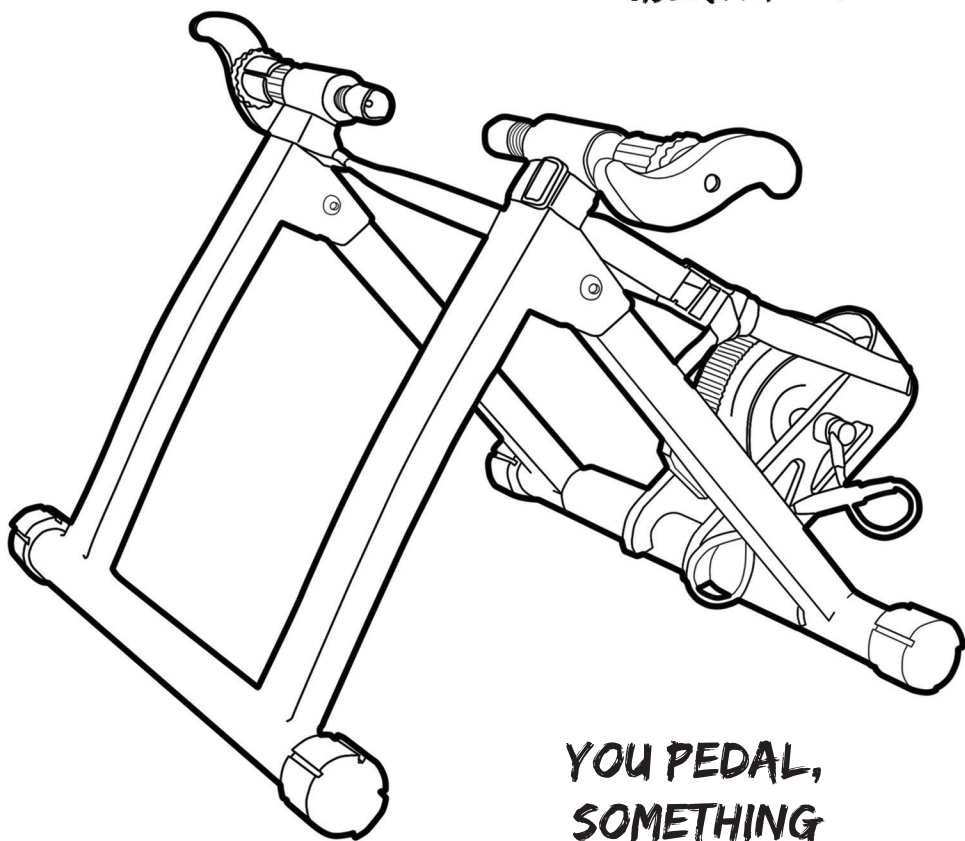


ROCK THE BIKE™

Roll UP

generator stand

USER MANUAL



**YOU PEDAL,
SOMETHING
AMAZING HAPPENS**

www.rockthebike.com

THANK YOU!

In our humble beginnings we ran a bike-powered smoothie booth at Northern California music festivals called "The Juice Pedaler". We saw the smiles and excitement as people jumped on our bike blender and poured their heart into a thick tangy smoothie. Now we're excited to have you joining our quest to spread the spirit of pedaling.

Generating Pedal Power may seem like a small act, but for many people it'll be their first time giving energy back, which can open the door to many other personal choices that benefit their health and fitness and our environment. So thank you! And please keep us posted on your progress as you Rock The Bike!

Yours,



Paul Freedman,
Founder

FIND ROCK THE BIKE ON



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WHAT YOU WILL NEED FOR ASSEMBLY

5mm hex key may be needed to adjust the handles.

SIZES

**THE ROLL UP GENERATOR STAND IS
AVAILABLE IN TWO SIZES:**



ADULTS

Compatible wheel sizes: Standard 24", 26" & 29"/700c.



KIDS

Compatible wheel sizes: 16" - 20".

**FOR MORE INFORMATION ABOUT THIS PRODUCT VISIT:
ROCKTHEBIKE.COM/ROLL-UP-GENERATOR-STAND**

CHOOSING THE RIGHT BICYCLE

SELECTING THE RIGHT BICYCLE IS IMPORTANT FOR SAFETY, COMFORT AND EFFICIENCY. HERE IS OUR CHECKLIST:

A) SIZE

ADULT ROLL UP SIZE:

Wheel size: 24" to 29" or maximum tire width of 2".



Here's an example of a 29" wheel with a 2 1/2" tire.

NOT ENOUGH CLEARANCE!



