YOU PEDAL, SOMETHING AMAZING HAPPENS

www.rockthebike.com
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.

Pedaling to churn out ice cream 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

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**WHAT YOU WILL NEED FOR ASSEMBLY**

TOOLS: 8mm Wrench, or Medium Adjustable Wrench, Cold Thermometer (optional), plus the included tools (see Contents, right)
TIME: Allow up to 60 minutes
TEAM: 1 person, but 2 people works best

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**CONTENTS**

Ice Cream Bike Pro box includes these parts:

- **FRAME**
- **REAR LEGS**
- **FRONT CROSSBEAM**
- **WHEEL**
- **SEAT & POST**
- **HANDLEBARS**
- **TOOLS**: 15mm Wrench, or 8mm Wrench, 6, 5 & 4mm Hex Keys
- **BOLTS & WASHERS**: x2 Rear Leg Bolts, x2 Crossbar Bolts
- **GEARS & PULLEY**
- **RIGHT PEDAL**
- **PLATTER & BELT**
- **TUB**
- **CANISTER**

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In most cases, the LEFT pedal is already installed on the frame.
ICE CREAM BIKE PRO
ANATOMY AND COMPONENTS

Frame Components
1. Stem  10. Wheel Mounting Slot
2. Grip  11. Wheel Cover
3. Bell  12. Front Legs
5. Platter  14. Transport Wheel Socket
6. Tensioner  15. Leveling Feet
8. Latch  17. Chain
9. Spring Hinges

Churn Components
A. Gear Housing  D. Dasher and Scraper Blades
B. Pulley Wheel  E. Canister Lid
C. Canister Lid  G. Top Latch
ASSEMBLY

CROSSBEAM

1. Place the frame on its side on a soft surface such as carpet or cardboard.
2. Using the smaller bolts and washers, connect the crossbeam to the frame, make sure the feet are facing down and the wheel sockets facing forward.
3. Tighten the bolts securely using the 6mm hex key.

REAR LEGS

1. Turn frame back over on to crossbeam.
2. Align the holes in the rear legs with the holes through the frame.
3. Insert the larger set of bolts, tighten each four turns to make sure the threads are in place.
4. Tighten the bolts securely with the 8mm hex key.

PEDALS

1. Identify the right side pedal by it’s sticker or stamp, then install it into the right crank arm using the 15mm wrench.
2. Once the pedal is fully threaded into the crank arm, give it a good, hard turn to secure.

Damage can occur if not tight.

If the left pedal needs to be removed, rotate the threaded portion counter-clockwise.

SEATPOST

1. Open the seatpost lever, and Insert the seatpost (a).
2. Align the seatpost groove with the machine screw on the back of the seat tube (b).
3. Tighten the screw as much as possible with your fingers, making sure that the screw is in the groove.
4. Finish tightening the screw with the 5mm hex key (c).

SEE INCLUDED COACHING CARD FOR SEAT HEIGHT TIPS
HANDLEBARS AND STEM

1. Unscrew and keep all four screws in stem plate then place the handlebars in the round hole of the stem.

2. With the bars centered start by tightening each bolt two turns using the 6mm hex key.

3. Once the bolts are tight enough to hold the handlebars, adjust the bars so their grips are parallel to the ground.

4. Finish by firmly tightening all six bolts (two stem side bolts and four stem plate bolts).

PLATTER

1. Match the nut and bolt pair on the white platter to the metal plate on the front of the frame. The belt tensioner should face up.

2. Tighten the bolt with a 3mm hex key, and the nut with an 8mm or adjustable wrench. A friend can help hold the platter in place.

SUPPORT BAR

1. Loosen bolts on the support bar mounting stem just enough to allow movement on both the frame and the support bar (a, b).

2. Align the support bar mounting holes to the threaded holes on the bottom of the platter, and tighten with a 3mm hex key (c).
3. Make sure the platter is level with the ground (d), then re-tighten the bolts on the support bar mounting stem (e).

WHEEL

1. Loosen the axle nuts counterclockwise to the end of the axle (a).

2. Loop the chain over the chainring (b), and over the teeth of the wheel cog (c). Then loop the belt over the pulley (d).

4. Lift the wheel and slide the axle into the wheel mounting slots. Pull the wheel toward you, and while holding the chain taught, adjust the wheel so it is straight and aligned with the frame. Then have a friend tighten the axle skewer with an adjustable wrench (e).

5. Check chain tension by rotating the pedals backwards a few turns. If there is a tight spot in the rotation, loosen the skewer and move the wheel backwards so the chain is taught as possible without causing a tight spot in the rotation. If the chain is loose and sagging, loosen the skewer and pull the wheel forward.

To check wheel alignment, look past the wheel to see equal distance on both sides.

For wheels with axle skewers, refer to the Fender Blender Pro user manual for tightening instructions: rockthebike.com/fbpro-manual/

For more help and details about wheel install, watch videos at: rockthebike.com/troubleshooting-tips
ASSEMBLY

TUB

Set the tub partly onto the platter (a). Pull the spring hinges out and align each with its mounting hole (b, c). Release the hinges, making sure they fully insert into the holes (d). Attach the top latch (e).

CANISTER

Align the canister base with the centering guide in the bottom of the tub, then insert it.

GEARS AND PULLEY

Slide the gear housing tab into the hole of the tub bracket (a, b). Center the canister and lower the gear onto the dasher and lid. You may need to spin the pulley a few turns to align and fully seat the gears (c). Lock the housing by inserting the pin into its latching bracket (d).
The brine should be kept at 8-12 degrees Fahrenheit to provide the rapid cooling and freezing needed to make smooth, creamy ice cream.

