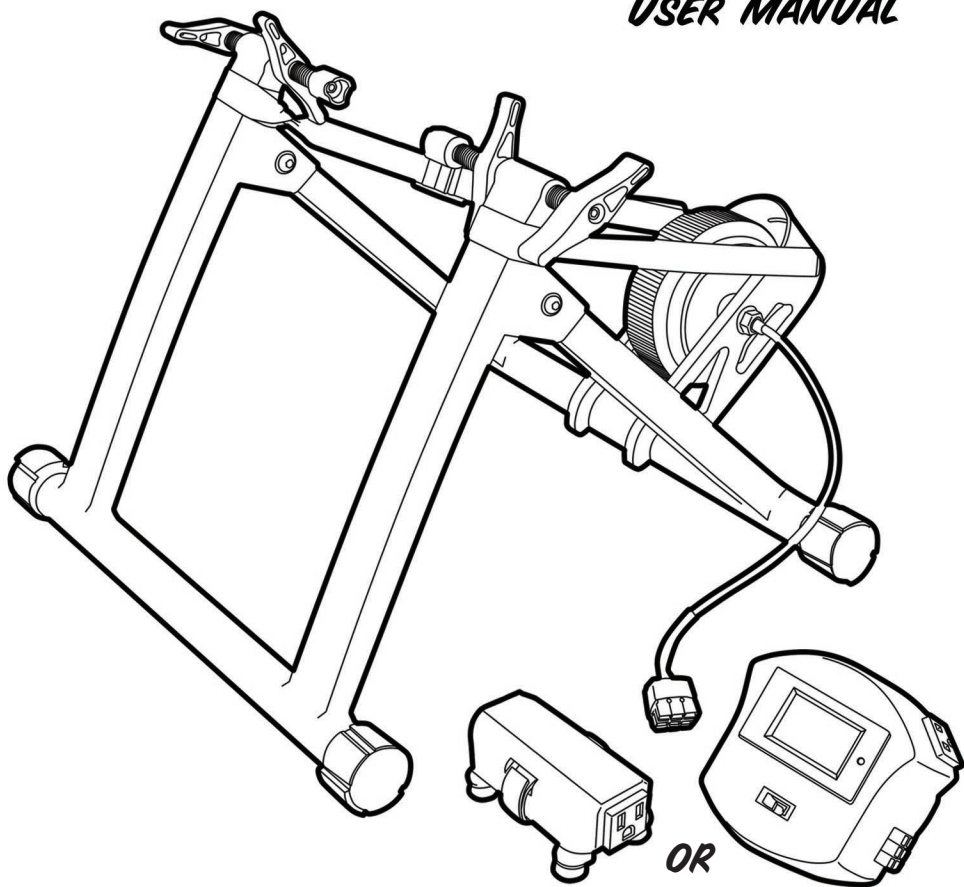


ROCKTHEBIKE™

# OFF THE WALL

generator stand

USER MANUAL



YOU PEDAL,  
SOMETHING AMAZING HAPPENS

[WWW.ROCKTHEBIKE.COM](http://WWW.ROCKTHEBIKE.COM)

**THE OFF THE WALL GENERATOR STAND IS  
AVAILABLE IN TWO SIZES:**



**ADULTS** Compatible wheel sizes: Standard 24", 26" & 29"/700c.



**KIDS** Compatible wheel sizes: 16" – 20".

For more information about this product visit:  
[rockthebike.com/off-the-wall/](http://rockthebike.com/off-the-wall/)

**THANK YOU!**

In our early years tinkering with Pedal Power we got so excited about its joyful feelings that we hosted a free daylong music festival in which the audience completely powered the bands. We called it the San Francisco Bicycle Music Festival, and it grew to the point that the "Biker Bar", our name for the line of bike generators, was over 20 strong. The pedalers would feel it in their legs when the bands played louder, more bass heavy music, but since the music was good they would usually rise to the occasion. It was a whole lot of fun and a great way to share our love of bikes and community.

Now we are proud to share Off The Wall with you. It's the simplest way for you to have similar positive experiences powering unusual or everyday devices with your own body. We hope you'll use it for fun, for education, or for practical purposes, and continue spreading the spirit of the bike in your community!

