

invictus active 

# TRAINER



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Congratulations on purchasing the Invictus Active Trainer. Your trainer 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 trainer 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 trainer should you need the support. The trainer comes with a retaining strap which we strongly recommend you use until such time that you are completely confident that you will not flip out of the back of your chair.

## SAFETY RECOMMENDATIONS:

- **NEVER** use trainer 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 chair!
- **ALWAYS** allow sufficient space to operate your trainer safely
- **KEEP CHILDREN AND PETS CLEAR** of trainer when in use
- **NEVER** touch the rollers when they are in motion
- **USE** the retaining strap until you are confident that you will not flip out of the back of your chair
- **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!**

WE STRONGLY RECOMMEND USING TYRES THAT ARE CAPABLE OF OPERATING AT PRESSURES IN EXCESS OF 130 PSI. VISIT OUR SITE FOR RECOMMENDED TYRES.

## WHAT'S IN THE BOX?

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



**TRAINER UNIT**  
X 2



**RAMP**  
X 2



**BRAKE**  
X 2



**SPACER LOCK  
& WASHERS**  
X 2



**RETAINING  
STRAP**  
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

# SETTING UP YOUR TRAINER:

## BRAKE ASSEMBLY:

(If your trainer is supplied assembled then skip to section headed "Ramps" page 6)

If your Trainer is supplied with the brakes unassembled you will require two 13mm spanners for assembly (*Spanners not supplied*).

The bolt, washers and nut are on each unit in the correct position and order – please take note of how these are ordered as image below.



- 1. Using the 13mm spanners remove the nut and one of the washers**  
– ensure two washers remain in place.



- 2. Slide the brake on to the bolt**  
– ensure the hook type end is facing down and allow brake stop to rest on top of the frame.



- 3. Slide the one washer back onto bolt and then tighten nut.**



## IMPORTANT:

When assembled correctly your brake should be stiff to move - to operate correctly it relies on this friction fit to engage the locking spigot on the rollers.

## TRAINER ALIGNMENT:

1. Place the units on a flat level surface side by side with the brakes levers on the outside.

Align the two units side by side, hold the spacer in position, screw in two of the short thumb nuts locking the two units together.



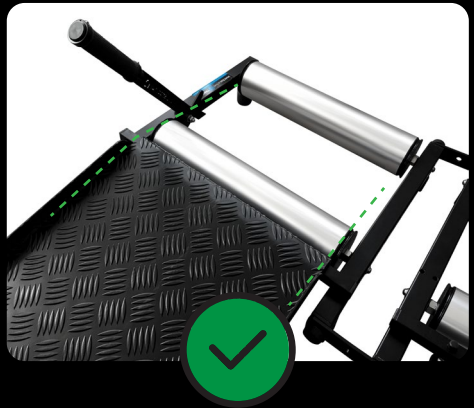
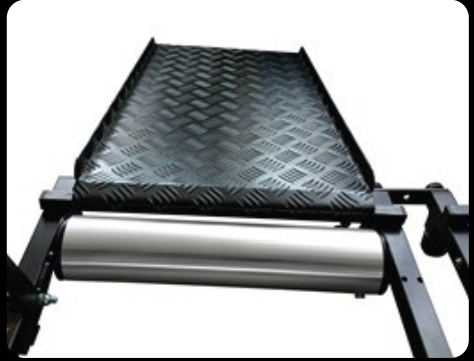
There is one spacer at the front and one at the rear of the trainer.



**IMPORTANT:** Ensure thumb nuts are tight and secure as the front spacer is used for retaining strap Cabina hook.

# RAMPS

1. Slot the ramps in place with the longer ramp edge on the outside (longer edge on brake lever side).



## 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.

## TRAINER SMART 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:

## GETTING ON:

1. Ensure the brake is in the ON position.



**BRAKE ON**



**BRAKE OFF**

2. To get onto the trainer line 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 type of wheelchair you can either attached the hook to the bar under your seat or to 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.**

## **EXERCISING:**

Once you are in position on the trainer starting pushing...

## **WHEEL SPIN:**

When you are pushing at a constant speed and let go of your wheels you should see another  $\frac{1}{2}$  to full revolution of the wheel - this is known as 'free spin'. This is the optimum amount of spin to provide the correct level of resistance.

If you are not getting this amount of free spin and want more:

- 1. Ensure your tyres are inflated to the max pressure.**
- 2. Adjust the angle of your rollers to match the angle of your wheel camber.**

**Please see our video to explain and show more about exercising and using your trainer:**

**The site also contains video instruction on camber adjustment and preventing your chair traveling left or right when exercising.**

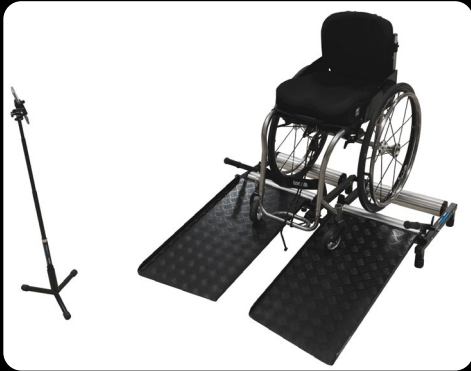
**VISIT**

**[WWW.INVICTUSACTIVE.COM/INSTRUCTIONS](http://WWW.INVICTUSACTIVE.COM/INSTRUCTIONS)**



## GETTING OFF:

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.

## WARRANTY AGREEMENT

We understand that the worst type of fitness equipment to own is a broken one! If your trainer 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

Call 0800 832 1916 Email [info@invictusactive.com](mailto:info@invictusactive.com)