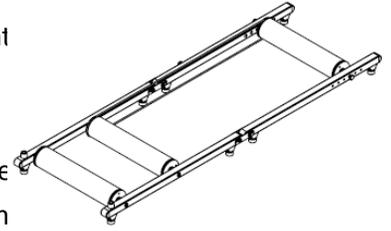


CASCADE | ROLLER™

Thank you for purchasing the Cascade Roller. Rollers provide an excellent workout with moderate resistance and they allow cyclists to improve balance, pedal technique, and steering coordination for better performance in competition. Your Cascade Roller is a professional machine designed for years of trouble-free service. The Cascade Roller is made with precision aluminum rollers attached to a steel frame which folds in half for easy storage.



Model: 31910 *Cascade Roller*

Contents: 1 pc Cascade Roller

Caution

1. Please read and follow all instructions before using the roller.
2. This roller is intended for single-rider bicycles only.
3. Before riding each time make sure that the roller is set up properly and only used on a flat surface.
4. **Keep** children, pets and all items safely **away** from the roller during use.
5. Always consult a doctor before beginning any exercise routine or using any exercise or fitness product. Should you become ill, feel dizzy, light-headed or nauseous while riding the trainer, stop riding immediately and seek medical attention.

Warning

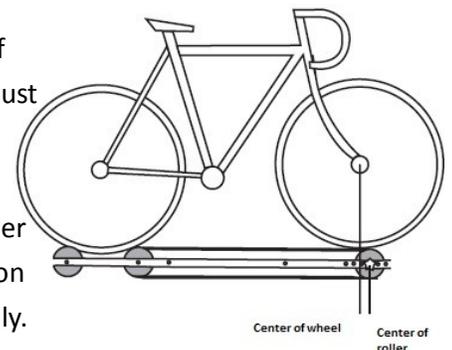
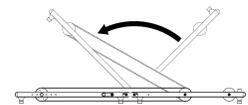
Read and follow all instructions concerning placement of the bicycle on the roller. A Cascade roller is for intermediate to advanced cyclists only. If you are unfamiliar or untrained in riding a roller, seek experienced, supervised help and read Roller Riding Tips. Failure to properly setup the roller could result in serious injury to the rider or those near the roller.

Proper Roller Setup

Your rollers are fully assembled. Before unfolding remove the velcro strap. Unfold the unit and set the belt into the grooves on the front and middle roller, so the middle roller drives the front roller smoothly. The feet of the roller can be adjusted to level out the roller if the floor is uneven.

Bike Position

The position of the front roller should be adjusted so that the center of the roller is slightly in front of the axle of your bike's front wheel. Adjust the front roller by folding the frame to remove the tension on the belt. Then undo the retaining knobs on each side of the roller and unclip the roller from the frame, by spreading the frame legs apart. Move roller to the desired position and reattach. Check that the band is still fitted on the front and middle rollers and the retaining knobs are tightened firmly.





Roller Riding Tips

- Unless you are experienced or have trained supervision, it would be best to start out by placing the roller in a doorway such that you can easily reach out or lean against the doorway for emergency balance.
- It is important you stay focused and concentrate while riding rollers.
- Start with the bike as close to vertical as possible, in the center of the roller. If you're new at this, you may find it easier if you lower your seat to help you get started in a vertical position.
- Start and stay in the center of the roller. Although it is tempting to look down at your front wheel in order to stay centered, avoid the temptation and look straight forward a few bike lengths ahead.
- Stay seated. Do not get out of the saddle at any time while riding and always keep your hands on the handlebars
- Start in a middle gear. It is easier to stay balanced with good wheel speed. Change gears up or down to find the resistance you like at your preferred cadence.
- Slight steering movements or leaning will cause you to move off center of the roller. If you find yourself starting to lean, correct with a slight steering motion to get the bike back under you. Remember that the bike will respond to your steering motion much quicker than any attempt to lean into it.
- When you're ready to stop, don't brake. Instead, put your feet on the frame and allow the bike to coast to a stop.



Care & Maintenance

Wipe down after each use with a damp cloth and do not use any cleaners. Always disengage the belt or fold up the unit after use. Use only on a flat and level floor. Leaving the belt engaged on the rollers may cause the belt to lose its tension over time. The bearings are permanently lubricated and sealed and require no maintenance. Keep the axles tightened onto the frame. Keep all other fasteners snug. Do not over tighten any fasteners or you will risk damaging the frame.



Warranty

Cascade Health and Fitness offers the original owner a lifetime warranty against defects in materials and workmanship. This warranty does not apply to parts that have worn out through normal use or been damaged through misuse, abuse, neglect, accident or unauthorized modifications. If the unit is disassembled by the consumer, this warranty is void. There are no other warranties, expressed or implied.

It is the responsibility of the purchaser to file a warranty card via mail or on-line with Cascade Health and Fitness in the event that repairs are needed. It is also the responsibility of the purchaser to retain receipts for proof of purchase in the event that repairs are needed. No warranty repairs will be accepted without the warranty registration.

WARRANTY CARD/PRODUCT REGISTRATION

Please complete the warranty page with the information requested and return it within 30 days of purchase. Or you can also go to www.cascadebiketrainers.com and fill out the warranty information online.

WARRANTY CLAIMS

If you experience problems with your trainer, please call 425-402-4062 or email us at info@cascadebiketrainers.com.

WARRANTY REGISTRATION

Thank you for purchasing a Cascade roller. To validate your product warranty, please complete the following information and return to Cascade Health and Fitness within 30 working days from the date of equipment purchase.

Please fill out and return to register your product for warranty. You may register online at www.cascadebiketrainers.com, fax it (425-402-4063) or mail it to:

Cascade Health and Fitness

PO BOX 1318

Woodinville WA 98072

P 425-402-4062

F 425-402-4063

Name: _____

Address: _____

City/State/Zip: _____

Email/Phone: _____

Purchased at: _____

Date of Purchase: _____

Model Number: _____ Serial Number: _____

Signature: _____