



YO ROLLER

The Portable Flywheel Workout Station



Congratulations

for purchasing your

YOROLLER
The Portable Flywheel Workout Station

This manual provides you with information about the installation, security and functioning of YoRoller.

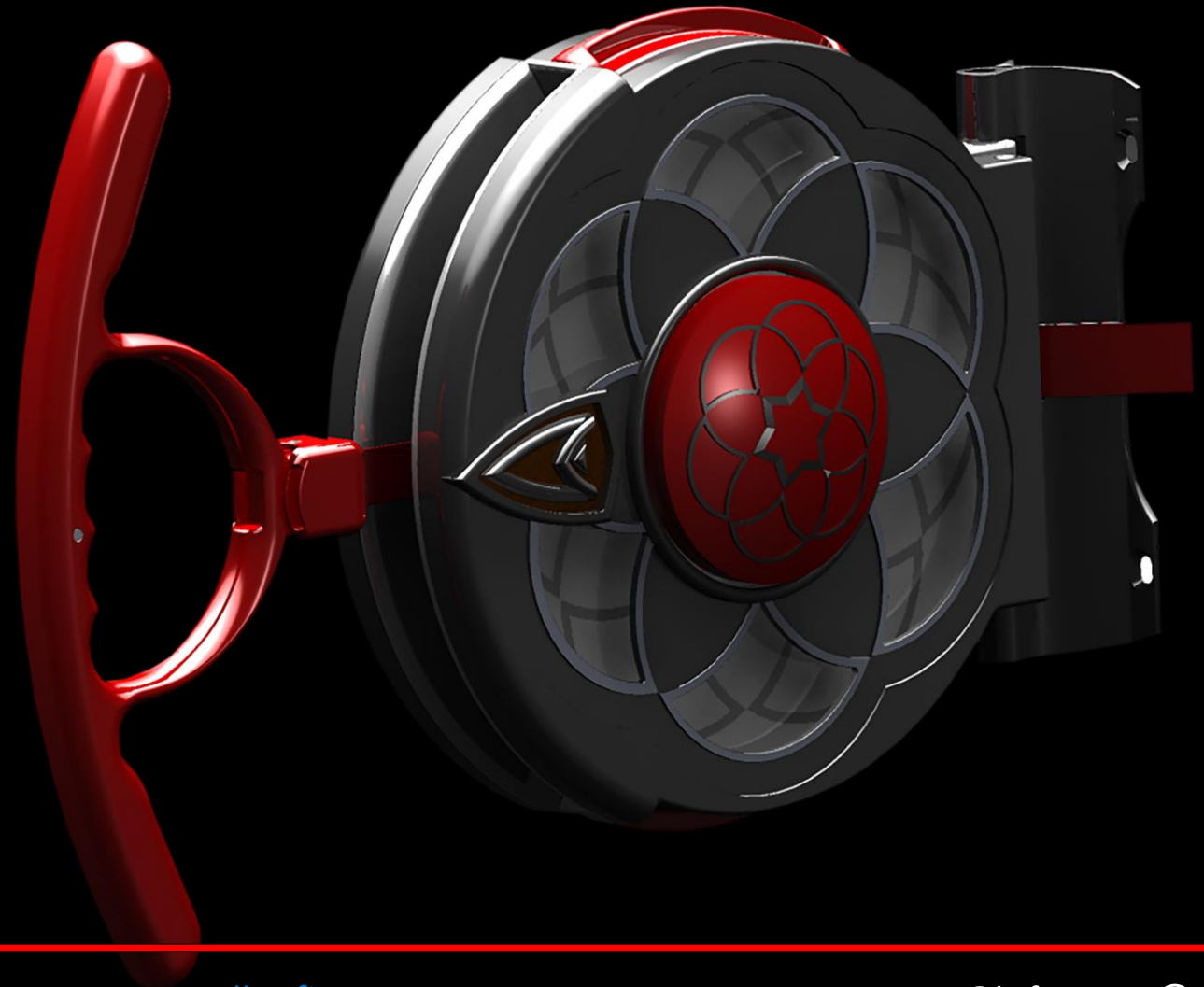




TABLE OF CONTENT

- 03 Table of content*
- 04 Safety Information*
- 06 Properties of YoRoller*
- 07 How it works*
- 09 Product range*
- 11 The basic MODULES*
- 12 YoRoller PRO21*
- 13 The power module*
- 14 The flywheels*
- 15 The universal adapter*
- 18 The ergonomic grip*
- 19 The partner grips*
- 20 The Social Media adapter*
- 21 The foot cuffs*
- 22 Tutorials*





SAFETY INFORMATION

Before you start

YoRoller is a newly designed powerful and effective device for maintaining and increasing the physical fitness. Please follow our safety instructions in order to avoid injuries, accidents and damages on device. The **YoRoller** is designed only for fitness training of healthy persons and may not be used for other purpose. Even if the flywheel technology is generally used and recommended by specialist for medical purposes, please use the **YoRoller** only after consulting the doctor or therapist of your trust first, respect all his indications and note that any improper or excessive training can cause health damages. The training is very simple and intuitive but you must start the training slowly in order to get used to it. We recommend to train at the beginning together with a physician, or a personal trainer who could recommend you a simple, tailor made training or at least together with a partner who can survey and support you. The device is not a toy and may only be operated by persons over 16 years old. Children may use it only in the presence of adults.

For maintenance, only use the procedures and the tooling described in the manual.

AD Kinetics GmbH is not responsible for any damage to the machine and its parts if you don't follow them!

