Garmin T1000

Garmin TacX Antares Indoor Retractable Bicycle Rollers

Model: T1000

Product Overview

The Garmin TacX Antares Indoor Retractable Bicycle Rollers are designed to provide an effective indoor cycling experience, simulating outdoor riding conditions. These rollers are known for their stability and maintenance-free operation, making them suitable for cyclists looking to train indoors.



Figure 1: The Garmin TacX Antares rollers, showcasing their compact, folded design. The three blue rollers are visible, along with the black frame and the connecting belt.

- **Tapered Rollers:** Designed to keep bicycle wheels centered, enhancing stability during use.
- **Maintenance-Free:** Requires no external power and minimal upkeep.
- **Compatibility:** Accommodates bikes with wheel diameters ranging from 26 inches to 29 inches.
- **Compact Design:** Folds down for easy storage, with dimensions of 31.5” x 18.5” x 5.31” when folded. Maximum footprint when extended is 53” x 18.5”.
- **Roller Diameter:** Features rollers with a diameter of 3.93” to 4.33” (100-110 mm).

Setup Instructions

1. **Unpack and Inspect:** Carefully remove all components from the packaging. Verify that all parts are present and undamaged. Refer to the packing list for a complete inventory.
2. **Unfold the Rollers:** Extend the roller frame to its full operational length. Ensure the locking mechanisms are securely engaged to prevent accidental folding during use.
3. **Positioning:** Place the rollers on a flat, stable, and level surface. For initial setup and training, position the rollers near a wall or sturdy object that can provide support for balance.
4. **Adjust for Bike Size:** The rollers are adjustable to fit various bike wheelbases. Adjust the front roller position to match your bicycle's wheelbase, ensuring the front wheel sits comfortably on the front roller and the rear wheel spans the two rear rollers.
5. **Install Drive Belt:** Ensure the drive belt is correctly installed, connecting the front roller to one of the rear rollers. This belt transfers motion from the rear wheel to the front roller, allowing both wheels to spin.

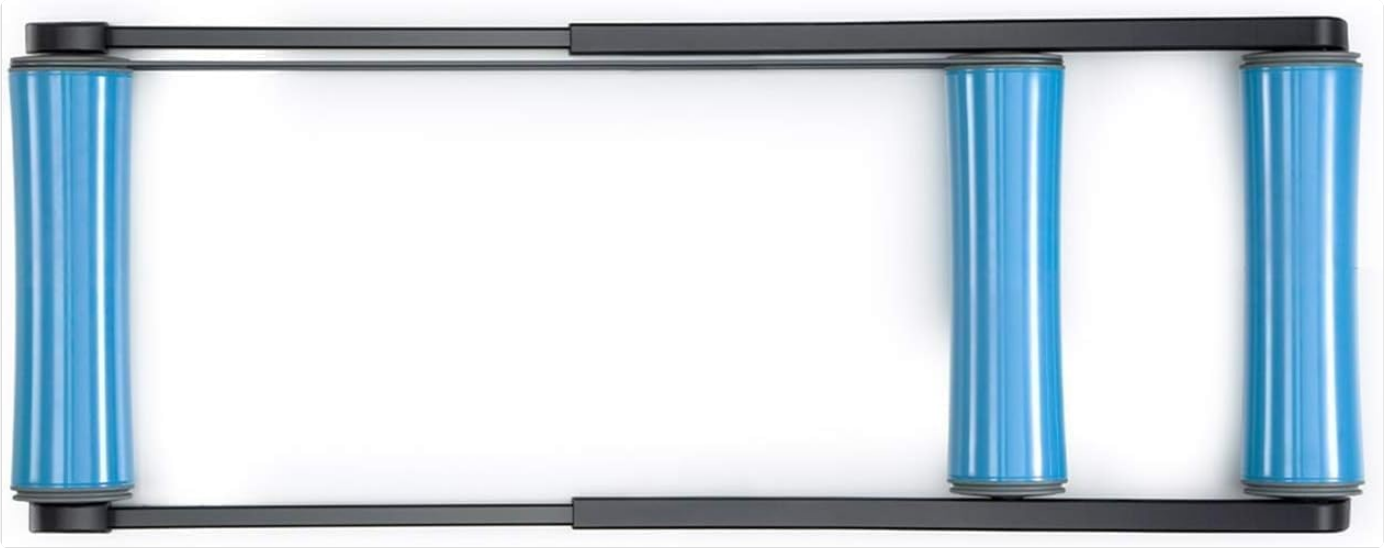


Figure 2: Side view of the rollers in an extended position, ready for bicycle placement. Note the drive belt connecting the front and rear rollers.

