

# ***TruTrainer™***

## ***Premium Bicycle Rollers Assembly Instructions***

***Shaft Anti Rotation on Drive Side  
Rollers Purchased post 2008***



### **⚠ CAUTION:**

**To prevent damage, familiarize yourself with the parts list and assembly instructions prior to beginning assembly.**

**To prevent personal injury, read all precautions and instructions in the User's Manual before using this product.**

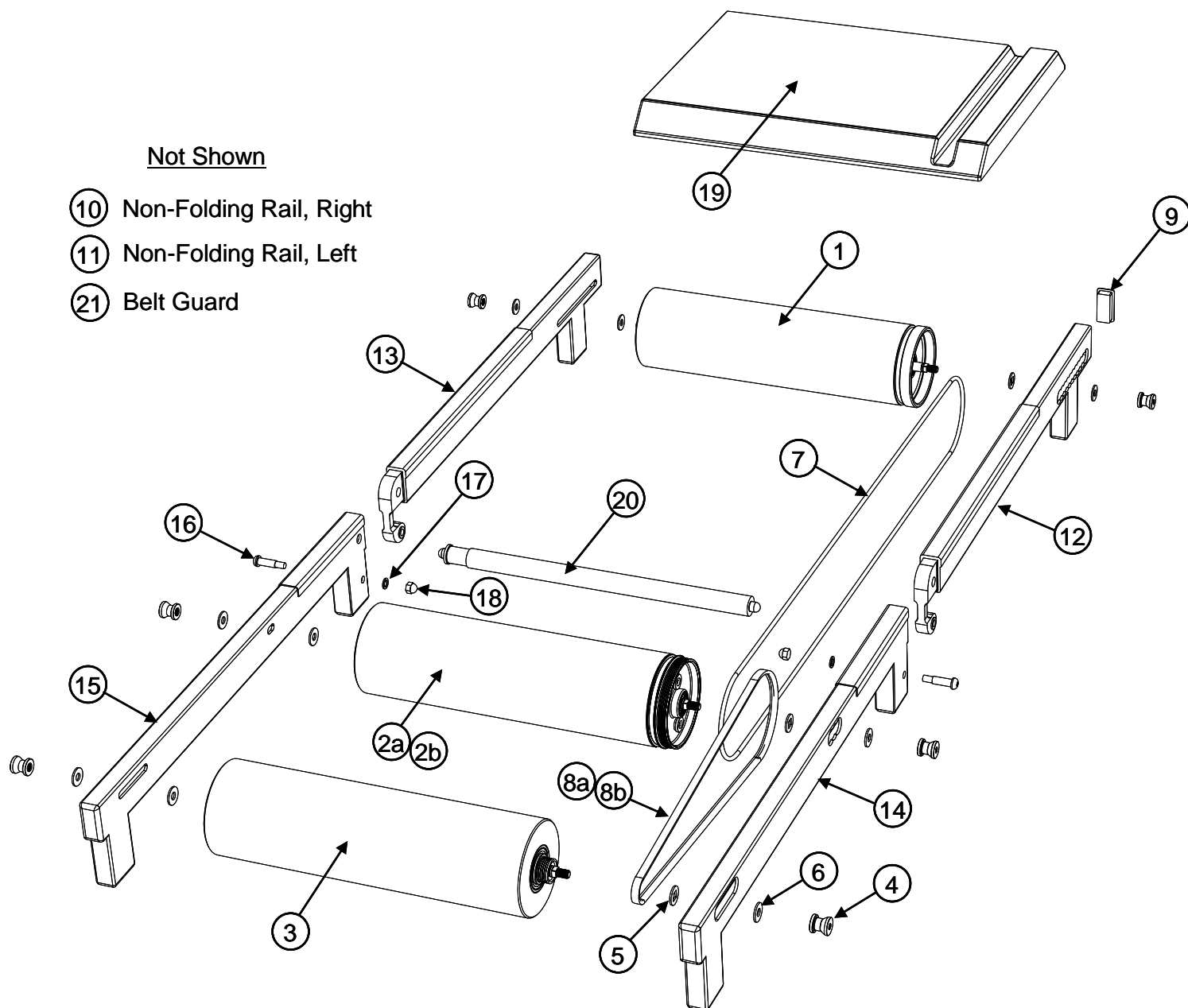
## Parts List

Item #	Description	Qty
1	Front Roller Assembly	1
2a	Middle Roller Assembly, Standard	1
2b	Middle Roller Assembly, Quick Disconnect	1
3	Rear Roller/Flywheel Assembly	1
4	Roller Shaft Clamp Nut	6
5	Roller Shaft Hardened Washer, Square Hole	3
6	Roller Shaft Hardened Washer, Round Hole	9
7	Front Roller Drive Belt	1
8a	Flywheel Drive Belt for 700c Wheel	1
8b	Flywheel Drive Belt for 650c Wheel	1
9	Rail/Leg Plastic End Cap	10
10	Right Side Rail, Non-Folding	1
11	Left Side Rail, Non-Folding	1
12	Right Front Side Rail, Folding	1
13	Left Front Side Rail, Folding	1
14	Right Rear Side Rail, Folding	1
15	Left Rear Side Rail, Folding	1
