



KREITLER®

Why ride rollers? Roller riding gives you so much more than riding a stationary trainer. Not only are rollers a lot more FUN, but they train your mind as much as your body, by consciously and unconsciously teaching you to pedal smoothly and stay balanced while you ride a straight line. Make the most of your indoor riding time by riding Kreidler Rollers! Kreidler Rollers are made in the USA and come with a limited, lifetime warranty. Visit www.kreidler.co.uk for a comprehensive look at all Kreidler products.



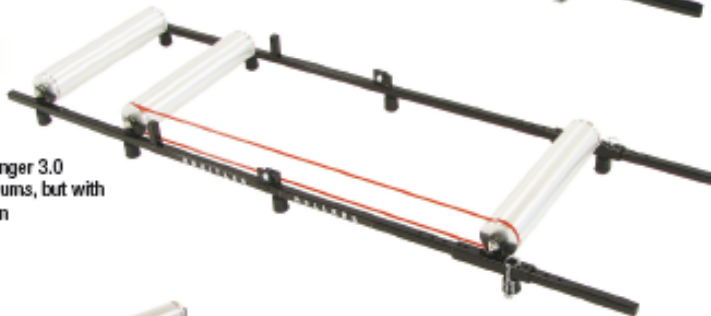
4.5 Rollers ●●●●

The Alloy 4.5 Rollers are the flagship of the Kreidler line. Beautifully machined and perfectly balanced, the Alloy 4.5's are the quietest and smoothest rollers on earth. Some would call the Alloy 4.5's the "Rolls Royce" of rollers. We tend to agree. The Challenger 4.5 Rollers use the same 4.5" machined aluminum drum cylinder as the Alloy 4.5 Rollers, but use Poly end caps for a more economical option.



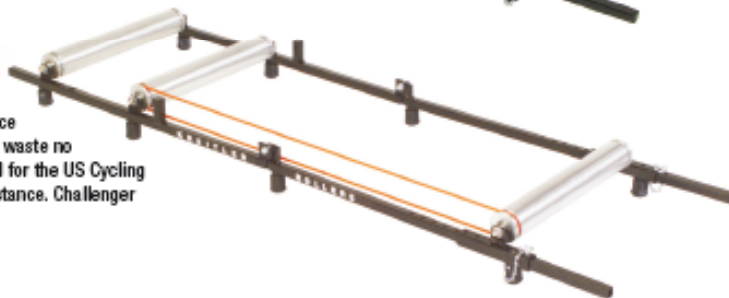
3.0 Rollers ●●●●

The Alloy 3.0 Rollers have approximately 40% more resistance compared to the 4.5 rollers, offering a great combination of resistance, cost, and portability. The Challenger 3.0 Rollers have the same 3" diameter alloy drums, but with Poly end caps for a more economical option.



2.25 Rollers ●●●●

Serious resistance for serious riders. We mean it. Approximately 90% more resistance compared to the 4.5's, the Alloy 2.25's will waste no time putting you in the Red Zone. Designed for the US Cycling Team for easier portability and higher resistance. Challenger 2.25 rollers include the Poly endcaps.



Kompact Rollers ●●●●

The Kompact Rollers combine the 3.0 Drums with the Kompact Frame to give you a shorter, smaller, lower profile set of rollers for traveling or warming up at races. Fits 38" to 42" wheel-bases only. Kompact Frame also sold separately.



www.kreidler.co.uk
 Nemesis GB Ltd, 11-14 Kempton Road, Keytec 7 Business Park, Pershore, Worcs. WR10 2TA
 Tel: 0870 950 2150 email: sales@nemesisactive.com



Turn your Kreidler Rollers into a comprehensive Training Station by adding the following accessories. Building on the 4.5 Rollers, you can use your Kreidler Training Station for all kinds of workouts; easy spinning, intervals, single-leg drills, or for sharing your rollers with someone who just wants some exercise. Check out the Wattage Chart below to compare the resistance of all Kreidler Rollers and Accessories. Visit www.kreidler.co.uk for more details.

Killer Kool Headwind Fan

The Killer Kool Headwind Fan has several functions. The main function is to add resistance. An adjustable air inlet controls the amount of resistance desired. Set wide open, the resistance is high enough for even the strongest riders' sprint workouts. The second function is to provide a cooling breeze. Staying cool will make your workouts more enjoyable and reduce stress on your body. The Fan attaches to the front left side of the Frame. You can also direct the airflow away from you if preferred.



Flywheel

The Flywheel is a simple, heavy device to add rotating mass to your Kreidler Rollers. The Flywheel creates a more natural road-like feel to riding rollers. Getting up to speed takes a little more effort, and momentary interruptions to your pedaling do not slow you down as much.

Fork Stand

With the Fork Stand, you have the option of using your Kreidler Rollers without having to focus constantly on your balance. For maximum effort intervals, single-leg drills, or sharing your rollers with someone who doesn't want the challenge of riding rollers, the Fork Stand is perfect.

Kreidler Wattage Measurements using SRM Power Meter Cranks

MPH	Killer Kool Headwind Fan									
	4.5 Drums	3.0 Drums	2.25 Drums	Fork Stand Reduces Wattage	Flywheel Adds Wattage	1/4 Open Small Pulley Adds Wattage	1/2 Open Small Pulley Adds Wattage	3/4 Open Small Pulley Adds Wattage	Full Open Small Pulley Adds Wattage	
Watts	Watts	Watts	- Watts	+ Watts	+ Watts	+ Watts	+ Watts	+ Watts	+ Watts	
10	46	65	72	-9	10	31	34	46	44	
12	61	86	103	-14	17	41	51	68	68	
14	76	106	134	-19	24	54	73	97	100	
16	91	127	166	-25	31	70	100	132	140	
18	106	148	197	-30	38	88	133	172	188	
20	126	176	239	-37	47	103	165	214	238	
22	142	197	271	-42	54	126	207	266	301	
24	157	219	303	-47	62	151	254	325	372	
26	172	240	336	-53	69	178	306	389	451	
28	188	261	368	-58	76	208	363	459	538	
30	203	283	400	-63	83	239	425	536	633	
32	219	304	433	-69	91	273	492	618	737	
34	234	326	465	-74	98	309	564	705	848	
36	250	347	497	-79	105	346	640	799	968	
38	265	369	529	-85	113	386	722	898	1095	
40	280	390	562	-90	120	427	808	1003	1231	
42	296	411	594	-95	127	470	898	1114	1375	
44	311	433	626	-101	134	515	994	1230	1527	

FIGURES ARE FOR COMPARISON PURPOSES AND ARE BASED ON A 160 POUND RIDER USING 700X25C TIRES AT 110 PSI. ACTUAL WATTAGE WILL DEPEND ON BODY WEIGHT, TIRE PRESSURE, WHEEL AERODYNAMICS, AND OTHER FACTORS. HIGHER BODY WEIGHT OR LOWER TIRE PRESSURE WILL INCREASE RESISTANCE.