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› [ROCKBROS](#) /

› [ROCKBROS Bike Rollers Adjustable Indoor Cycling Trainer Manual](#)

ROCKBROS W5BK/1

ROCKBROS Bike Rollers Adjustable Indoor Cycling Trainer Manual

Model: W5BK/1

Brand: ROCKBROS

1. INTRODUCTION

The ROCKBROS Adjustable Bike Rollers provide a stable and effective platform for indoor cycling. Designed for both mountain bikes and 700c road bikes with wheel sizes between 16-29 inches, this trainer allows you to maintain your cycling regimen regardless of weather conditions. Its foldable design ensures easy storage and portability.

Key Features:

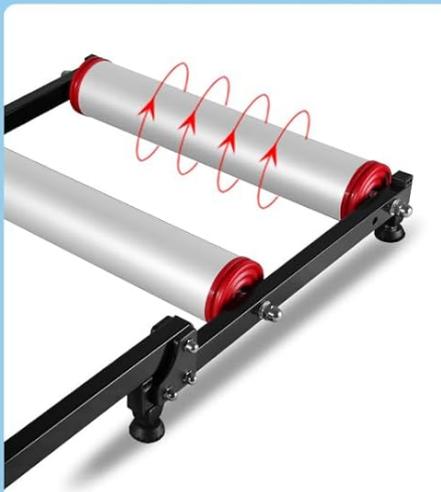
- **Enhanced Stability:** Parabolic rollers are designed to improve stability during use, offering a safer indoor training experience compared to straight rollers.
- **Durable & Foldable:** Constructed from high-strength aluminum alloy, this trainer is built for longevity and can be easily folded for convenient storage and transport.
- **Smooth Operation:** Features sealed bearings for a smoother and quieter ride.
- **Lightweight & Portable:** Weighing approximately 6.5 kg (14.3 lbs), its three-fold flat design makes it easy to carry.
- **Wide Compatibility:** Adjustable front roller with measuring cylinder accommodates various bicycle wheelbases (970mm-1090mm), suitable for mountain bikes, 700c road bikes, and folding bikes with wheel sizes from 16 to 29 inches.

Strong & Sturdy

Sturdy components keep you safe while you enjoy your ride



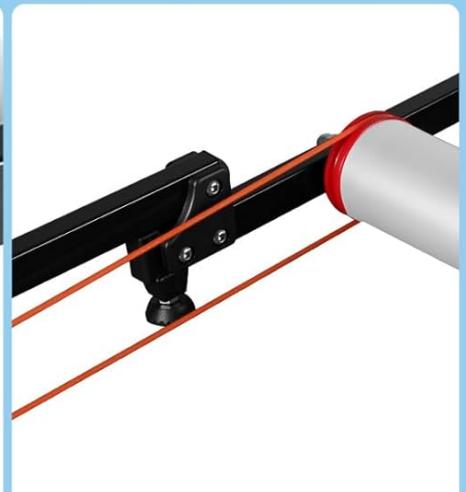
Matrix Bridge Structure



Aluminum alloy roller



Triangular screw fixation



High toughness conveyor belt

Figure 1: Overview of ROCKBROS Bike Rollers features, highlighting the matrix bridge structure, aluminum alloy rollers, triangular screw fixation, and high toughness conveyor belt.

2. SETUP INSTRUCTIONS

Proper setup is crucial for safe and effective use of your ROCKBROS Bike Rollers. Follow these steps to prepare your trainer.

2.1 Unfolding and Initial Placement

1. Choose a flat, stable surface for placement. For initial practice, positioning the trainer near a wall or in a doorway can provide support.
2. Unfold the bike roller frame. Ensure all locking mechanisms are securely engaged.
3. Verify the drive belt is correctly positioned around the rollers.



Figure 2: The foldable design of the ROCKBROS Bike Rollers allows for easy storage and portability, as demonstrated by a man placing it in a car trunk.

2.2 Adjusting for Your Bicycle

The front roller position needs to be adjusted to match your bicycle's wheelbase for optimal performance and safety.

1. Loosen the screws securing the front roller drum.
2. Adjust the front roller position so that the front axle of your bicycle is directly above the center of the front roller when the bike is placed on the trainer. The trainer supports wheelbases between 970mm and 1090mm.
3. Once the correct position is found, securely tighten the screws to fix the front roller in place.
4. Ensure the drive belt is properly tensioned and aligned.