16	Hinge bolt	2
17	Hinge washer	2
18	Hinge nut	2
19	Platform	1
20	Carrying Handle	1
21	Belt Guard	1

(See exploded illustration on following page)

Not Shown

- ⑩ Non-Folding Rail, Right
- ⑪ Non-Folding Rail, Left
- ⑫ Belt Guard



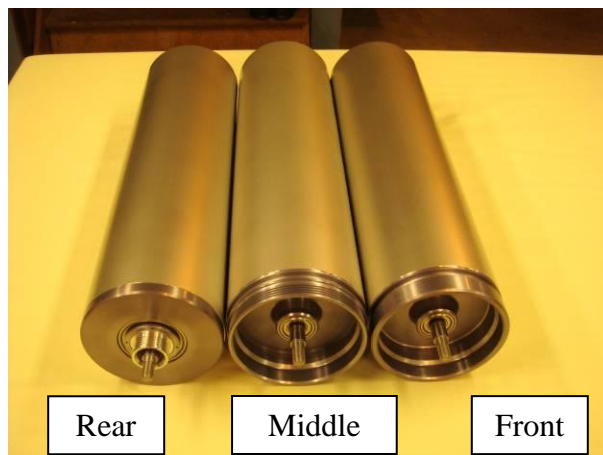
# Assembly Procedure

TruTrainer™ rollers shipped outside of the US require assembly prior to use. The assembly process will require a 4 mm and 6 mm hex wrench along with a clean flat work area with a surface which will not scratch the components. A carpeted floor can be used in place of the blanketed bench shown in these instructions.

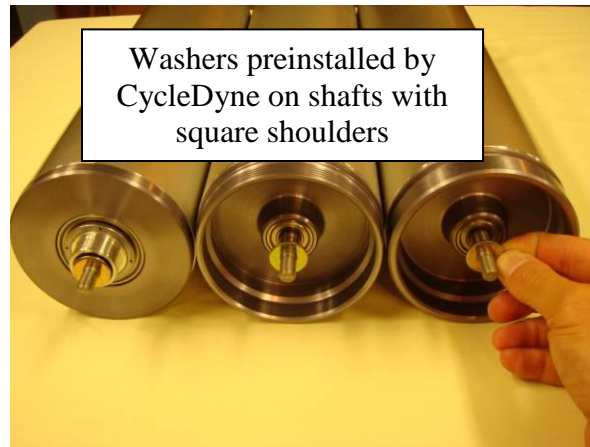
TruTrainer rollers can be setup with the drive belts on either the right or left side of the rider. To minimize the probability of belt breakage should you come off the rollers, we recommend that the belts should be positioned on the side nearest a wall or other support object that you plan to ride next to. If you plan on riding in the middle of a room, the left side configuration described herein will work fine.