Operating Instructions

Using bicycle rollers requires practice to develop balance and control. It is recommended to start with caution and gradually increase your comfort level.

1. **Mounting the Bicycle:** Carefully place your bicycle onto the rollers. The front wheel should rest on the single front roller, and the rear wheel should rest on the two rear rollers. Ensure the bike is centered.
2. **Initial Balance:** For your first attempts, position the rollers next to a wall or have someone assist you by holding the bike. This provides stability as you get accustomed to balancing on the moving rollers.
3. **Starting to Pedal:** Begin pedaling smoothly and consistently. Maintain a steady cadence to keep the wheels spinning and generate momentum, which aids in stability.
4. **Maintaining Balance:** Focus your gaze a few feet in front of you, not directly down at the wheels. Use subtle steering adjustments and body shifts to maintain balance. A higher cadence often makes balancing easier.
5. **Dismounting:** Gradually slow your pedaling. As the bike comes to a near stop, place one foot on the ground for support.



Figure 3: A cyclist demonstrating proper use of the TacX Antares rollers. Maintaining a steady gaze and smooth pedaling are key to balance.

Important Safety Note: Riding on rollers requires balance and can be challenging initially. Always exercise caution. It is advisable to wear a helmet, especially during initial training sessions, and ensure a clear space around the rollers.

Maintenance

The Garmin TacX Antares rollers are designed to be largely maintenance-free due to their simple mechanical design.

- **Cleaning:** Periodically wipe down the rollers and frame with a damp cloth to remove dust, sweat, and debris. Avoid using abrasive cleaners or solvents.
- **Belt Inspection:** Occasionally inspect the drive belt for any signs of wear, cracking, or stretching. While durable, a worn belt may affect performance. Replacement belts are available if needed.
- **Roller Condition:** Ensure the roller surfaces remain clean and free of any sticky residues that could affect tire grip.
- **Storage:** When not in use, fold the rollers for compact storage. Store in a dry place away from extreme temperatures. The compact design allows for convenient storage in areas such as a closet.

Troubleshooting

Problem	Possible Cause	Solution
Difficulty maintaining balance.	Insufficient practice; inconsistent pedaling; looking down at wheels.	Practice regularly, starting with support (e.g., near a wall). Maintain a smooth, consistent cadence. Look forward, not down.
Excessive noise during operation.	Unclean rollers/tires; worn drive belt; uneven surface.	Clean rollers and bike tires. Inspect and replace drive belt if worn. Ensure rollers are on a flat, stable surface.

Problem	Possible Cause	Solution
Bike slipping on rollers.	Tires are wet or dirty; tire pressure too low; worn roller surface.	Ensure tires are clean and dry. Inflate tires to recommended pressure. Clean roller surfaces.
Rollers not spinning freely.	Obstruction; damaged bearings; overly tight belt.	Check for any obstructions. If bearings are damaged, contact support. Ensure belt is not excessively tight.

Specifications

- **Brand:** Garmin (Tacx)
- **Model:** T1000 (Antares)
- **Material:** Plastic
- **Color:** Black/Blue
- **Wheel Size Compatibility:** 26” to 29” (Bicycle)
- **Roller Diameter:** 3.93” - 4.33” (100-110 mm)
- **Folded Dimensions (L x W x H):** 31.5” x 18.5” x 5.31”
- **Maximum Footprint (L x W):** 53” x 18.5”
- **Item Weight:** 18.7 Pounds (approx. 8.48 kg)
- **UPC:** 753759026356

Warranty and Support

For detailed warranty information, please refer to the official Garmin website or the documentation included with your purchase. For technical support, product inquiries, or to purchase replacement parts, please visit the Garmin Store on Amazon or consult the User Manual (PDF).

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