Before you train

- Check the stability of the support – which must be designed for a load of more than 350 kg - before fixing the Power Unit on it. Check that the Power Unit is correctly and firmly installed on the stable support and that the security side covers are closed. Start the training and increase the intensity always slowly.
- Check from time to time the coupling between the grip and the pulling strap.
- Check degree of wear and eventual damages of the pulling strap like frays and deformations at its contact edge with the shaft mounted into the Power Unit, before every training. It is a wearing part and if it brakes instantly, you could lose your balance, fall down and get injured. Read the further instructions about how to replace or repair a damaged element.
- Generally, check the condition of all straps and any accessories and components. They may not be frayed, deformed torn or broken! Damaged components must be immediately repaired or replaced with original YoRoller parts in order to be able to train safely.

The Training

The training with **YoRoller** is based on flywheel technology and the device works like a reverse YoYo, fixed on a stable support. After a strong traction of the pulling strap which is wound on the shaft inside of the Power Unit the disks will be accelerated and store kinetic energy. After the full unwinding of the pulling strap, it will begin to wind back and you will be pulled back instantly with the same force you have invested to rotate the discs. Before and during the training, make sure that you have enough space to exercise in an area at least 1 m longer than the length of the unwound pulling strap. Make sure that there are no objects that could hinder your movements and put on clothing conforming tightly to the body. Make sure that around you, even outside of your training space, there are no edged or sharp objects that could hurt you if you were to lose your balance or your contact with the grip. Start slowly and make a short test exercise with the full load. Keep all the straps clean and avoid any contact with fat or oily substances with the straps, the Power Unit, the accessories and especially the hand grip.



SAFETY INFORMATION

We designed the YoRoller to be very safe. You cannot be harmed by heavy and hard dumb belts or other training objects, that could fall on your foots or crush your hands or your chest!

Despite that, you should follow some rules in order to ensure the maximum security during the training.

IMPORTANT SAFETY RULES

- Check the condition of the pulling strap before each workout and shorten or replace it if worn.
- Be sure to have enough space behind you in case you fall back
- Check your condition by the physician of your trust before you train
- First warm-up before any training
- Don't let the pulling strap to wind until its end and don't come too near to the Power Unit with your handgrip
- Don't drink or eat during the training
- During training, wear loose, possibly elastic clothing that fits snugly to the body
- Don't wear sunglasses when you train indoor
- don't train and drive

- YoRoller is not a toy and not suitable for children under 16 years of age. Younger children should only exercise under adult supervision

- Training in a stationary or moving car, bus, train, subway, bus, ship or plane is possible, but we expressly do not recommend it. If you do decide to do it, first ask the operators for permission and understand that you do it at your own risk. Make sure you can keep your balance, have enough space around and especially behind you, and obey all house rules.

- Despite taking special care, we cannot imagine all situations where users could injure themselves or those around them or cause property damage, and therefore we advise you to use your common sense during the using of our range of products with consideration for yourself and those around you.

Thank you very much for your understanding and cooperation!



PROPERTIES of YoRoller

INNOVATIVE

Uses Kinetic Energy instead of static weights, ignoring gravity.

MODULAR DESIGN

Power module, universal adapters, ergonomic grip, social media adapter, app for measuring the training parameters and the progress

PORTABLE

Small, compact & lightweight, designed to explore.

EASY AND FAST TO MOUNT

...within a very short time on columns, trees, walls or door frames. You can also train with a training partner.

STEPLESS adjustment of the training energy from 0 to more than 100 kg.

ECCENTRIC TRAINING

...with a higher intensity than the concentric phase is possible through the simply variation of the muscle tension.

REACTIVE

Reacts to the flow of your own movement. You train with your own energy.

INTERACTIVE

You can train online interacting with your social community

SUSTAINABLE

Needs a fraction of material resources in comparison to common fitness equipment.



HOW IT WORKS (short description)

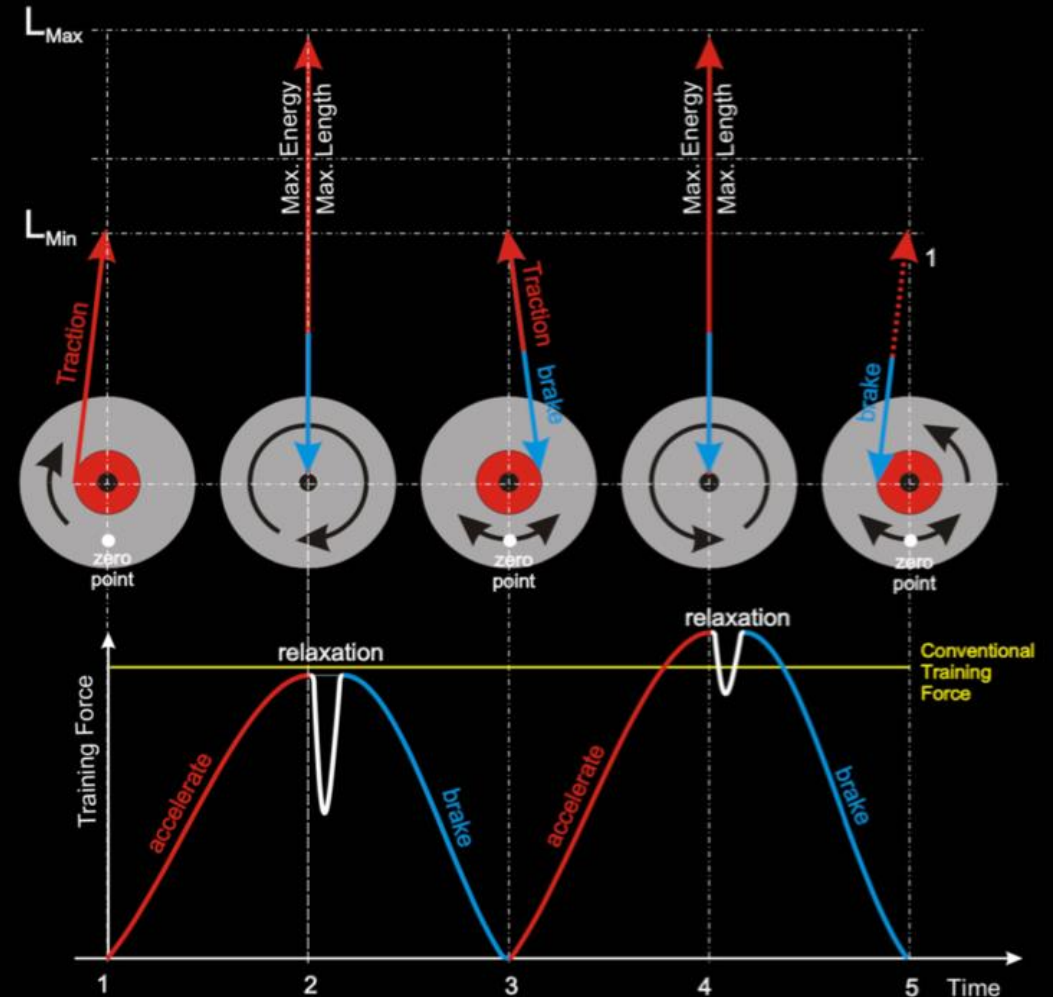
YoRoller is a unique development in sports and physiotherapy. Instead of using traditional weights, you train with flywheels, rotating disks, ignoring gravity. In the concentric phase, which is common for most other current training methods, the flywheels will be accelerated by pulling the training strap, which is initially wound onto a shaft placed inside the Power Unit, and store kinetic energy. Once the training strap is fully unwound, it will begin to wind back up onto the same shaft but in the opposite direction and you will be pulled back instantly with the same force you have invested to rotate the discs initially.

