



Realplate with Cycleops Hammer

1.  Place the trainer onto the Realplate.
2.  Affix the trainer to the Realplate using the supplied Velcro straps by affixing them to the board where indicated. Add the bike and ensure that the bottom bracket is central to the centre line of the Realplate then secure as tightly as possible.

Important information regarding the air bladders

Your Rocker Plate is delivered with just enough air in the bladders for transport so please follow these simple instructions before use:

set up the bike and trainer so the centre of the bottom bracket is along the centre line of the Rocker Plate

Add a little air in each bladder - you may need to add a little more in the left bladder to compensate for the additional weight of the trainer's flywheel

Once you have added air get on the bike and see how the rocking motion feels.

Repeat the step above until you have the right feel and you and the bike are level. Over time you may need to add a little air as its released under training

Remember, the idea is to have a full rocking motion so don't be tempted to add too much air. You want the Rocker Plate to move as much as possible. This WILL take some getting used to but please bear with it, soon you will love the feel.

Also, please do not worry about PSI and pressure gauges, the bladders will inflate to over 6PSI but if you are getting anywhere close to that pressure, the Rocker Plate will be almost static and have little or no movement