Yours,

Paul Freedman,  
Founder

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**WHAT YOU WILL NEED FOR SETUP**

- ▶ Compatible bike in good working order (refer to page 3).
- ▶ Compatible devices to power (go to page 9 for more info).
- ▶ A buddy.

**FIND ROCK THE BIKE ON**





## ANATOMY & COMPONENTS



### OFF THE WALL STAND

1. Outer Axle Handle (Black)
2. Inner Axle Handle (Silver)
3. Cup
4. Tension Strap

5. Roller\*
6. Swing arm

7. 6-way connector
8. Leveling foot

9. Standard Over voltage protection circuit
10. Comparator (Upgrade. Includes protection circuit.)

\*Roller color may vary.

### OUTPUT CONNECTOR



CONNECTS TO THESE DEVICES:



#### STANDARD OVER VOLTAGE PROTECTION CIRCUIT

Limits voltage to approximately 220 volts.



#### COMPARATOR

With integrated protection circuit (see next page for details)

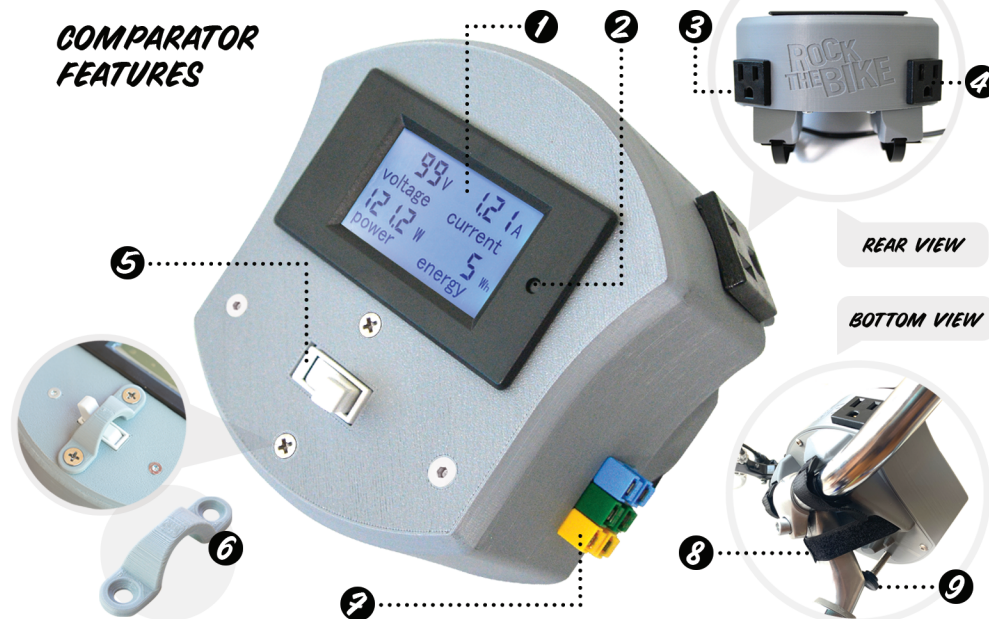


**⚠️ CIRCUITS ABOVE DO NOT PROTECT DEVICES THAT ARE ONLY RATED FOR 120 VOLTS. SEE PAGE 7**

#### SIMPLE PLUG

## ANATOMY & COMPONENTS

### COMPARATOR FEATURES



REAR VIEW

BOTTOM VIEW

### COMPARATOR

#### 1. Display:

**Voltage** = Output voltage (varies with pedaling speed). Needs to be over 100V for most devices.

**Power** = Watts being consumed by device.

**Current** = Amps drawn by device.

**Energy** = Energy is power over time. Does not automatically reset when pedaling stops. To reset, hold backlight button (2) until energy number blinks, then push button again once.

#### 2. Backlight button/Reset

#### 3. Plug/outlet 1 (Variable Voltage A/C output)

#### 4. Plug/outlet 2 (Variable Voltage A/C output)

#### 5. Two way Switch (switch between outlet 1 & 2)

#### 6. Switch blocker (attach to prevent pedalers from flipping switch)

#### 7. 6-way connector

#### 8. Velcro handlebar straps

#### 9. Height adjustment knob

#### 10. Velcro frame straps

#### 11. Extended cable (from Roller to Comparator)



EASY TO MOUNT AND FITS MOST HANDLEBARS!