The training consists of bringing the discs into rotation with a concentric movement, then to stop them with an eccentric movement – which is not common for traditional training - and repeat that cycle.

The training energy you initially invest to accelerate the disks is the same you must use to slow them down and its intensity depends only on your mood and your condition.



YoRoller enables kinetic training with steplessly adjustable Training Energy





HOW IT WORKS

YoRoller – the absolute novelty is the first modularly built, compact, light and for wide target groups affordable training device in the flywheel training industry. It can be versatily mounted on stable trees, columns, walls or door frames. Training is even possible without fixing it, if you work out together with a training partner.

Training follows cycles of two phases:

Phase 1 – Concentric movement: by pulling the training strap the flywheels inside the Power Unit are accelerated and store Kinetic Energy until the training strap will be fully unwound and then reverses and starts to wind up again in the opposite direction (like a reverse Yo-Yo). With that begins

Phase 2 – Eccentric movement: when the training strap will pull you back, you instinctively try to brake the pull until a standstill. Then a new cycle begins with a concentric movement.

With YoRoller you can even train with a higher eccentric load than invested in the concentric phase, if you accelerate slowly and brake with the maximum, fastest effort. It results in a high stimulus of the muscles that is extremely difficult to achieve by other means. You should start your first training slowly. As soon as you get used to this movement cycles, you will be able to increase intuitively and steplessly the training intensity, depending on your individual physical condition and the purpose of your training. The bigger the force exerted during unwinding the training strap, the bigger the eccentric resistance when it is pulled back.

Unlike weight training, your muscles are under a high, stepless variable stress, but they also have a “relaxing phase”, during the time period between the concentric and eccentric phase! This unique “relaxing phase” is even steplessly adjustable and it increases the efficiency of your workout.

The unique adjustability of the training energy and the relaxing phases during the flywheel training, makes it perfect for many purposes, like for increasing the physical performance of top athletes in any sports, for general fitness and individual training and for rehabilitation and physiotherapy.

The **YoRoller** most usual components: the Power Module, the Universal Adapter, the unique Grip with special coupling, the Pulling Strap, one Ankle Loop, a 1 m long Mounting Strap with ratchet and one Social Media Adapter, are placed in a unique, practical EPP case, wherein the grip of the device serves as the handle of the case.

This “kit” is necessary and sufficient to train the most important muscles anytime any anywhere, indoor and outdoor. Many other Accessories complete the product range and extend the applications.

YoRoller enables training with a steplessly adjustable energy from 0 to more than 100 kg.

Pulling strap: 250 cm long

Length x width x height of the EPP case: 50 x 42 x 12 cm



THE YoRoller PRODUCT RANGE

DESCRIPTION	Item no.
YoRoller PRO 21 (Kit incl. EPP-Case as Starter Set)	YR-PRO21
ACCESSORIES	
Disk 3 mm	YR-DSK03
Disk 4 mm ELITE Laser engraved	YR-DSK04
Disk 6 mm	YR-DSK06
Disk 8 mm	YR-DSK08
Pulling Strap 2,5 m	YR-PST01
Foot Cuff with special Coupling	YR-FCU01
GRIPS	
Hand Grip + Coupling	YR-HGC01
Partner Grips (2 pcs.)	YR-PGR01
Rope Grip	YR-RGR01
ADAPTER	
Social Media Adapter	YR-SMA01
Universal Adapter for Tree + Column + Wall	YR-ATC01
Adapter Wall Platte fix	YR-AWP01
Rail Wall PRO 1.90 m incl. Alu. Glider	YR-RAI01



THE YoRoller PRODUCT RANGE



YR-PRO21
Starter Kit



YR-DSK04
Disks



YR-HGC01
Hand Grip



YR-PST0
Pulling Strap



YR-FCU02
Foot Cuff



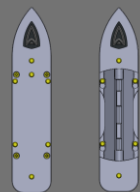
YR-PGR01
Partner Grips



YR-SMA01
Social Media Ad.



YR-ATC01
Tree & Column Ad.



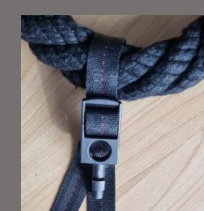
YR-AWP01
Ad. Wall Fix.



