



REVBOX Erg MK6 Instruction Manual

Introduction

Congratulations on the purchase of your new Revbox Erg – a low inertia stationary air resistance trainer with no flywheel assistance, designed, developed and assembled in New Zealand.

The Revbox will make you stronger and more efficient, as it recruits and engages all the muscle groups throughout your pedal stroke, increasing strength and neuromuscular efficiency, and focuses your pedaling technique.

Welcome to the Revbox Community...

In the Box

Your Revbox Erg should come with the following:

- 1 x Revbox trainer unit
- 1 x Stabiliser 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 can/should be removed if not required
- 2 x 0.7mm cassette spacer if required (10-speed free hub bodies only)
- 2 x Spare rubber end caps for the stabilizer leg

The following optional parts are also available:

- Miche 10 or 11 speed cassettes different ratios
- Shimano 10 or 11 speed free hub body
- Revbox soft carry bag
- Revbox foam carry bag for international travel

To purchase any of these see: <http://www.revbox.co.nz/shop>

Set-Up

To prepare your Revbox Erg for use, please set it up as follows:

1. Take your new trainer unit and stabilizer leg out of the box.
2. Fit the short quick release skewer to lower front of Revbox unit.
3. Attach the stabilizer leg to the Revbox unit using this 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, then tighten the skewer **as tight as possible to fix the stabiliser leg securely in place**.
4. Mount a suitable cassette to the freehub body.
5. Fit the long quick release skewer to the trainer through the cassette/freehub axle.
6. Mount your bike to the Revbox Erg unit: Remove the rear wheel from your bike, and fit it to the trainer so that the dropouts rest on the long quick release axle, then make sure the quick release is done up tight. **(This is usually easiest achieved with the gears set in the smallest sprockets).**
7. Adjust the rear foot of the Revbox so it sits flush against the floor – this is most accurately achieved with a rider on the bike.
8. Get started!

For further information please see our website: www.revbox.co.nz

Training

This part is up to you, but to get most 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's highly recommend using it for regular training sessions all year round.

However, for some ideas see: www.revbox.co.nz/training

Maintenance

While the Revbox is largely maintenance free, there are a couple of small things you can do that will greatly enhance the longevity of your unit.

1. After approximately two weeks use, please check and tighten all the bolts on the unit – they should be tightened to 8Nm.
2. **Periodically check that the chain on the Revbox unit is tight**, we recommend checking every 6 hours use, especially in the first month. The chain should have no more than 2-5mm slack where it first comes into contact with the top of the chainring. If there is more movement than this, please 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 on both sides and make sure the fan is 1 klick off set to the NON drive side.**
 - c). Re-tighten the bolts to 8Nm, starting with the driveside bolt, making sure that the fan remains straight – the fan blades should not be within 5mm of hitting the chain in any part of the fan's revolution.
3. The lube on the chain from new will last for a long time, but when it eventually becomes time to re-lube please only use a silicone lubricant. (This can also be applied to the cassette if required).

Transport and Care

When transporting the Revbox please make sure to:

1. Keep it properly secured – we recommend the use of the optional Revbox Erg carry bags to keep all the parts protected from harm.
2. Use the supplied Velcro fastened carry handle to lift the Revbox, making sure that the Velcro is fully secured with your thumb on the front side.
3. If you use the optional Revbox Erg carry bag, please store the stabilizer leg in the special compartment in the inside of the bag, so the leg doesn't scratch the side panels.

Please always remove the long top skewers while having the trainer in the bag.

While using the Revbox please...

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

Warranty

The Revbox comes with a 12 month warranty. If you need to pursue this for any reason, please contact us via our website: www.revbox.co.nz/contact

Liability

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Enjoy your training, and send us an email if you need any help...

Yours Revbox Team from New Zealand