The following procedure results in rollers with the drive belts on the left side of the rider. If you prefer to have them on your right side, reverse the direction of the roller tubes from that illustrated in step 4.

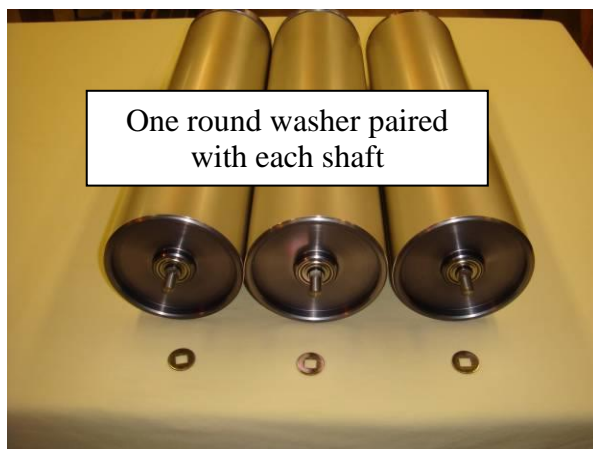
1. Thoroughly inspect rollers for any damage that may have occurred during shipment. Spin each roller by hand while supporting it on both ends of the shaft. The tubes should spin freely and quietly. Position the roller tubes on a flat work surface in the same order they will be assembled in the frame. The heaviest tube contains the flywheel and it goes in the rear. The middle roller contains the large diameter micro-v pulley grooves for the belt which drives the rear flywheel and it contains a groove for the belt which drives the front roller. ***If you purchased Travelers, the rear roller is substituted with a front roller.***



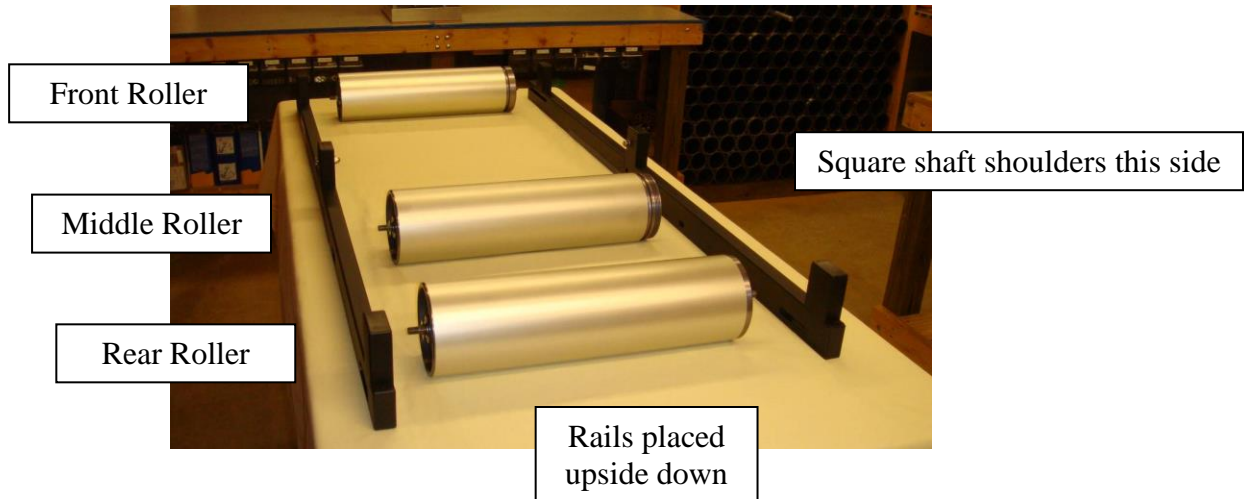
2. The drive side of the rollers comes with washers pre-installed on the shafts with square shoulders as shown below. **These are high strength washers to properly distribute clamp load to the aluminum rails. On the drive side they are not removable.**



3. Pair a washer with the round hole with the shafts with round shoulders and install one washer on each shaft as shown below. **Failure to use the high strength square washers will result in damage to the rails.**



4. Space out the roller tubes to the position they will be installed in the frame and place the rails adjacent to the rollers with the legs pointing up. The outboard side of the rail has the large holes and the TruTrainer logo. With this layout the belts will be on the left side of the rider.



