

TRAVEL TRAC™
TECHNIQUE
folding rollers

**Performance Tech Support 1(800)727-2453
9am-6pm EST Monday-Friday**



Congratulations on your purchase of a set of Travel Trac™ Technique Folding Rollers. Rollers not only offer an excellent workout with moderate resistance, but also improve your balance, pedaling technique and steering coordination. The Technique Rollers include precision balanced, lathe turned PVC drums, a powder coated steel frame and sealed cartridge bearings for years of trouble-free use.



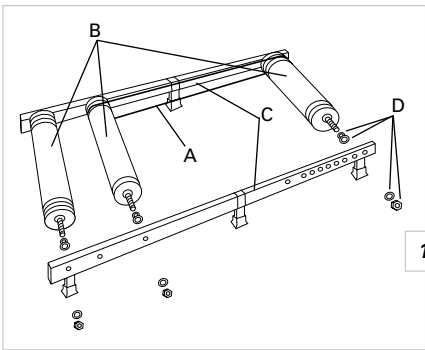
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Made in Taiwan
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⚠ SAFETY PRECAUTIONS

- 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.

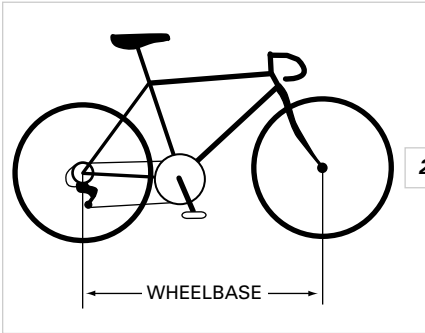


I. Assembly

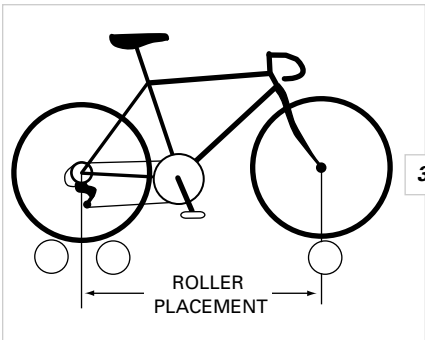
1. The Technique Folding Rollers come fully assembled. Simply remove them from the box and unfold them, positioning the drive belt (A) in the grooves on the front and middle roller drums (B) as you unfold the frame. See Figure 1.

II. Set-up

1. 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.
2. Measure the wheelbase of the bicycle to be used on the rollers. See Figure 2.
3. 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 3. **The axle of the front roller drum should not be positioned behind the bicycle's front axle.** The rollers can be adjusted to fit wheelbases from 37 inches to 43 inches.



4. To reposition the front roller drum, first fold the rollers until there is slack in the drive belt. Remove the belt from the groove in the front drum and unfold the rollers again to their open position.
5. 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 right side of the middle and rear drums so that the front drum can be removed. See Figure 1.
6. Position the front drum axle in the appropriate set of frame axle holes as described in step 3.
7. Reattach all nuts and washers, but do not tighten yet. Fold the rollers, position the drive belt in the grooves on the front and middle drums, and unfold the rollers again to their open position.



8. Tighten all axle nuts, but do not over tighten, as this could deform the rails. The rollers are now ready for use.

III. 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 bike coast to a stop.

IV. Care and Maintenance

1. Prolonged exposure to direct sunlight may cause the PVC roller drums to warp. Do not use or store the rollers in direct sunlight.
2. Always wipe off the rollers after use. Use only a damp cloth. Do not use solvents or harsh cleaners.
3. Disengage the drive belt or fold the rollers when not in use. Leaving the drive belt permanently engaged may cause the belt to lose its tension prematurely.
4. The sealed cartridge drum bearings are permanently lubricated and sealed and require no maintenance.
5. Check the axle nuts periodically to make sure they're snug, but do not over-tighten.