

STREETSTRIDER®

INDOOR TRAINER STAND ASSEMBLY GUIDE



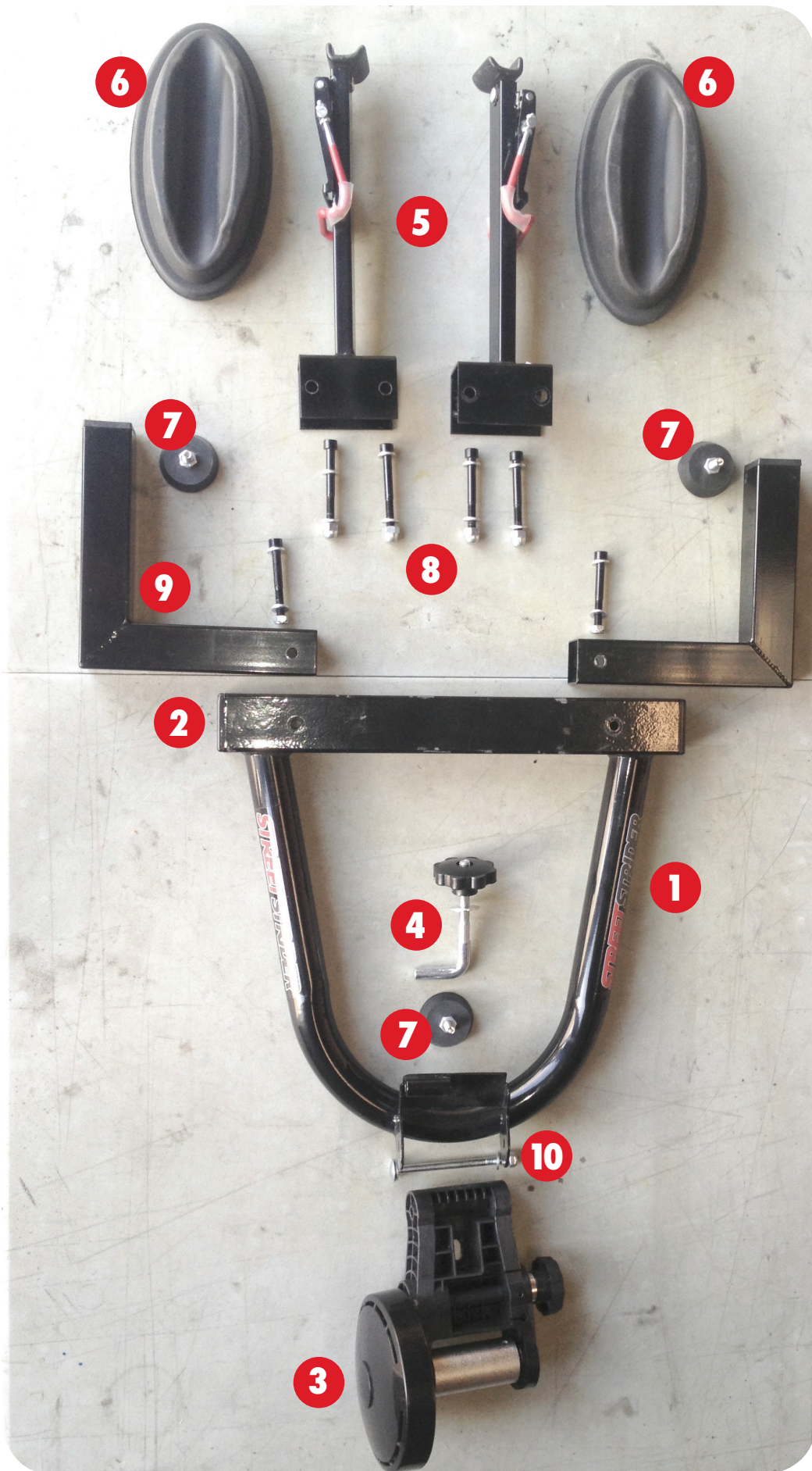
1-800-348-0998 | www.StreetStrider.com

Copyright © 2018 StreetStrider International, LLC



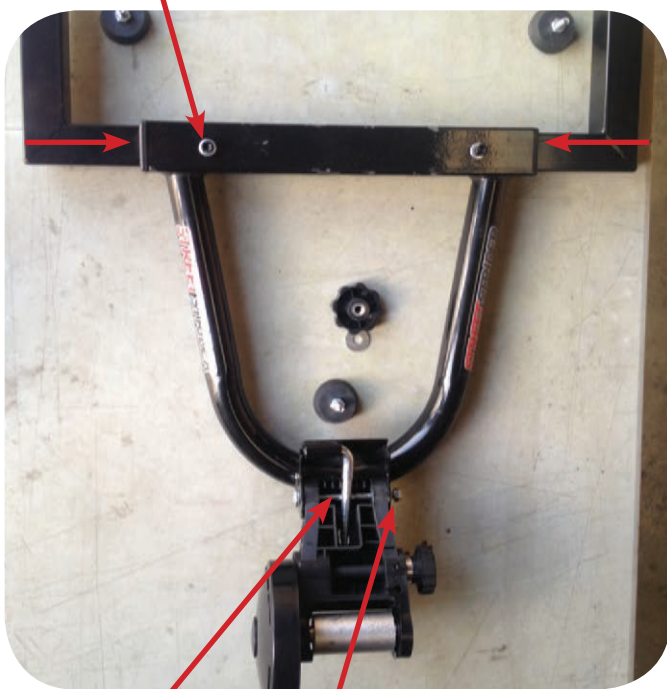
PARTS LIST (Note – Right and Left refer to sides when standing on the StreetStrider.)

