

Pack RooDol Track



RooDol® Track is a three cylinder training system designed for warming up in all modalities of cycling.



- The patented design of the RooDol® bench allows its easy **folding**. The structure rests on rubber pads to ensure **optimum contact with the ground** in the most extreme conditions.
- Due to its design, the TRACK system is **lightweight and easily transportable** in the RooDol® bag included with the pack. The complete system assembly takes less than 60 seconds.
- The larger diameter of the TRACK rollers generates **higher inertia and less resistance**, ideal for toning before and after races.
- The QuickAdapt® system allows you to set the distance of the Front Roller easily without any tools.
- The rollers are subjected to a process of automated machining for a **perfect balance**. **High quality materials** are used, such as its aluminum shafts and ball bearings
- Due to its compact design and the premium materials used, RooDol® TRACK is very stable during use and generates a **realistic feeling of pedaling**.
- The RooDol® bench is available in **different colors**.

Pack Contents

- 3 RooDol® TRACK rollers
- 1 RooDol® TRACK bench
- 1 RooDol® TRACK belt
- 1 RooDol® TRACK carrying bag
- User manual

Modalities

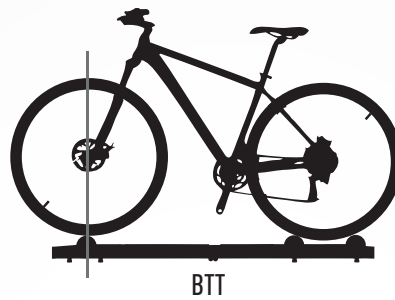
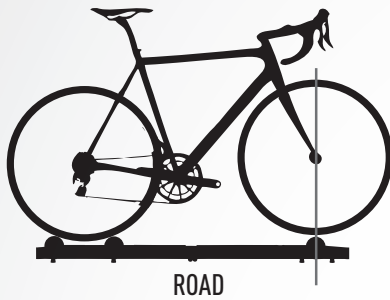
- FIXIE
- TRACK BIKE
- MOUNTAIN BIKE
- ROAD BIKE

Product Specification

Weight	6 Kg
Roller diameter	90 mm
Folded dimensions	950 x 200 x 160 mm
Assembled dimensions	1400 x 500 x 70 mm
Wheelbase	Between 975 mm to 110 mm
Maximum recommended speed	50 Km/h
Maximum weight (user + bike)	125Kg

Bike position

The front wheel must rest on its vertical center on the front roller.



Models

■ Pack TRACK	RDL-TRK-20
■ Pack Blue TRACK	RDL-TRK-21
■ Pack Yellow TRACK	RDL-TRK-22

Accessories

Component	Reference
RooDol Mat	MAT-PRO-00
RooDol® Track comfort bag	BAG-TRK-01
eRooDol Track	ROD-TRK-30

Spare parts

Component	Reference
RooDol® Track Standard bag	BAG-TRK-00
RooDol® Track roller	ROD-TRK-20
RooDol® Track belt	BLT-TRK-00
RooDol® Black bench	BCD-BLK-00
RooDol® Blue bench	BCD-BLU-00
RooDol® Yellow bench	BCD-YEL-00
Maintenance kit	KIT-2RS-00

Maintenance

- Keep RooDol® away from the elements to prevent damage.
- Is recommended to clean and dry the RooDol® parts once the training is over in order to maintain it properly.
- Do not use solvents for cleaning the different RooDol® parts.

Safety

- This product is intended for recreational use and not for medical purposes. Consult your doctor before you start using it.
- Place the rolls on flat, level ground. It is recommended to place it next to a railing or wall. The rollers must roll freely, pay attention to that no objects contacts the surface of the rollers.
- Place the bike and check that the front roller is in the correct position. If not, adjust the position of the front roller to have a correct position of the wheel in reference to the front roller.
- If you notice that any of the elements forming the RooDol® structure is damaged, do not use the equipment and replace that item with another genuine

one. You can buy spare parts at the website of RooDol®.

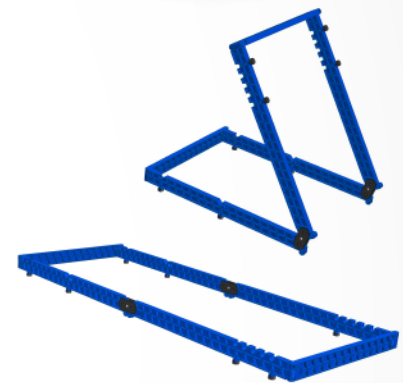
- Use only RooDol® rollers with traditional bikes, with a wheelbase of 975 mm to 1110mm. Do not use with motorcycles or bicycles for children.
- Respect the maximum allowable weight and speed.
- Keep children and pets away from the rollers during use. Place sharp and fragile objects away from the training area. Do not touch the rollers or belt during use.
- The use of helmet is recommended.
- It is dangerous to take your hands off the handlebars during use. Place both hands on the handlebars.

Assembly instructions

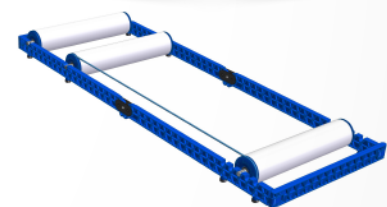
- 1 Unfold the bench until it forms the following structure



- 2 Open frame until the final look



- 3 Next we proceed with placing of the rollers and finally the traction belt inside the guides



- Do not operate the brake at any time, this action is dangerous while using roller. To stop, just stop pedaling.
- Be careful when getting off the bike if you use shoes with Creek as it can be slippery.
- Be careful not to pinch your fingers when folding or unfolding the bench.
- Bike practice on RooDol® is the equivalent of cycling by road, and therefore should not be neglected attention during use.