KIDS ROLL UP SIZE:

Wheel size: 16" and 20".

B) REAR AXLE

Compatible either have a bolted axle:



Or more commonly:

A QUICK RELEASE SKEWER WITH AN ENCLOSED CAM.



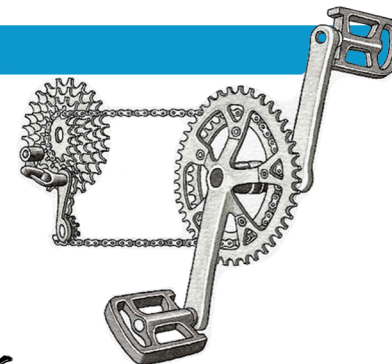
PICK A BIKE THAT GIVES YOU BEST CHANCE OF SUCCESS AT EVENTS!

STEP THROUGH

FRONT GEARS

C) GEARS

Having a multi-speed bike gives you the greatest chance of a satisfying pedaling feel:
Not too hard, not too easy.



D) TIRES

Knobby tires may cause noise and vibration, but can be used in a pinch. We recommend a smooth or slick tire for best performance.



MAKE SURE THE TIRES ARE FILLED TO 60 PSI - OR RECOMMENDED TIRE PRESSURE -.



DANGER

Newer EXPOSED CAM Quick Release skewer may slide out of the stand's cup during use.

You don't need a new wheel, just the right skewer.

Contact us if you need to get an enclosed cam skewer at:

customerservice@rockthebike.com

EXPOSED CAM



Internally Gear Hubs often have cables or plastic components blocking rear axle nuts, which would prevent Roll Up



ROLL UP GENERATOR STAND

ANATOMY AND COMPONENTS

1. Handle
2. Lock ring
3. Cup
4. Tension strap
5. Lock ring
6. Roller*
7. Swing arm
8. LEDs
9. Rectifier
(connects to output cable)
10. Leveling cup

*Roller color may vary.



THE ROLL UP GENERATOR STAND ALSO INCLUDES A 18" OUTPUT CABLE LIKE THIS:



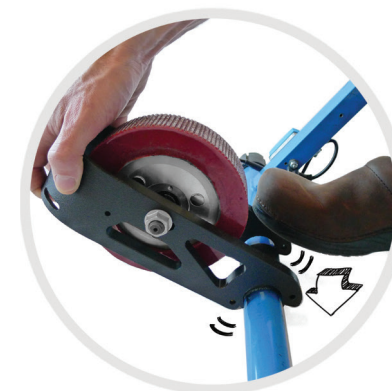
*Neutrik NL2FX connection information on page 6.

ASSEMBLY

1. Unpack the stand and open the legs to stabilize.

2. If necessary, attach swing arm & generator to stand:

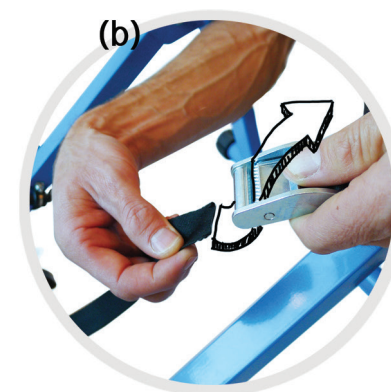
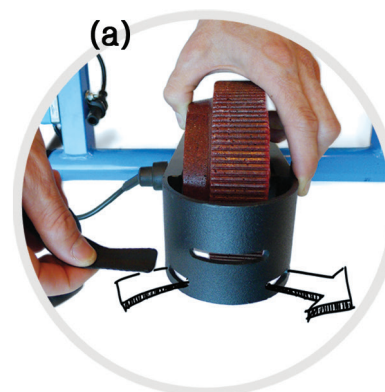
Push the swing arm onto the tube (on the base of the leg that swings out, not the curved side) one side at a time. Use the side of the stand with the black centering sleeve. It may help to use your foot to pop it onto the tube.



3. Slide the blue lock rings out towards the screw handles. Turn the black plastic handles counter-clockwise to retract the cups.



4. Insert strap through the swing arm strap slots (a) and through the cam buckle (b). Leave the strap loose.

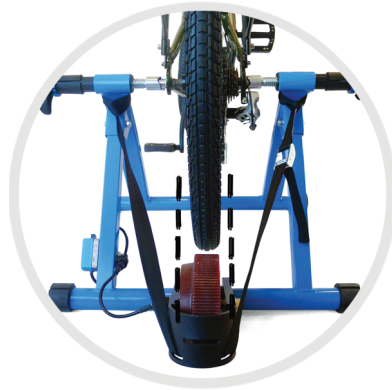


ASSEMBLY



If possible, ask a friend for help with the next step.