Salt is corrosive, and, in high concentration, can kill plants. Protect work surfaces with newspaper, and use a glass or plastic measuring cup for rock salt.

Use rubber gloves to protect your hands from cold.

Prepare an ice cream base the day before your event, giving it plenty of time to chill overnight.

The ice cream’s freezing time is important to monitor. Freezing too quickly, which occurs when too much salt is in the brine, will not allow for sufficient agitation, and produces a course texture.

Prior to your event:
- Fill the wooden tub half way with water and let it soak for 60 minutes before use, especially when using for the first time. This will give the wood a chance to swell up so that the salt brine solution doesn’t leak out during the churning process.
- Check that the wheel is aligned properly in the wheel mounting slots.
- Place the belt into the wheel pulley and the churn pulley groove to make sure it hasn’t lost its elasticity. Rock the Bike can provide a replacement if needed.

How to clean the Ice Cream Bike Pro frame:
Clean the frame immediately after use to avoid rust from the salty brine. Wipe the frame with a sponge or cloth, using soap and water or a non-toxic all-purpose cleaner. Dry with a clean rag immediately after washing. Use the hinges to pour out any lingering water or salt that may be in the bucket.

How to clean the canister after use:
The stainless steel canister, its dasher, and lid are all dishwasher safe, but keep the canister on the top rack, and do not use extremely hot water. Hand wash away all salt from the components’ metal parts beforehand. Bleach can be used to sanitize the canister.

To extend the belt’s useful life, do not leave the belt stretched over these pulleys when not in use.

If more belt tension is needed, loosen the wing nuts and slide the tensioner forward. In most cases, the belt is already looped through the tensioner. To remove or reinstall the belt, unscrew the roller and unbolt the tensioner from the platter.

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MAKING ICE CREAM

1. Chill your ice cream base in the refrigerator. You can use your own, or try one of ours at rockthebike.com/recipes.

2. Place the stainless steel canister into the wooden tub so that it rests on the metal guide at the bottom of the tub. Insert the dasher into the canister, making sure the protrusion from the canister is in the dasher’s socket.

3. Pour your chilled ice cream base into the canister. Don’t fill the canister more than half way, as the ice cream will expand while you churn. Cover with the lid.

4. Place the gear housing tab into position by inserting the round end into the metal latch, then lower the gear housing over the canister. You can rotate the dasher’s stem to fit into the gear housing’s socket. Once secured, lock the gear housing into place with the metal clip.

5. Fill the tub with ice and pedal for 2 minutes, allowing the canister to chill evenly, then add 2 cups of rock salt. As the ice melts by 2–3 inches, add more ice and 2 more cups of rock salt. Layering ice and rock salt will speed up the freezing process.

   The amount of ice and salt you use varies according to ambient temperature. Adding too much salt can cause a crust of frozen cream on the inside edge, while the middle remains liquid. To avoid this, add more ice as it melts, but don’t add more salt for the first 10 minutes.

6. Pedal! Churn your ice cream for 20–25 minutes until it takes on the consistency of soft ice cream. Pedaling may become more difficult as you near this point.

7. Holding the canister lid securely, unlock and remove the gear frame from the tub. Remove the canister from the brine and take off its lid, then pull out the dasher and scrape off any excess ice cream. Serve as is, or place in a freezer for a harder consistency.

DISPOSING OF BRINE

Once you are done churning, release the latch to dump the brine. Be careful if you are outdoors: salt is deadly to plants!
TRANSIT ACCESSORIES ARE AVAILABLE FOR PURCHASE ON OUR WEBSITE: ROCKTHEBIKE.COM/STORE/27-TRANSIT-ACCESSORIES.

ROCK THE BIKE PRODUCTS COME WITH A 2-YEAR WARRANTY AGAINST MANUFACTURING DEFECTS. THIS WARRANTY DOES NOT COVER DAMAGE DUE TO WEAR AND TEAR, LOSS, OVERLOADING, MISUSE, ABUSE, INCORRECT ASSEMBLY, INCORRECT USE, OR ANYTHING ELSE BEYOND ROCK THE BIKE’S DIRECT CONTROL.

THE WARRANTY IS VALID IF YOU PURCHASE FROM ANY OF OUR APPROVED DISTRIBUTORS OR DEALERS.

THE USE OF AN UNAUTHORIZED ATTACHMENTS MAY CAUSE INJURY OR DAMAGE AND WILL VOID THE WARRANTY.

SAFETY

- Use the Ice Cream Bike Pro on a level surface.
- Do not use this product in the rain, snow, or other wet conditions that could cause damage to you or your Rock the Bike product.
- Children should be supervised when using this product.
- Avoid contact with moving parts on the Ice Cream Bike Pro’s frame. This includes, but is not limited to: fingers, hands, toes, feet, hair, clothing, and shoes.
- Never operate the Ice Cream Bike Pro if the churn, canister, tensioner, wheel pulley, or frame appear damaged. Call Tech Support at 1-888-354-2453 for assistance.
- Use gloves when reaching your hands into the brine.

SPECS

Assembled Dimensions: 70” long, 51” tall, 31” wide
Assembled Weight: 90 lbs.
Maximum Rider Weight: 220 lbs.
Minimum Rider Leg Length: 23” inseam (roughly 7 years old)
Capacity: 6 quarts
Use: Household, Educational or Commercial
Manufacturer: Rock the Bike – Oakland, CA USA