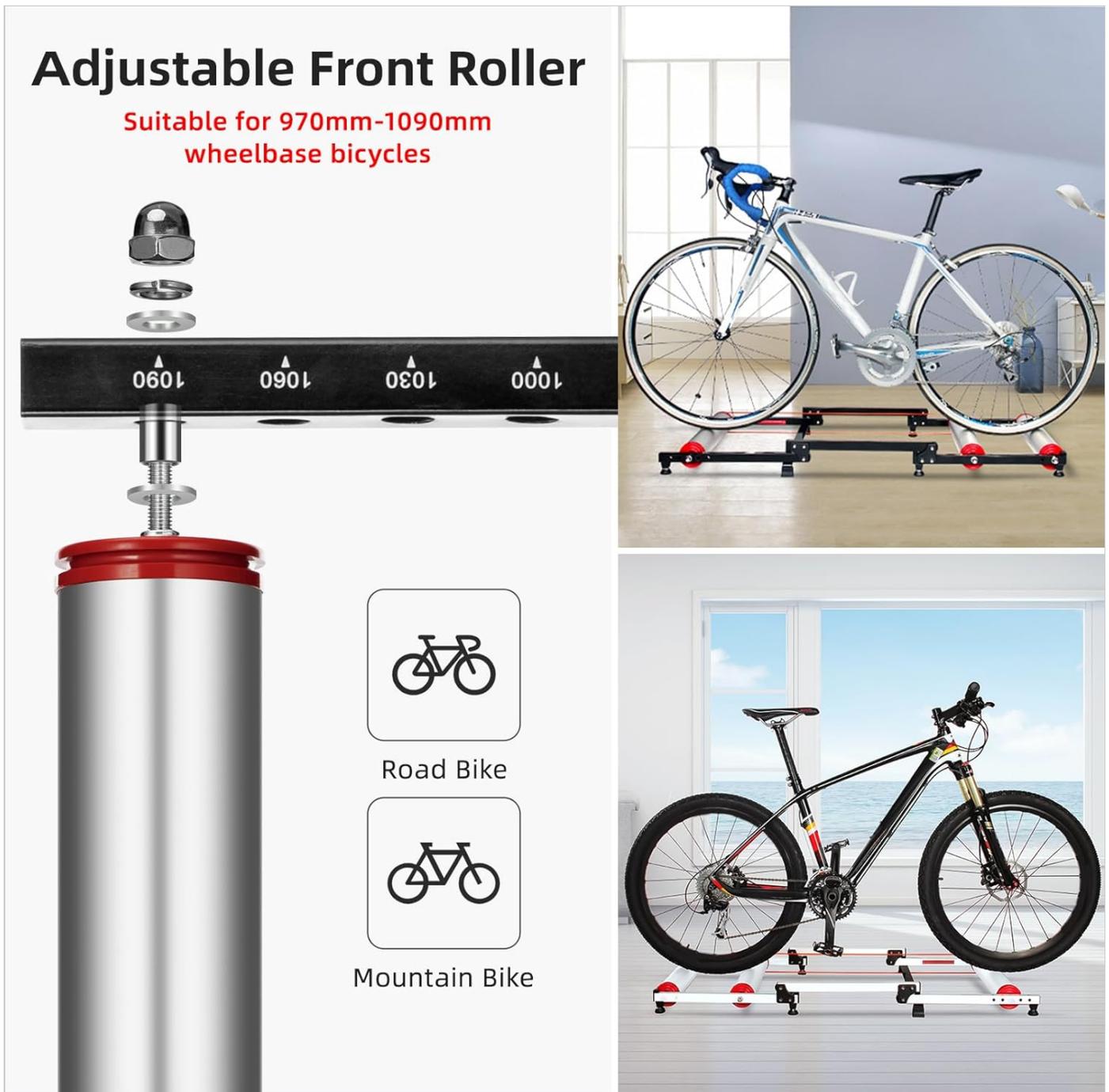


Figure 3: Guide for adjusting the front roller to ensure the bicycle's front axle aligns vertically with the roller's center, crucial for stability and compatibility with various bike types.