PART #	DESCRIPTION	QTY
1	Main frame	1
2	Side Stabilizers, Right and Left	2
3	Roller Assembly	1
4	L-rod and Knob	1
5	Podium with Top Cradle and Draw Clamp, Right and Left	2
6	Front Wheel Riser Blocks	2
7	Rubber Leveling Feet	3
8	70 x 6 mm Hex Head Bolts with 13 mm Lock Nuts	4
9	65 x 6 mm Hex Head Bolts with 13 mm Lock Nuts	2
10	Carriage Bolt with 13 mm Lock Nut	1



STEP 1

Slide each stabilizer into main frame and secure with 65 x 6 mm hex bolt and 13 mm lock nut.



STEP 2

Slide L rod into frame tube. Mount roller assembly in frame and secure with carriage bolt and 13 mm lock nut.

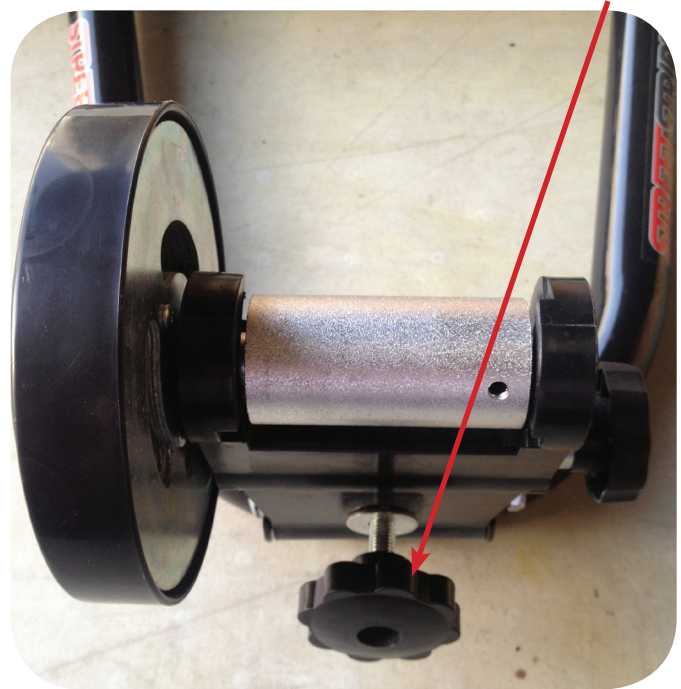
STEP 4

Flip trainer over and screw in 3 rubber leveling feet.



STEP 3

Raise roller assembly so that L rod protrudes through rear hole, slide washer over threaded end and screw on knob.



STEP 5

With trainer sitting on rubber feet, mount Right and Left podium on square cross bar about 2 inches apart. Secure with the 70 x 6 mm hex bolts and 14 mm lock nuts.



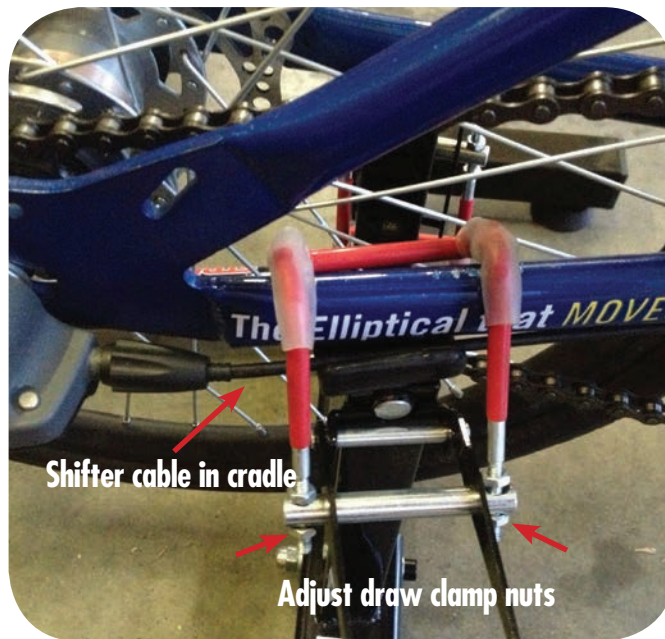
STEP 6 - 3i and 7i StreetStrider

To mount the rear frame onto podium cradles, rotate cradles so that the 45° lip is toward the inside.



STEP 7 - 3i and 7i StreetStrider

Set chain stay in cradle about 1 inch in front of drop out. Lay the 3i shifter cable in cradle next to frame. The 7i shifter cable will be under the cradle. Adjust nuts on lower end of draw clamp to secure frame when clamps are pressed down.



STEP 6 - 3r, 8r and Eclipse

To mount the rear frame onto podium cradles, rotate cradles so that the 45° lip is toward the outside.



STEP 7 - 3r, 8r and Eclipse

Set chain stay in cradle about 1 inch in front of drop out. Shifter cable and chain will not touch inner edge of podium. Adjust nuts on lower end of draw clamp to secure frame when clamps are pressed down.



STEP 8

Screw L rod knob in at rear of roller assembly to press roller against tire.



STEP 9

Screw in resistance knob on side of roller assembly to increase resistance. Resistance can also be increased by shifting to a higher gear while riding.



STEP 10

Front wheel riser blocks can be used to help stabilize the front wheels.



ASSEMBLED TRAINER STAND



STREET STRIDER

THE ELLIPTICAL THAT *MOVES* YOU!



OUTDOORS + INDOORS

STREET STRIDER

1-800-348-0998 | www.StreetStrider.com

