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ROCKBROS W5BK/1

ROCKBROS Bike Rollers Adjustable Bike Trainer Stand Instruction Manual

Model: W5BK/1

INTRODUCTION

Thank you for choosing the ROCKBROS Adjustable Bike Roller Trainer. This manual provides essential information for the safe and effective use of your new indoor cycling equipment. Please read these instructions carefully before assembly and operation to ensure proper setup and to maximize your training experience.

SETUP

Proper setup is crucial for stability and performance. Follow these steps to prepare your bike roller trainer.

1. Unfolding the Trainer

Place the folded trainer on a flat surface near a wall for initial support. Carefully unfold the frame until it is fully extended and stable.



Image: The ROCKBROS Bike Rollers shown in both their compact, folded state and fully extended, ready-to-use configuration.

2. Adjusting for Wheelbase

The front roller position must be adjusted to match your bicycle's wheelbase (distance between the centers of the front and rear wheels). This trainer is compatible with wheelbases between 970mm and 1090mm, suitable for mountain bikes, 700c road bikes, and folding bikes sized 16-29 inches.


1. Invert the roller on the ground.
2. Remove the bridge frame by unscrewing it.
3. Remove the front roller drum by first removing the screw.
4. Adjust the roller drum to the correct position based on your bike's wheelbase. The front axle of your bicycle should align vertically with the center of the front roller.
5. Install the screw and put the roller belt back.
6. Finally, reinstall the bridge frame.




Image: Visual guide illustrating the correct vertical alignment of the bicycle's front axle with the center of the front roller, and examples of incorrect placement.

Adjustable Front Roller

Suitable for 970mm-1090mm wheelbase bicycles



Road Bike



Mountain Bike






Image: Detailed view of the adjustable front roller, showing the different wheelbase settings (970mm-1090mm) and compatibility icons for road and mountain bikes.

3. Video Guide: Setup and Introduction



Video: This video provides a visual introduction to the ROCKBROS Bike Roller Trainer, demonstrating its features and

OPERATING INSTRUCTIONS

Riding on rollers requires balance and practice. Follow these guidelines for a safe and effective workout.

1. Mounting and Dismounting

For initial attempts, position the trainer next to a sturdy wall or in a doorway to provide support. This allows you to lean or hold on while you find your balance.

1. Place the bike on the riding platform.
2. Put your feet on the side of the riding platform and support yourself against the wall to get on the bike.
3. Hold the wall with one hand and the handlebars with the other, trying to find balance.
4. After finding your balance, start riding normally.
5. Slow down when getting off the bike. Be sure to keep your feet firmly on the ground when the bike comes to a complete stop.



Image: A sequential visual guide demonstrating the recommended steps for safely getting on and off the bike roller trainer, emphasizing the use of wall support for beginners.

2. Riding Technique

Maintain a consistent pedaling motion. Unlike outdoor cycling, momentum does not keep you upright on rollers; continuous pedaling is essential for balance. The parabolic rollers are designed to enhance stability compared to straight rollers.

Enjoy Cycling at Home

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



Image: A cyclist actively using the ROCKBROS Bike Rollers indoors, demonstrating the product's intended use for home exercise.

Simulate Real Road Feel

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



Image: A cyclist on the ROCKBROS Bike Rollers, illustrating the 'Simulate Real Road Feel' feature, with the rollers positioned 9.5cm from the ground for a realistic riding experience.

3. Video Guide: Riding Demonstration



Video: This video demonstrates a cyclist using the ROCKBROS Bike Roller Trainer, highlighting its smooth operation and stability during indoor cycling.

MAINTENANCE

Regular maintenance ensures the longevity and optimal performance of your bike roller trainer.

- **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 roller belt for signs of wear, cracks, or stretching. Replace the belt if necessary. A spare belt is typically included with the product.
- **Roller Tension:** If the rollers feel stiff or excessively loose, the bearing tension may need adjustment. Use appropriate wrenches to loosen the outside cap nuts, adjust the interior bearing nut for smooth rotation without wobble, and then re-tighten the cap nuts.
- **Storage:** The trainer is foldable for convenient storage. Store in a dry, cool place away from direct sunlight.



FOLDING DESIGN
no need to install & easy to carry

Image: The folding design of the ROCKBROS Bike Rollers, illustrating its compact storage and portability for transport in a vehicle.

TROUBLESHOOTING

Here are solutions to common issues you might encounter:

- **Difficulty Balancing:** Rollers require practice. Start with support (e.g., a wall or doorway) and gradually reduce reliance as your balance improves. Focus on a smooth, continuous pedal stroke.
- **Bike Slipping Off Rollers:** Ensure the trainer is on a flat, stable surface. Verify the wheelbase adjustment is correct, with the front axle aligned with the front roller's center.
- **Excessive Noise:** Check that all screws and bolts are securely tightened. Inspect the roller belt for proper tension and condition. Ensure the rollers are clean and free of debris.
- **Tire Wear:** Using road bike tires with a smooth tread can reduce wear and noise compared to knobby mountain bike tires. Maintain proper tire pressure.
- **Stiff Rollers:** The roller bearings may be overtightened from the factory. Refer to the 'Maintenance' section for instructions on adjusting roller tension.

SPECIFICATIONS

Feature	Detail
Brand	ROCKBROS
Model Number	W5BK/1
Color	Black
Material	Aluminum (Frame and Rollers)
Resistance Mechanism	Magnetic
Number of Settings	1
Wheel Size Compatibility	16-29 Inches (MTB, 700c Road Bike, Folding Bike)
Wheelbase Compatibility	970mm - 1090mm
Product Dimensions	50.98"L x 19.69"W x 50.98"H (unfolded)
Item Weight	Approximately 6.5 kg (14.3 lbs)

WARRANTY INFORMATION

Warranty details for the ROCKBROS Bike Rollers Adjustable Bike Trainer Stand (Model W5BK/1) are not provided in the available product data. Please refer to the product packaging or contact ROCKBROS customer service for specific warranty terms and conditions.

CUSTOMER SUPPORT

Specific customer support contact information for the ROCKBROS Bike Rollers Adjustable Bike Trainer Stand (Model W5BK/1) is not provided in the available product data. For assistance, please visit the official ROCKBROS website or contact the retailer where the product was purchased.