5. Lift rear wheel of the bicycle and place the first axle end or quick release cap into one of the stand's cups
6. With the other side lined up, turn the screw handles until both ends of the axle/quick release are in the stand's cups. Center the tire over the grippy section of the roller by turning the handles in or out.
7. Securely clamp the bike by firmly turning both handles clockwise an equal amount, usually no more than $\frac{1}{4}$ turn. The click will begin to feel hard.
8. Slide the blue lock rings in to keep the screw handles from loosening during use. If the lock ring doesn't slide rotate the handle to make sure you are in a notch.



Test for safety: Grab the bike by the seat, rock side to side and check that the cups are securely holding the bike. Tighten the screw handles as necessary.

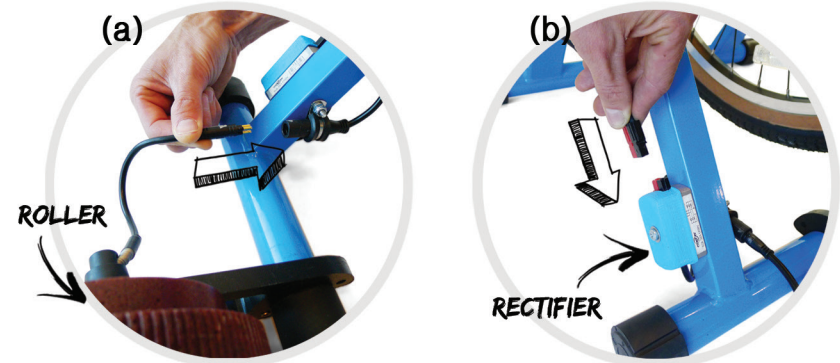
9. Pull the free end of the tension strap to bring the roller firmly against the tire.

It helps to lift the roller with one hand while pulling strap with the other hand.



ASSEMBLY

10. Connect the 3 pin cable coming from the roller (a) and the flat connector of the output cable (b) to the rectifier.



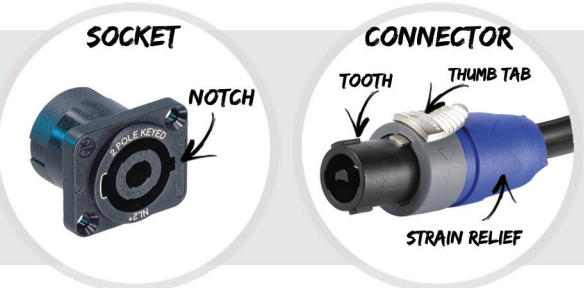
11. Use your output cable to connect the Roll UP to a compatible circuit.

USAGE TIPS

HOW TO USE THE NEUTRIK CONNECTORS

- a. The connection at the stand (on the rectifier) is a red and black **ANDERSON** connector, always match red to red and black to black. (The connector will only fit this way.)

- b. The other end of your output cable is a **NEUTRIK NL2FX**. This bayonet connector requires a "push twist" action.



HOW TO CONNECT

1. Aim the teeth of the Neutrik NL2FX connector to the notches on the NL2 socket (notice that there's a big and a small one, make sure you align them correctly).
2. Push in and twist $\frac{1}{8}$ of a turn clockwise until you hear a "click".

HOW TO DISCONNECT

1. Slide the thumb tab back (toward the cable).
2. Twist the connector $\frac{1}{8}$ of a turn counter-clockwise.
3. Pull.



Don't unscrew the strain relief.

USAGE TIPS

- ▶ Pedal the bike and shift gears until you find a satisfying resistance. Keep in mind that many Rock the Bike circuits use ultracapacitors which will feel harder at first.
- ▶ Pedal the bike with the correct seat height: When peddaling, make sure that when your foot is at the bottom, your knee is slightly bent.

TROUBLESHOOTING

- ▶ If bike feels too easy to pedal:
 - a. Power output depends on gearing, if you feel like you are peddaling too fast or your circuit is always low, change to a higher gear and try again.
 - b. Check the electrical connections.
- ▶ If peddaling feels “skippy” or rubber shavings are collecting around or on the roller, strap tension might be too light. Increase tension and try again.



OUTPUT CHARACTERISTICS

DC voltage: 10–50v*

Wattage: 10–500w*

*Depending on power of rider, gear and the output matching circuit.



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