5. Install the front roller drive belt into the middle roller drive pulley groove and allow the frame rail to pierce the loop per the photo shown below to the left. This allows for the installation of the frame without applying a shaft bending load from the tension in the drive belt. **Failure to do this could result in damage to the aluminum frame rail.** *(Skip the following, if you are assembling Travelers)* Install the flywheel drive connecting the middle roller to the small micro-V pulley on the rear roller. The flywheel belt should be loose but tensioned enough to maintain its position on the drive pulley to facilitate installation of the frame rail.

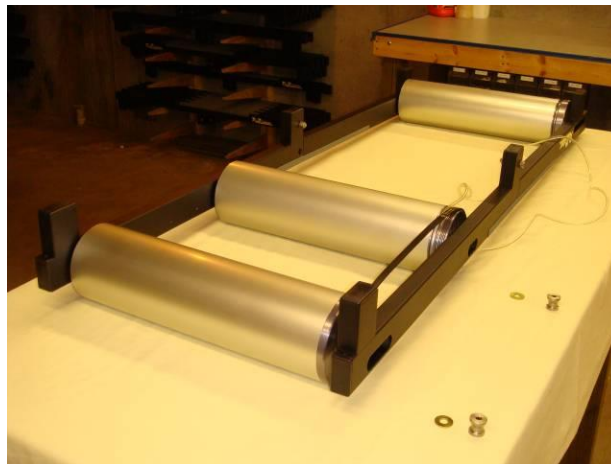




6. Below to the left is the proper configuration of the belts prior to installing the remaining frame rail. Install the frame rail onto the shafts with the round shoulders. The shoulders are sized to fit into slots on the inboard side of the rail. Below to the right is a photo of the rail installed on the shafts ready for washer and clamp nut installation.



7. Mount the frame rail onto the shafts with the square shoulder (drive side). The square shaft shoulders are designed to prevent rotation of the shaft and fit into slots on the inboard side of the rails. You will have to rotate the shafts to align the shoulders with the slots. The rail must mate with all three shafts and a round hole washer and shaft clamp nut are needed on each roller shaft. Do not install the washers or nuts until proper engagement of the shafts is obtained.



8. Before installing the washers or tightening the shaft nuts, verify that the flats on the end of the shafts are engaged in the slots in the rails. Failure to obtain proper engagement will result in damage to the rails.



9. Install a washer with a round hole on the front roller shaft. Then install the shaft clamp nut and position the roller in the slot appropriate for your bike's wheelbase. Recommended wheel positioning data can be found in the TruTrainer User's Manual. Secure the nut with a 6 mm hex wrench.

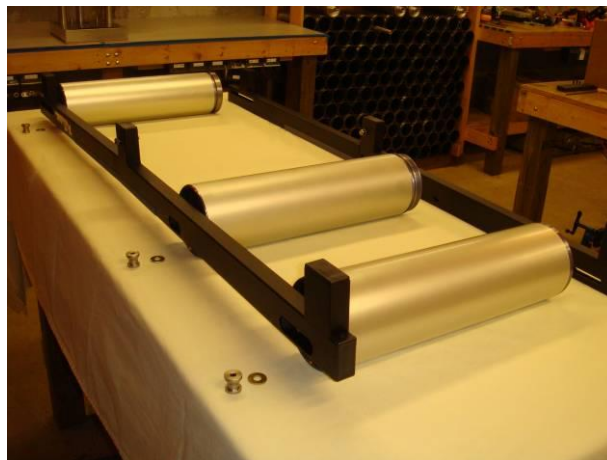




- 10.** Install a washer on the middle roller shaft and install a shaft clamp nut. Secure the nut with a 6 mm hex wrench