YR-RAI01
Wall Rail Ad. PRO



YR-DFA01
Door Frame Ad



YR-SCO02
Speciala Coupling



YR-SCO02
Rope



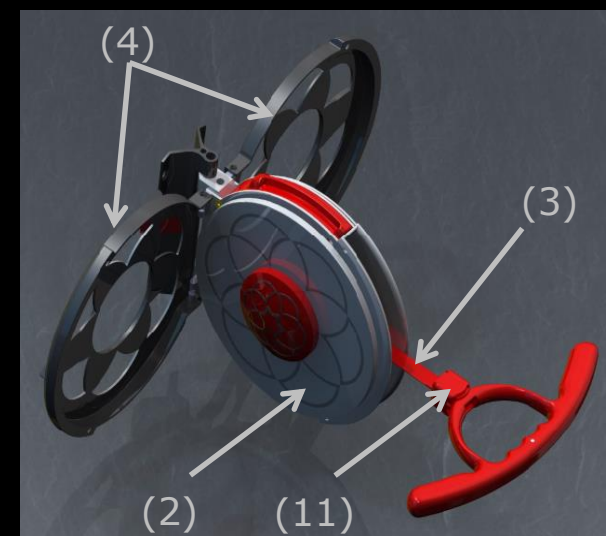
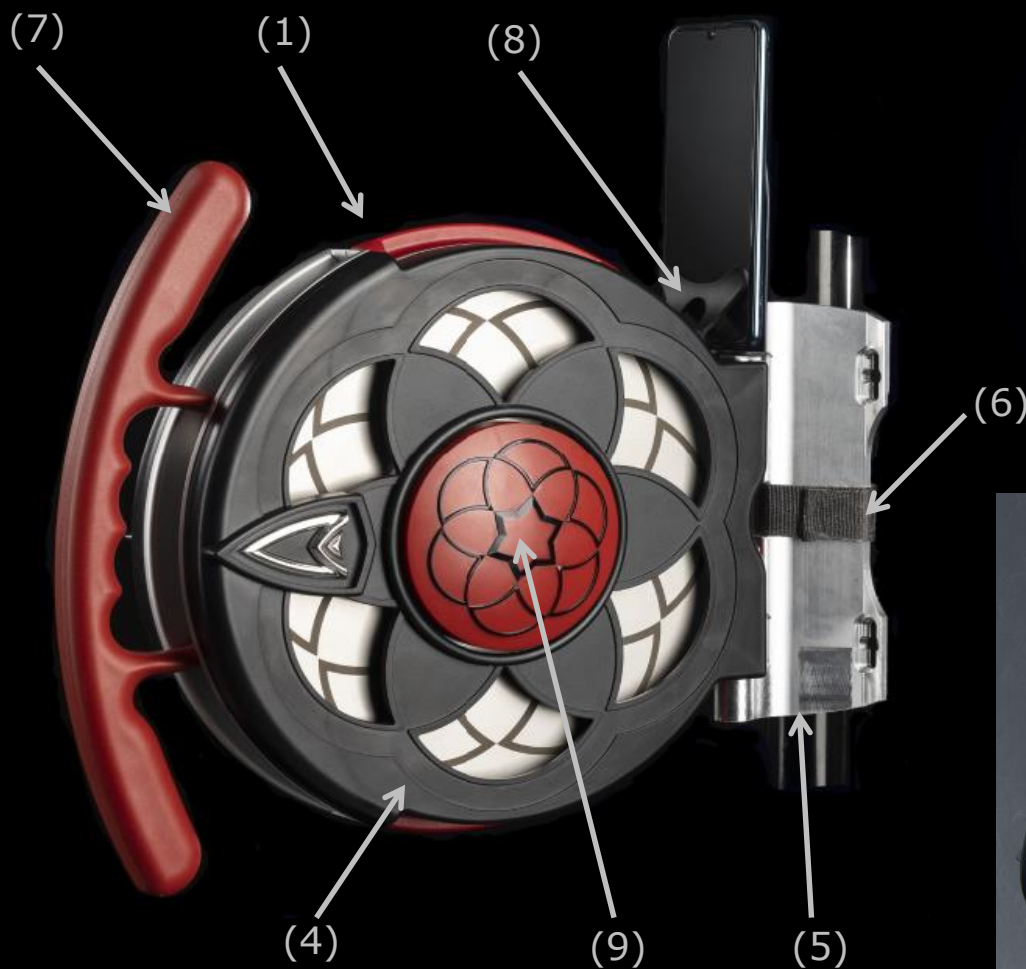
YR-HGC02
Hand Grip

YR-xxx
Training Rod



THE BASIC MODULES

- (1) Power Module
- (2) Flywheels
- (3) Pulling Strap
- (4) Security Side Covers
- (5) Universal Adapter for trees columns & walls
- (6) Mounting Strap with ratchet
- (7) Ergonomic Grip
- (8) Social Media Adapter
- (9) Sensor for measuring the training energy
- (10) EPP Case
- (11) Coupling to Pulling Strap

