

invictus active 

TRAINER



invictus active

TRACKSIDE

SMART RACING CHAIR ROLLERS

invictus active **TRAINER**

Congratulations on purchasing the Invictus Active Trackside.

Your Trackside is manufactured using the very highest standard of materials and is produced by experienced craftsmen. When used in accordance with these operating instructions it will offer years of reliable service.

WARNING:

Read and follow all instructions carefully, the first time you use the Trackside it is strongly recommended you have someone else in attendance and that they position themselves in a manner that can help you on and off the Trackside should you need the support.

The Trackside comes with a retaining strap which we strongly recommend you use at all times.



SAFETY RECOMMENDATIONS:

- **NEVER** use the Trackside on uneven surfaces, always setup your trainer on flat, even surface
- **ALWAYS** make sure parts are tightened and that all equipment is in good working order, including your race chair!
- **ALWAYS** allow sufficient space to operate your Trackside safely
- **KEEP CHILDREN AND PETS CLEAR** of the Trackside when in use
- **NEVER** touch the rollers when they are in motion
- **USE** the retaining strap at all times
- **ALWAYS** warm up properly before working out. Consult your Doctor before starting any workout regime



**FOR BEST RESULTS MAKE
SURE THAT YOUR TYRES
ARE INFLATED TO THE
MAXIMUM PRESSURE
STATED ON YOUR TYRES!**

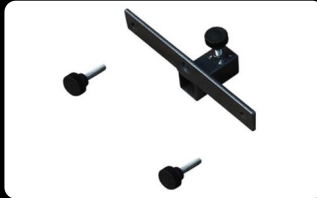
WHAT'S IN THE BOX?

TRACKSIDE:

You should find the following items in your newly opened Invictus Active Trackside box
(Note these items may be supplied pre-assembled)



**ROLLER UNIT
X 2**



**SPACER LOCK &
THUMB NUTS X 2**



**RETAINING STRAP
X 1**



**CLAMPING BAR
X 1**



**FRONT WHEEL CLAMP X 1
(ATTACHED TO CLAMPING BAR)**



**STAND
X 1**

TRAINER SMART/SMART PLUS:

Record your speed, distance and heart rate – available to upgrade at any time!



**WAHOO
SPEED SENSOR
X 1**



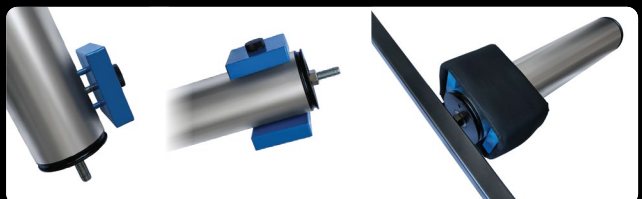
**WAHOO HEART RATE
SENSOR
X 1**



**PHONE STAND
& HOLDER
X 1**

MOMENTUM PACK:

Increase the weight and momentum of your wheels with 1kg or 2kg weights – available to upgrade at any time!



SCREW IN WEIGHT X 4

FIRST TIME SETUP

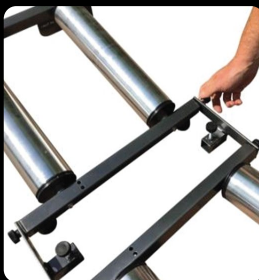
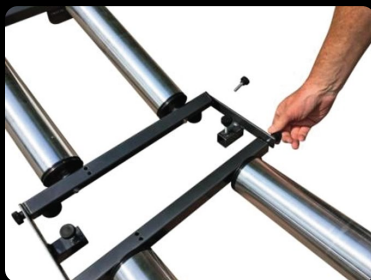
You only need to undertake the following procedure the first time you fit your race chair to the trackside. It's worth taking your time to get this bit right as it will help optimise the performance of the trackside

ROLLER ASSEMBLY:

1. Place the two units on a flat level surface side by side with the longer legs on the outside.
2. Align the two units and locate the spacer lock in the position shown (The spacer lock is universal fitting either the front or rear), screw in two of the thumb nuts locking the front of the Trackside together. (The front of the Trackside has the blank end cap inserted in the outer rail)



3. Repeat this process on the rear of the Trackside



4. Roller Assembly



FIRST TIME SETUP - *Continued*

FRONT WHEEL CLAMP ASSEMBLY:

1. Remove the two thumb nuts from the clamping bar, detach the front wheel clamp. Loosen off the clamp lever and split the front wheel clamp into its front and rear parts (rear has clamp lever)



2. Insert the stand into the front half of the wheel clamp, the stand has two bars that align with the two holes in the front wheel clamp, insert the stand so that the threaded bar is in the front hole of the clamp, screw the thumb nut onto the stand thread.



