Indoor Training Roller and Blocks  
Part #: 30-91-0338

1) Place the roller system after assembly under the right rear tire with one roller in front of the tire and behind the tire.

2) Place one training block under the front tire with the tire inserted into the groove of the block.

3) Place one training block under the right rear tire with the tire inserted into the groove of the block.

4) If you are using this system with AM models – hand and foot combination drives. Remove bolts and screws from support riser.
5) Slide support riser over front (square tube) of roller system.

3) Insert bolts through support riser and thread nuts on back side and tighten.
4) The support riser can be adjusted for length of travel and height this varies based upon the AM model of AmTryke you plan to use.

5) Adjust the roller to fit the drive tire size. Loosen both knobs so that the size can be changed. Move the roller to the corresponding tire size on your Amtryke.
If you are unsure of your tire size please look on the sidewall of the tire as it will give a size there.

The first number in the tire sizing is the tire diameter. Set the roller to match this number.

6) Included with the trainer system are two (2) bike blocks. The blocks are used under the non-drive wheels to support the tryke while using the trainer.