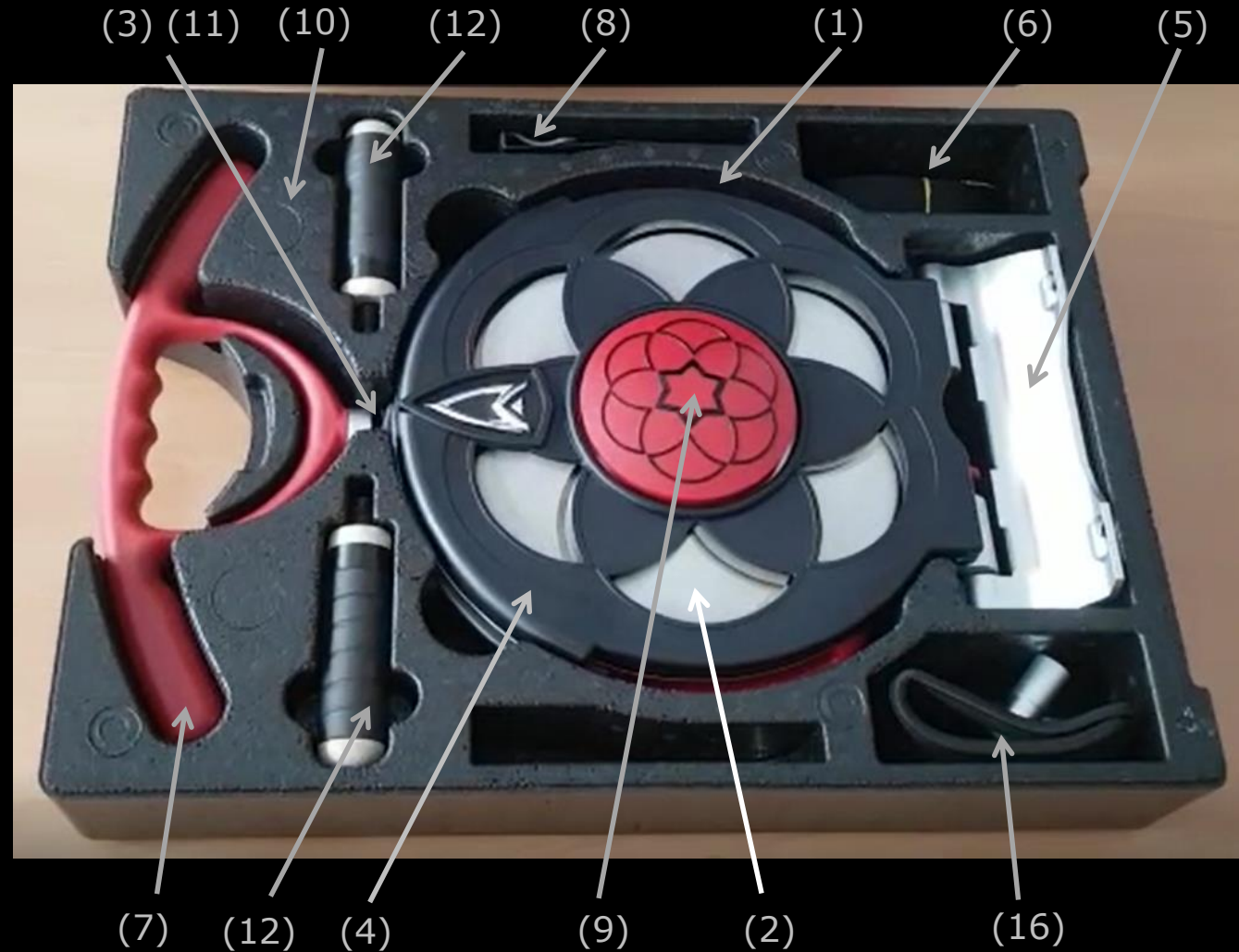




YoRoller PRO21

Item no.: YR-PRO21

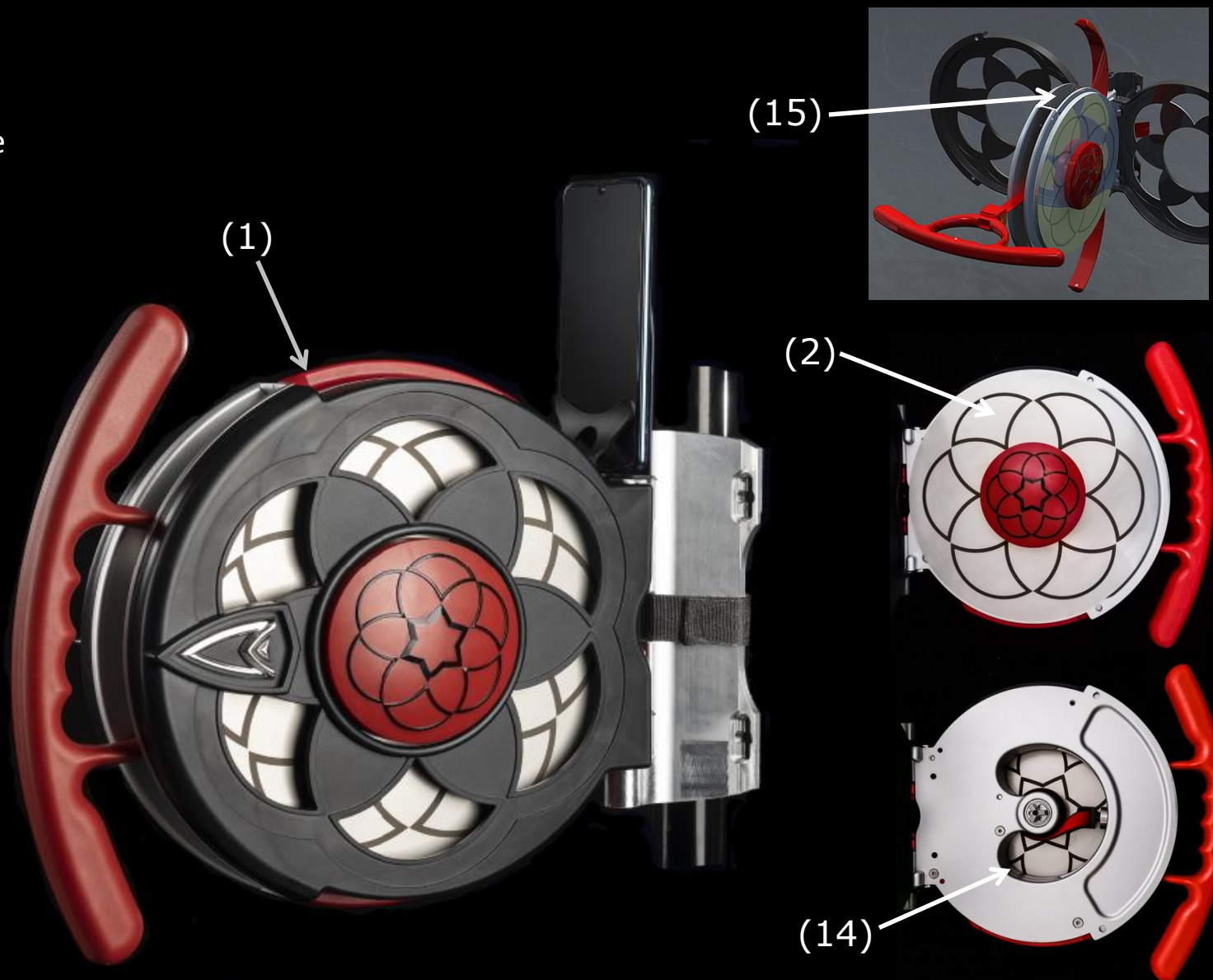
- (1) 1x Power Module
- (2) 2x 4mm Flywheels
- (3) 2.5 m Pulling Strap
- (4) 2x Security Side Walls
- (5) 1x Universal Adapter for trees columns & walls
- (6) 1x Mounting Strap with ratchet
- (7) 1x Ergonomic Hand Grip
- (8) 1x Social Media Adapter
- (9) 1x Sensor for measuring the training energy
- (10) 1x EPP Case
- (11) 1x Coupling to Pulling Strap
- (12) 2x Hand Grips for partner training
- (16) 1x Foot Cuff with Coupling





