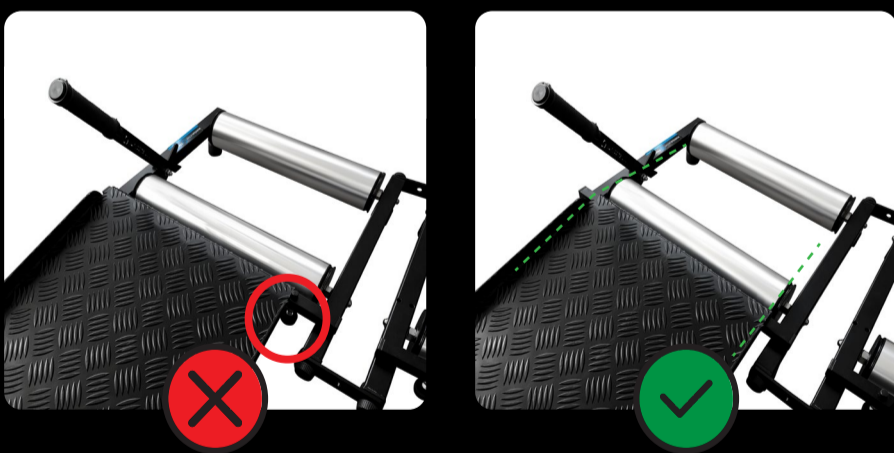




Full Written & Video
INSTRUCTIONS
Available Online

www.invictusactive.com

Ramps



IMPORTANT:

Ensure ramps are in line with the rollers and each ramp sits on top of the thumb nut - this is a ramp adjuster for use when you alter the angle of the rollers.

Smart Sensor assembly

Record your speed, distance and heart rate – you can upgrade at any time!

1. Slot the sensor in position passing it through the two holes in the top and underside of the frame. Ensure the sensor arm is in line with the magnet on the roller - approx 4mm away from the magnet as it rotates. Gently push or pull the sensor to adjust sensor arm so distance is correct.

You will see a blue light flashing on the sensor when it has connected and is in the correct position. (To activate the sensor you may need to put the magnet close initially)



2. To record speed, distance and heart rate - see separate 'setting up sensor' instructions and how to connect to your phone.

USING THE TRAINER:

**** BEFORE USE ENSURE WHEELCHAIR TYRES ARE INFLATED TO MAX TYRE PRESSURE ****

GETTING ON:

1. Ensure the brakes are in the ON position.



BRAKE ON



BRAKE OFF

2. To get onto the trainer align each wheel in the middle of each ramp

Then reverse backwards slowly up the ramp - if possible leaning forward slightly - until you are on rollers and in position. Check each wheel is approximately in the middle of each roller.



RETAINING STRAP:

We advise that the retaining strap is used at all times.

Before getting on the trainer place the cabina through the hole in the front spacer lock



Once on the trainer pass the hook end of the rope past the front of your foot rest so that the rope sits between the front of your feet.



Depending on your wheelchair you can attached to the bar under your seat or the foot plate. To release there is a release 'button' on the unit which when pulled loosens the rope.

IMPORTANT:

Place the hook over the front bar under your wheelchair seat (NOT THE REAR AXLE!) then pull the cord to tighten and secure yourself in place.

GETTING OFF:

1. When you have finished your work-out and ready to get off the trainer release the restraining strap moving it out of the way ensuring it does not obstruct your exit down the ramp



Pull the brakes up until they are vertical which is the on position - push your wheels slowly until the roller spigot pin engages with the brake, maintaining a constant pressure on your wheels push forward as normal and go down the ramp.



IMPORTANT:

Once the rollers have engaged with the brake do not go backwards with your wheels.

Any questions please call:

0800 832 1916