3. Front wheel clamp assembly.



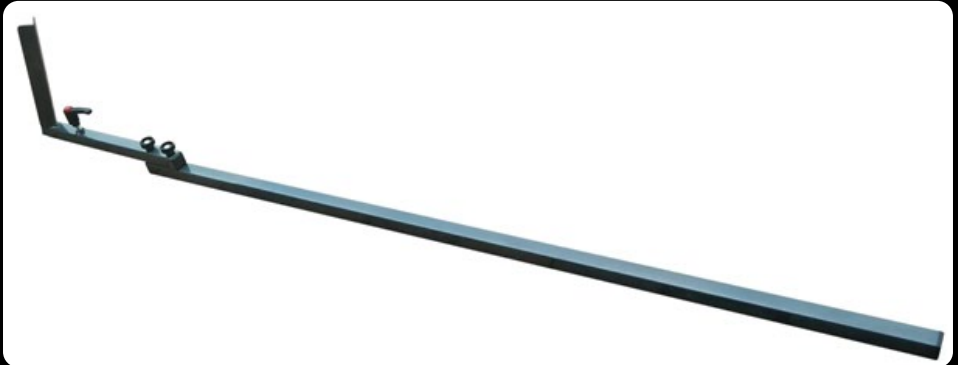
FIRST TIME SETUP - *Continued*

CLAMPING BAR ASSEMBLY:

1. Insert the two threaded bars of the long bar into the rear part of the front wheel clamp assembly and secure in position by tightening the two thumb nuts.



2. Clamping bar assembly



RACE CHAIR ALIGNMENT:

1. With your front wheel sat on the ground place the rear wheels of your race chair in the center of the roller assembly.
2. Measure the height from the ground to bottom of your tyre.



3. Insert the front wheel clamp assembly into clamping bar assembly



4. Remove rear wheels from the roller assembly, place front wheel in the front wheel clamp, adjust the clamp so that the height of the front wheel matches that of the rear wheels. Tighten the clamp lever.



CLAMPING BAR ASSEMBLY:

1. Slide the long clamping bar into the front and rear spacer locks.



2. Place the race chair on the Trackside.

3. With the race chair sat centrally on the rollers slide the clamping bar in and out until both rear wheels nessel evenly between all 4 rollers. Gently rotate the one rear wheel, do both rollers rotate equally? Are they in constant contact with the rear wheel when it's being rotated? Rotate the rear roller do the rear wheel and the front roller rotate when you do this? Now do the same with the front roller, is it now causing the rear roller to rotate? Continue with minor adjustments in and out of the clamping bar until you feel you have achieved the optimum contact with both rollers.

4. Repeat operation 3 on the other wheel until you feel you have optimum contact on all 4 rollers.



5. Tighten the two thumb nuts on top of the two spacer locks so that the long clamping bar is held securely in position.

SECURE AND ALIGN

1. Secure the race chair with the anti flip retaining strap and then try using your Trackside.
2. Having aligned your Trackside for your future reference take a permanent marker and draw a reference line on both the front wheel clamp and the clamping bar.



SETTING UP YOUR TRACKSIDE

CLAMPING BAR :

1. Insert the long clamping bar into the front and rear spacer locks.



2. Align your mark with the outside of the rear spacer lock and tighten both thumb nuts.



3. Insert the front wheel clamp into clamping bar, align your mark with the front edge of the clamping bar, tighten the clamping lever on the clamping bar.

POSITION RACE CHAIR ON TRACKSIDE

Place the race chair on the Trackside.



Tap the front wheel down into the wheel clamp.



Secure the race chair with the anti flip retaining strap



SETTING UP YOUR SMART AND SMART PLUS PACK

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.

WHEEL MOMENTUM

The Trackside leaves our factory with its rollers set to match that of a race chair with a camber of 12 degrees. The Trackside is able to be adjust to suit a camber of 9 to 15 degrees. For the optimum spin you should match the Trackside roller camber to that of your race chair.

With the tyre pressure of your race chair at maximum and the trackside rollers camber matching that of your race chair the natural resistance of your trackside should be perfect for your warm up and cool down routine.

With the addition of the Invictus Active Momentum Pack it's also possible for you to use your Trackside as a training roller giving you the option to quickly change its application between competitive trackside use or home training routines during those winter months.

**Please visit our site for more information on
adjusting the Trackside camber and the Invictus
Active Momentum Pack.**

VISIT

WWW.INVICTUSACTIVE.COM/INSTRUCTIONS



WARRANTY AGREEMENT

We understand that the worst type of fitness equipment to own is a broken one! If your Trakside breaks due to normal use, please follow our warranty instructions (available on our website) and we'll post out a replacement trainer within 5 working days of receipt of the returned item (Please allow time for delivery in both directions).

Your trainer is fully warranted to the original purchaser from defects in materials or craftsmanship for 12 months. However, any defects created by misuse, abuse, neglect, accident, unauthorised modification or normal wear & tear is not covered by this warranty.

Also any incidental or consequential damage or loss is not covered. There are no warranties of merchantability or of fitness expressed or implied, which extend beyond the description of the face hereof. In no event shall Invictus Active be liable for damages in excess of the purchase price. Invictus Active neither assumes nor authorises any other person to assume for it any liability in connection with this product. To prevent possible loss, please send your trainer via a registered and insured delivery service.

You must pay the cost to return the trainer to us, we will refund the cost of the return once the warranty return is deemed to be legitimate, we will pay the cost to send you the repaired or replaced unit.

CONTACT US

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WWW.INVICTUSACTIVE.COM