THE POWER MODULE

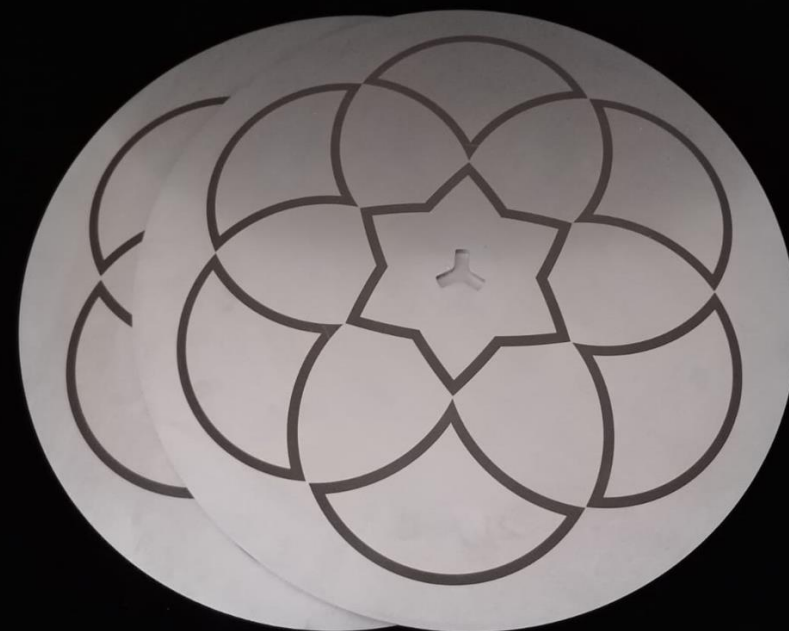
- It is the Heart and the Energy Source of YoRoller
- contains 1 or more Flywheels (2)
- and extra space for personal belongings and accessories (15)
- It is designed with a opening (14) in the core, to easily access and exchange the Pulling Strap and enables a fast assembly and service.





THE FLYWHEELS

Diameter: 250 mm			
width (mm)	Combination	kgm ²	YR PRO21
3	1x3	0,009	X
4	1x4	0,012	X
6	2x3	0,018	X
7	3+4	0,021	x
8	2x4	0,024	X
10	4+6	0,029	x
12	3x4	0,036	X
14	6+8	0,042	x
16	4x4	0,048	X
24		0,072	-
32		0,096	-



