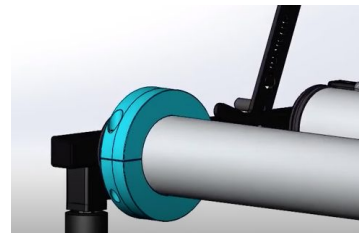


# invictus active TRAINER

## Latest & Additional Instructions

### New improved rollers and momentum weights

You will have our latest brand new 'Series 3' model. This comes with our **new rollers** and momentum weights at no additional cost.



### What are the weights?

Weights added to the rollers do not make it harder but instead improves the overall feel with them now being ever more realistic to pushing on the road. They also generate a little momentum which means your wheels will continue to rotate so, just like pushing on the road, you have a moving wheel at all times.

We recommend that you fit the weights before using the trainer - please see this video:

**Watch video:** <https://youtu.be/7X6UAobolQg>

It is still however very important you **check tyre pressure** and ensure your tyres are inflated to the maximum PSI as stated on the outside of your tyres - usually 100+ PSI.

# invictus active TRAINER

## Removal of red transit support straps

Your trainer may be delivered with cross support straps between the feet on either side of the rollers. This is to ensure the frame arrives square and in perfect condition ready to use.

How to remove:

- 1) Unscrew each rubber foot
- 2) Remove transit straps
- 3) Screw feet back in and tighten using 13mm spanner
- 4) Fit rubber feet back on

Please watch the following video which explains how to remove these transit straps and set your trainer up correctly.

**Watch video:** [https://youtu.be/AMa7bFm\\_Vso](https://youtu.be/AMa7bFm_Vso)

