



## REVBOX Erg MK6.1 Instruction Manual

### **Introduction**

Congratulations on the purchase of your new Revbox Erg low inertia stationary air resistance trainer without flywheel assistance – designed, developed, and engineered in New Zealand.

The Revbox **will** make you stronger and more efficient because it recruits and engages all muscle groups throughout your pedal stroke which increases strength and neuromuscular efficiency, and focuses your pedaling technique.

**Welcome to the Revbox community...**

### **In the box**

Your Revbox Erg comes with the following:

- 1 x Revbox Erg trainer unit
- 1 x stabilizer leg
- 1 x short quick release skewer for the stabilizer leg
- 1 x long quick release skewer to mount the bike
- 1 x Velcro fastened carry handle (which should be removed if not required)
- 2 x spare rubber end caps for the stabilizer leg
- 1 x Instruction Manual

The following optional parts are also available:

- Revbox Erg Sensor Set. (Required to connect to our free Revbox Power App.)
- Revbox Erg Heart Rate Monitor Set
- Revbox Erg soft carry bag
- Miche 10 or 11 speed cassettes – for different ratios

To purchase any of these products please ask your local dealer or buy them direct from our website: <http://www.revbox.co.nz/shop>

### **Set-up**

*To prepare your Revbox Erg for use:*

- 1.) Take your new trainer unit and stabilizer leg out of the box.
- 2.) Fit the short quick release skewer to lower front of the Revbox Erg unit.
- 3.) Attach the stabilizer leg to the Revbox Erg unit using the short quick release skewer – ***make sure the leg is pushed in as far as possible***, so there is almost no gap between the leg and the unit, and the guide plates are resting on the stops.
- 4.) Tighten the skewer ***as tightly as possible to fix the stabilizer leg securely in place.***
- 5.) Mount a suitable cassette to the freehub body.
  - If you want to use the Revbox Erg with a 10 speed cassette, please use a 1.6mm spacer and add it onto the freehub body first.
  - If you can't source this particular part locally, please send us an email and we will send you one at no extra cost.
- 6.) Fit the long quick release skewer to the trainer through the cassette/freehub axle.

***To mount your bike onto the Revbox Erg unit:***

- 1.) Remove the rear wheel from your bike.
- 2.) Fit your bike to the trainer so that the dropouts rest on the long quick release axle. **(This is usually most easily achieved with the gears set in the smallest sprockets)**
- 3.) ***Make sure the quick release skewer is done up tightly to hold the bike securely in place.***
- 4.) Make sure the rear foot of the Revbox is correctly adjusted so that it sits flush against the floor – this is most accurately achieved with a rider on the bike.
- 5.) Get started!

**For further information please see our website: [www.revbox.co.nz](http://www.revbox.co.nz)**

### **Training**

This part is up to you, but to get most out of your training please visit our website.

**Note: The Revbox Erg is NOT designed as just a winter trainer. To experience the maximum benefits from the Revbox Erg it is highly recommended that you use it for regular training sessions all year round.**

For year round training ideas see: [www.revbox.co.nz/training](http://www.revbox.co.nz/training)

## **Maintenance**

Although the Revbox is largely maintenance free, there are a few small things you can do to enhance the longevity of your unit.

- 1.) After each approximately two weeks of use, check and tighten all the bolts on the unit with a torque wrench – they should be tightened to 8Nm.
- 2.) **Periodically check the chain on the Revbox to make sure it is not becoming too slack.** We recommend checking after every 6 hours of use, especially in the first month. The chain should have no more than 5mm slack where it first comes into contact with the top of the chainring. If there is more movement than this, adjust the chain tension as follows:
  - a) Loosen the 2 bolts of the fan unit at the centre of the main side panels
  - b) ***Adjust the chain tensioner to the correct position (position 9 or max 10) on both sides and make sure the fan is perfectly straight. The notches of the chain tensioner must be fully engaged with bolt head in front.***
  - c) Re-tighten the bolts to 8Nm with a torque wrench, starting with the drive-side bolt, and making sure that the fan remains straight. The fan blades should not be within 10mm of the chain in any part of the fan's revolution.
  - d) Recheck the chain to make sure the tension is correct.
- 3.) The lube on the chain from new will last for a long time, but when it eventually becomes time to re-lube only use a silicone lubricant. (This can also be applied to the cassette if required).

## **Transport and care**

*When transporting the Revbox Erg:*

- 1.) Keep it properly secured – we recommend the use of the optional Revbox Erg carry bag to keep all the parts protected.
- 2.) Use the supplied Velcro fastened carry handle to lift the Revbox. (Make sure that the Velcro is fully secured.)
- 3.) If you use the optional Revbox Erg carry bag, store the stabilizer leg in the special compartment inside of the bag, so that the leg fork does not scratch the side panels.
- 4.) If the protection mesh becomes bent, pull it gently back out with an L shaped tool, so that it doesn't interfere with the fan at any point of the rotation.
- 5.) ***Always remove the long top skewers before placing the trainer in the bag.***

## **While using the Revbox**

- 1.) Avoid placing pressure or weight on the mesh that covers the top of the fan.
- 2.) Do not put pressure or force on the mesh of the side panels.
- 3.) ***Avoid rocking your bike excessively – although the Revbox is very stable, rocking can cause damage to both your bike and the trainer.***
- 4.) ***Although the Revbox Erg is nearly fully covered and is very safe to use, we strongly recommend that you train in a safe and controlled environment, without children or pets around, so that no small body parts can get into the machine while it is in use.***

## **Warranty**

The Revbox comes with a 12 months warranty. For any warranty issues either contact your local dealer, or us directly via our website: [www.revbox.co.nz/contact](http://www.revbox.co.nz/contact)

## **Liability**

The details in the manual are for information purposes only. Revbox New Zealand Limited constantly pursues innovation and reserves the right to make changes or improvements in the products described in this manual, without prior notice.

***Revbox New Zealand Limited does not accept any liability for direct, incidental, or exceptional damage arising from, or connected to, the use of this Instruction Manual or the products described herein.***

***Please contact us if you are unsure about the correct use of your Revbox Erg Mk6.1.***

**Enjoy your training!**

**Revbox Team  
New Zealand**