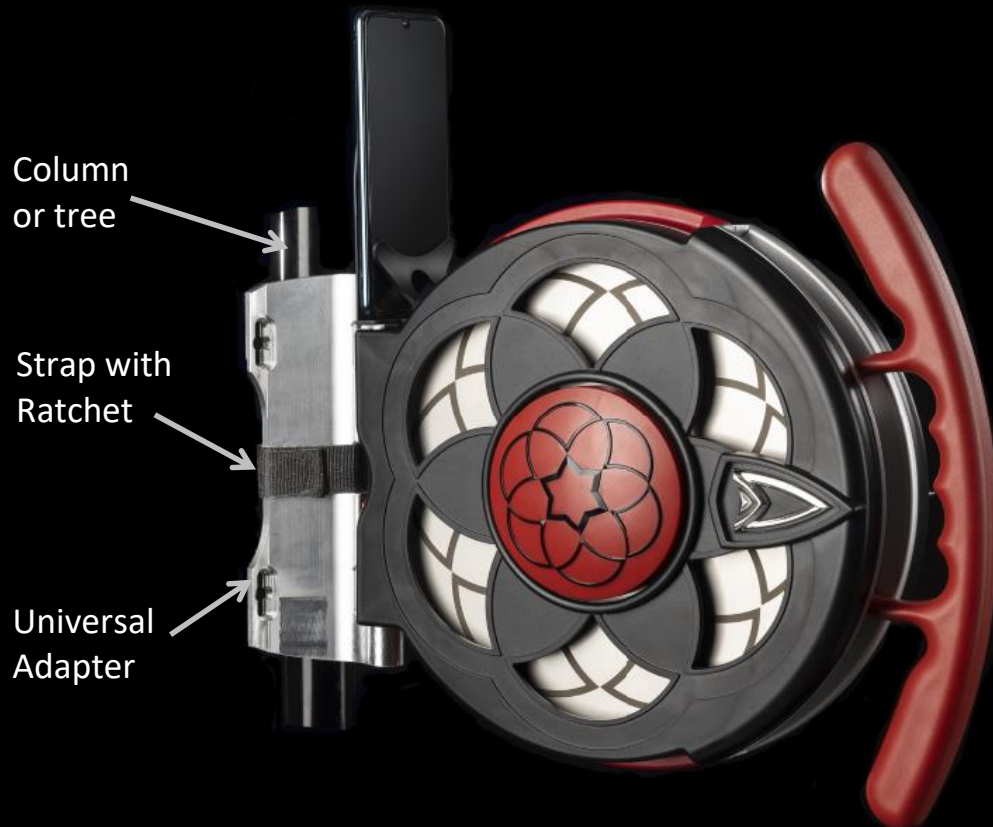
X = Standard



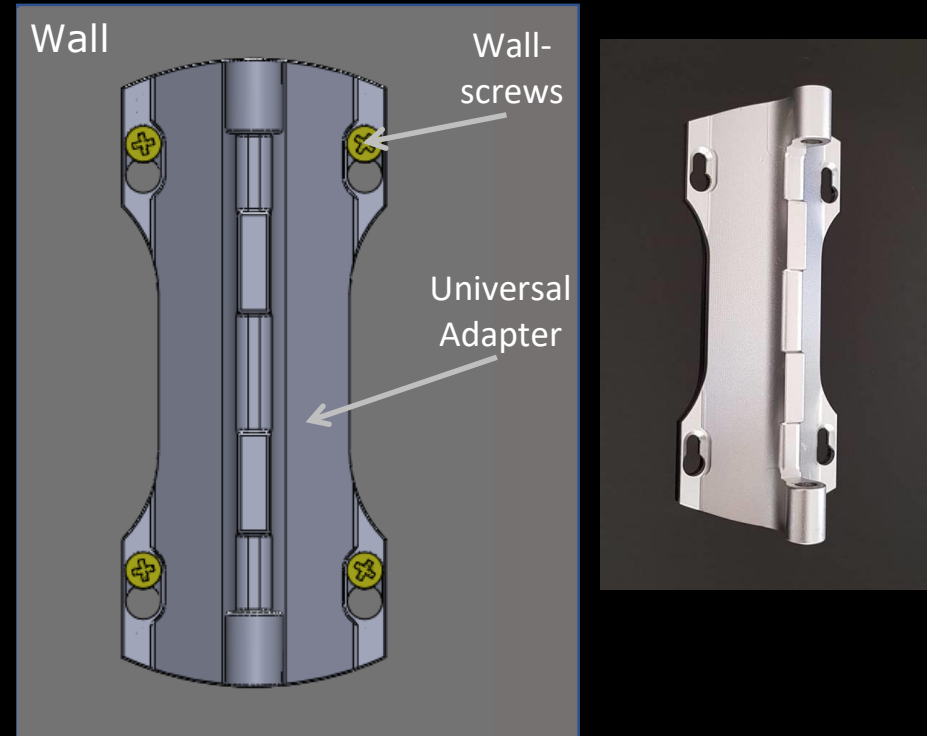
THE UNIVERSAL ADAPTER (1, 2)

Has been specially designed for YoRoller and enables the fixing of the POWER MODULE on a stable support in the following cases:

1) Through fixing the UNIVERSAL ADAPTER a column or a tree using a mounting strap with ratchet:



2) Through screwing it directly on a on a wall at the desired height:



2.1 Place the POWER UNIT on the UNIVERSAL ADAPTER and enjoy the training!



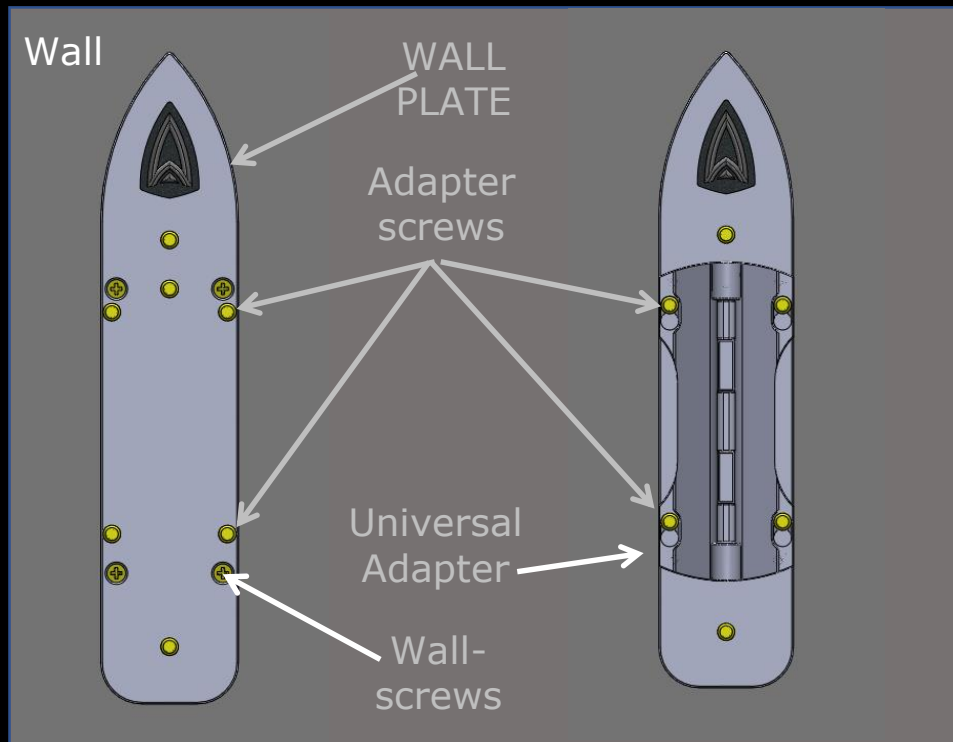
THE UNIVERSAL ADAPTER (3)

