. Try riding. Repeat if necessary.
- For a more active ride, loosen each tension bolt a 1/2 turn or so. Try riding. Repeat if necessary.



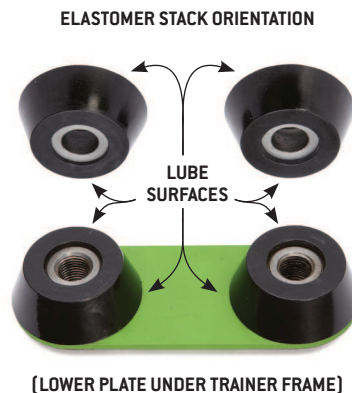
ELASTOMER MAINTENANCE TIP

We've found that the elastomer stacks can develop a bit of squeaking over time and that there's a simple fix.

In 5 easy steps you'll be rolling smoothly and quietly once again:

- Remove bike from trainer
- Loosen or remove tension bolts so you can get silicone-based spray or grease onto the elastomer and frame-contact surfaces
- Squeeze or spray silicone-based lubricant onto the surfaces where the trainer frame and elastomer touch
- Lube tension bolt threads
- Wipe off any excess lube and reassemble trainer

(factory torque spec is 12 ft-lb)



TIP: If you partially thread out the tension bolts, you can create a bit of space in the elastomers and the trainer frame, making it easier to get lubricant directly on the contact surfaces without completely disassembling frame.

WARNING: Use ONLY silicone-based spray or grease. Common types: di-electric grease, silicone faucet grease, heavy-duty silicone spray