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Video 1: Official ROCKBROS Bike Roller Trainer Introduction. This video demonstrates the basic setup and adjustment of the bike rollers.

3. OPERATING INSTRUCTIONS

Using bike rollers requires balance and practice. Follow these guidelines for a safe and effective workout.

3.1 Getting Started

1. Place your bicycle onto the rollers, ensuring both wheels are centered on the drums.
2. For beginners, position the trainer next to a sturdy wall or in a doorway. Use the wall for support as you mount the bike.
3. Mount your bike and begin pedaling smoothly. Focus on maintaining a consistent cadence and looking forward, not down at your wheels.

4. Gradually reduce reliance on external support as your balance improves.

Enjoy Cycling at Home

Even in a storm, you can still enjoy the fun of riding



Figure 4: Cyclists using the ROCKBROS Bike Rollers for indoor training, highlighting the ability to cycle at home in any weather.

3.2 Riding Technique

- Maintain a steady, smooth pedal stroke. Jerky movements can disrupt balance.
- Keep your core engaged and your upper body relaxed.
- The parabolic shape of the rollers naturally guides your wheels towards the center, aiding in balance.
- To dismount, slow down gradually and use a wall or other stable object for support before stepping off.

Simulate Real Road Feel

The roller is 9.5cm away from the ground
Has no left and right fixed points
Controls its own balance.



Figure 5: The ROCKBROS Bike Rollers simulate a real road feel, requiring the rider to control their own balance, similar to outdoor cycling.

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Video 2: ROCKBROS Bike Roller Indoor demonstration. This video shows a cyclist actively using the rollers, demonstrating balance and technique.

4. MAINTENANCE

To ensure the longevity and optimal performance of your ROCKBROS Bike Rollers, regular maintenance is recommended.

- **Cleaning:** Wipe down the rollers and frame with a damp cloth after each use to remove sweat and dust. Avoid abrasive cleaners.
- **Belt Inspection:** Periodically check the drive belt for any signs of wear, cracks, or stretching. Replace if necessary to maintain consistent resistance.
- **Bearing Check:** The sealed bearings are designed for durability, but listen for any unusual noises during operation that might indicate a need for inspection or lubrication by a professional.

- **Frame Stability:** Ensure all bolts and connections on the frame are tight and secure. Retighten if any looseness is detected.
- **Storage:** When not in use, fold the trainer and store it in a dry, clean place away from direct sunlight and extreme temperatures.

5. TROUBLESHOOTING

Here are some common issues and their potential solutions:

Problem	Possible Cause	Solution
Difficulty balancing on rollers.	Lack of practice, incorrect front roller adjustment.	Practice near a wall or in a doorway. Ensure the front roller is correctly aligned with your bike's front axle. Maintain a steady pedal stroke and look forward.
Excessive noise or vibration during use.	Over-tightened roller bearings, uneven roller drums, loose frame components.	Check and adjust roller bearing tension (they should spin freely but without wobble). Ensure all frame bolts are tight. Place the trainer on a rubber mat to reduce floor resonance.
Tires wearing out quickly or blowing out.	Incorrect tire pressure, worn tires, or excessive friction.	Ensure tires are inflated to the recommended pressure. Consider using specific trainer tires if available, as they are more durable for indoor use. Inspect tires for wear before each ride.
Bike feels unstable or shifts on the rollers.	Improper wheelbase adjustment, uneven floor surface.	Re-check the front roller adjustment to ensure the front axle is centered. Use the trainer on a perfectly flat and level surface.

6. SPECIFICATIONS

Feature	Detail
Brand	ROCKBROS
Model Number	W5BK/1
Color	Black
Material	Aluminum
Frame Material	Aluminum
Resistance Mechanism	Magnetic
Number of Settings	1
Wheel Size Compatibility	16-29 Inches (including 700c)
Wheelbase Compatibility	970mm-1090mm
Product Dimensions (LxH)	50.98"L x 50.98"H (unfolded, approximate)
Item Weight	Approximately 8.17 kg (18 lbs)

7. WARRANTY AND SUPPORT

For warranty information, product support, or to inquire about replacement parts, please refer to the official ROCKBROS website or contact their customer service directly. Keep your purchase receipt as proof of purchase.

You can visit the official ROCKBROS store for more information: [ROCKBROS Store](#)