3) Fixing the UNIVERSAL ADAPTER on a WALL PLATE that has been previously screwed on a wall at the desired height

3.1 Screw the WALL PLATE on a wall at the desired height:

3.2 Plug the UNIVERSAL ADAPTER on the WALL PLATE and screw down the 4 detachable adapter screws:

3.3 Place the POWER UNIT on the UNIVERSAL ADAPTER, fix it and enjoy the training!



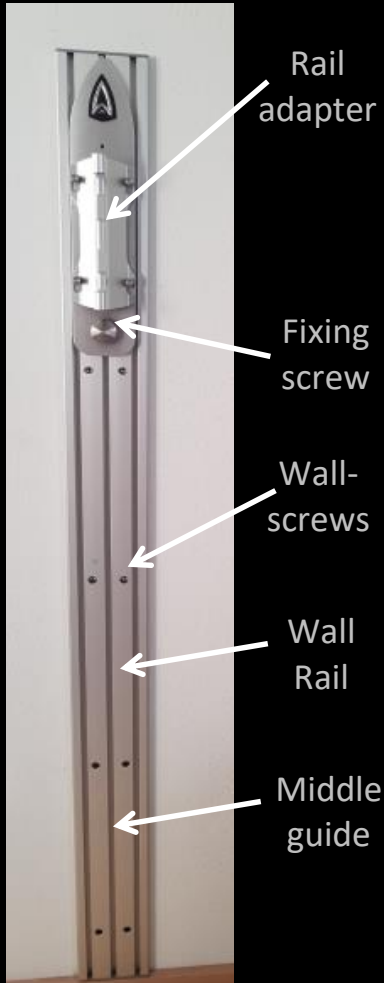


THE UNIVERSAL ADAPTER (4)

4) Fixing the UNIVERSAL ADAPTER on a WALL RAIL

4.1 Mark the placement of 10 holes for dowels with the help of the Wall Rail, drill them and knock the dowels inside. Screw the wall rail on the wall and slide the Rail Adapter on the middle guide.

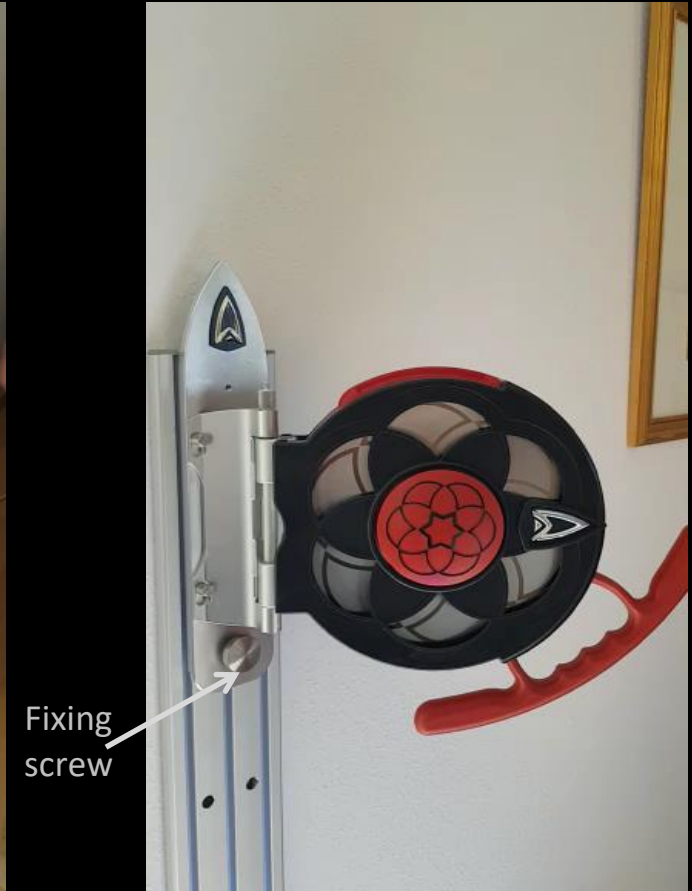
4.2 Fix the rail adapter at the desired height with the help of the fixing screw



4.3 Place the POWER UNIT to the UNIVERSAL ADAPTER, fix it and enjoy the training:



4.4 Steplessly adjust the training height:





THE ERGONOMIC GRIP

- Has been specially designed for YoRoller
- Has a perfect ergonomic shape and dimensions
- Enables training with one or both hands
- Contains a special COUPLING to connect it to the pulling strap and to steplessly adjust the length of the strap





THE TWO HAND GRIPS FOR PARTNER TRAINING





THE SOCIAL MEDIA ADAPTER



TRAIN
CONNECTED
WITH AN
ONLINE
COMMUNITY





THE SPECIAL FOOT CUFF

- Can be fixed on your ankle and coupled with the PULLING STRAP .
- Enables leg training.





VIDEO TUTORIALS

Type the following link to access the **VIDEO TUTORIALS**: <https://www.yoroller.fit/service>

TOPICS

How to open and close the **YoRoller** - special case

How to mount the **YoRoller** on a column

How to mount and dismount the **YoRoller** on a column (2)

How to connect the pulling strap with the special coupling

How to couple the pulling strap to the grip

The location of the pulling strap when stationary (1)

How to attach the foot cuff

How to mount the two partner grips

How to change the flywheel

How to replace the pulling strap

How to shorten the pulling strap

How to lengthen the pulling strap

How to mount the Social Media Adapter (1)

How to mount the Social Media Adapter (2)

How to mount the YoRoller on the Wall Rail

How to dismount the YoRoller from the Wall Rail

How to adjust the height of the YoRoller on a Wall Rail

How to mount and dismount the YoRoller on/from the Universal Adapter



Work it out !



TRAIN
ALONE



TRAIN
CONNECTED
WITH AN
ONLINE
COMMUNITY



TRAIN
WITH A
PARTNER