- 11.** Install a washer and a shaft clamp nut on the drive side of the rear roller, but do not tighten it. This nut needs to remain loose to allow the flywheel drive belt to be tensioned. You are now ready to install the frame rail on the non-drive side.
- 12.** Mount the frame rail onto the shafts with the round shoulders (non-drive side). The rail must mate with all three shafts and a washer and shaft clamp nut are required for each roller shaft.



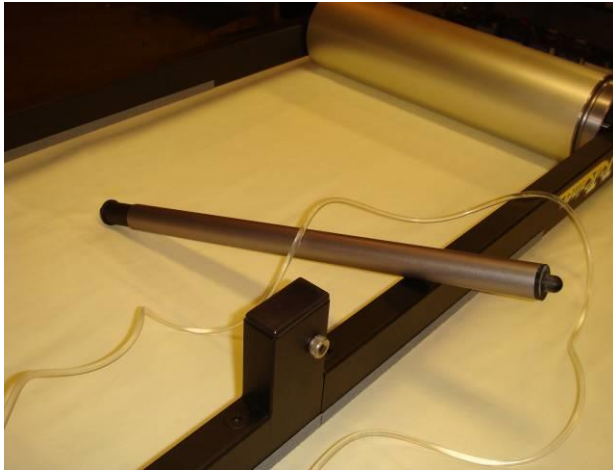
- 13.** Install washers and clamp nuts on the front and middle rollers and secure both shafts with a 6 mm wrench.



- 14.** Install a washer with a round hole on the rear roller shaft. Then install the shaft clamp nut, but do not tighten this nut. It should be loose to allow the tension of the flywheel drive belt to be adjusted. You are now ready to begin installation of the drive belts.



- 15.** Insert the telescoping end of the carrying handle into the hole provided on the inboard side of the middle frame leg. Collapse the handle and insert the fixed end into the hole on the opposite rail. When the frame is extended, the handle prevents the rails from folding. The rollers can now be safely repositioned.



- 16.** Pick up the rollers and turn them over so that they are standing on the rail legs to allow belt installation and tensioning.

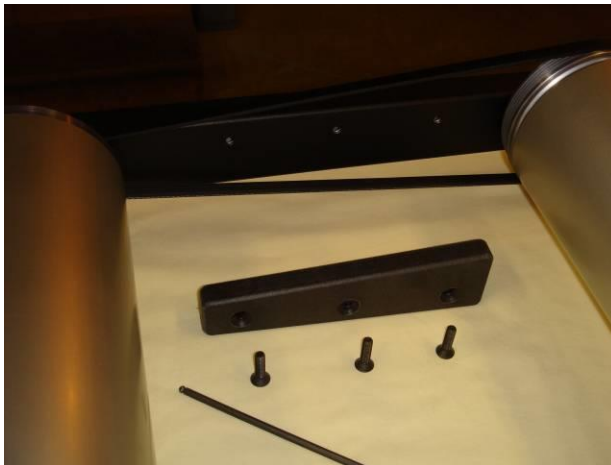




17. Pick up the front of the rollers and stretch the front roller drive belt over the rail so that it can be installed into the front roller drive groove. *(Skip the following, if you are assembling Travelers)* Perform the drive belt tensioning process described in the User's Manual.



18. *(Skip the following, if you are assembling Travelers)* Install the flywheel belt guard in the position shown with two hex screws using a 4 mm hex wrench. An older design used three screws; the latest belt guards feature a cutout for an optional load bar and only requires two bolts. The photo below shows a left side installation.



**19.** The assembly of your rollers is complete; enjoy your ride.

