

## Instructions for use

1. The roller is a training tool enabling users to get into top shape for cycling.
2. The rollers, of technopolymer material, are specially shaped to guarantee better control of place.
3. High quality cylindrical bearings ensure many years of trouble free and quiet operation.
4. The frame of the GH-575-1 is very practical, light, manageable, easy to use and takes up little space.
5. Frame can be folded for easier storage or carrying.
6. It is recommended for users of all levels.
7. Two functions:  
GH-575-1 can be used roller training, also be used to fixed the training.

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MADE IN TAIWAN



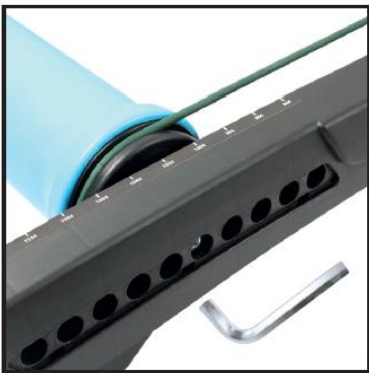
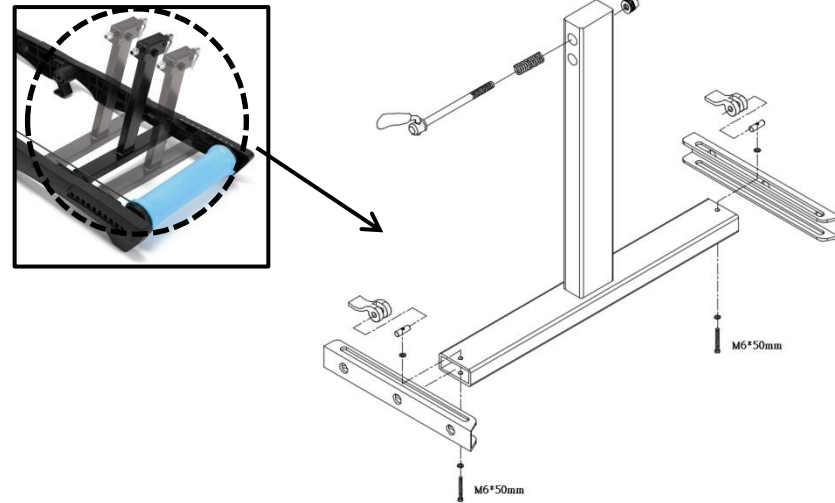
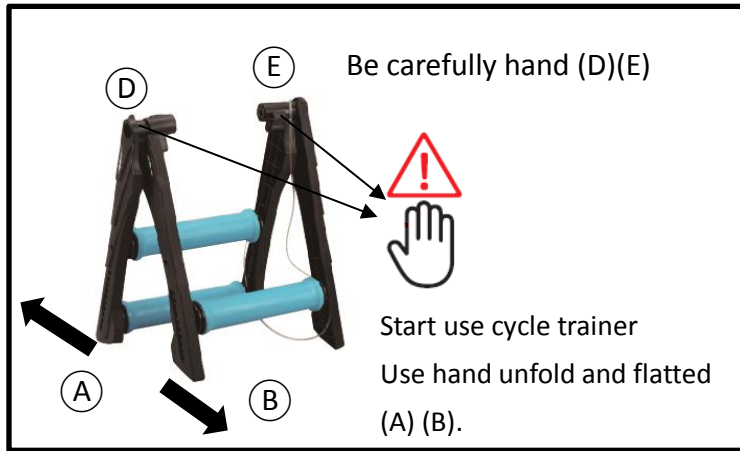
## GH-575-1



## Important

1. Pay attention to the position of hands when closing the roller, to avoid squashing them between the two side member.
2. Read and follow the enclosed instructions.
3. Keep people , children and animals away from the roller during use, since the moving and rotating parts of the roller and the bicycle can cause damage in case of contact.
4. Before starting training, position the trainer in a dry place, away from potentially hazardous objects present in order to avoid any risk of inadvertent or accidental can't with them.
5. make sure any unevenness in the door or objects present on it can't come into can't with the rotating components of the incorporated mechanical resistance.

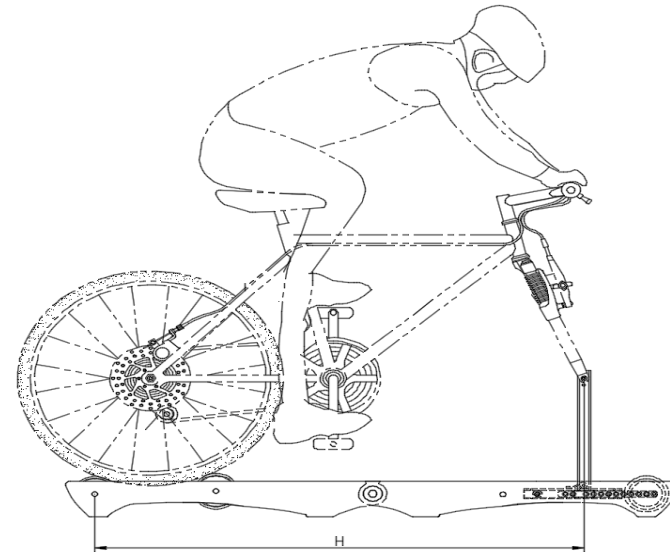
# HOME TRAINER



Use the tool change rollers  
to the appropriate  
position.



Quick to adjust the wheelbase



Measure (H) the distance between the centre of the wheels of the  
bicycle to be use on GH-575-1.