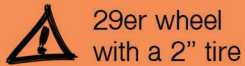
# CHOOSING THE RIGHT BICYCLE

Selecting the right bicycle is important for safety, comfort and efficiency. Here's our checklist:

## A. SIZE Choose a bike that will fit your pedalers

### ▶ OFF THE WALL FOR ADULTS:

Wheel size: 24" to 29" - maximum tire width of 2"



29er wheel with a 2" tire

**NOT ENOUGH CLEARANCE**



Pick a bike that gives you best chance of success at events!

### ▶ OFF THE WALL FOR KIDS:

Wheel size: 16" to 20"

## B. REAR AXLE

Compatible rear wheels either have a bolted axle like this:



Rear wheel must be secure for a safe install

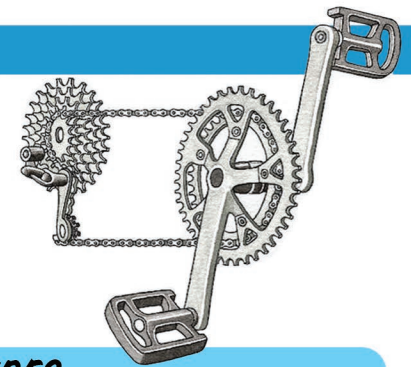
STEP THROUGH FRAME

FRONT GEARS

## C. GEARS

Choose a bike with gears; you'll be able to choose a resistance level that feels just right.

More gears means more options.



## D. TIRES

Knobby tires may cause noise and vibration, but can be used in a pinch. We recommend a smooth or slick tire for best performance.



Or more commonly:

SAFE - QUICK RELEASE SKEWER WITH ENCLOSED CAM



ENCLOSED CAM

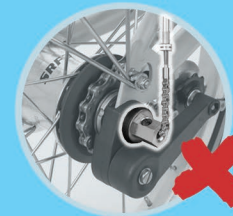
UNSAFE - EXPOSED CAM



**DANGER**

Newer EXPOSED CAM Quick Release skewer may slide out of the stand's cup during use. You don't need a new wheel, just the right skewer. Contact us if you need to get an enclosed cam skewer at: [customerservice@rockthebike.com](mailto:customerservice@rockthebike.com) Or get one at a bike shop.

Internally Gear Hubs often have cables or plastic components blocking rear axle nuts that are not compatible with the Off the Wall





## ASSEMBLY

1. Place the stand where you want to use it and rotate the leveling feet if necessary so that all four are touching the ground.



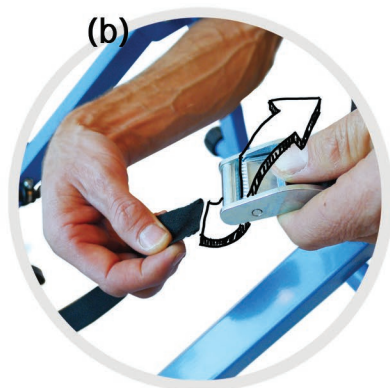
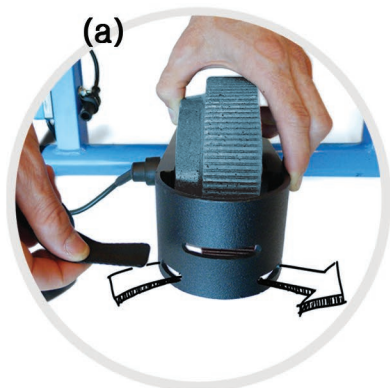
2. If necessary, attach swing arm & generator to stand:

Push the swing arm down around the black centering sleeve.

It may help to use your foot to pop it onto the tube.



3. Insert strap through the swing arm strap slots (a) and through the cam buckle (b). Follow the illustration, it only works when the strap is inserted from the bottom. Leave the strap loose for now.



## ASSEMBLY

Function of the two axle handles:

**INNER  
HANDLES**

**USED FOR  
LOCKING**



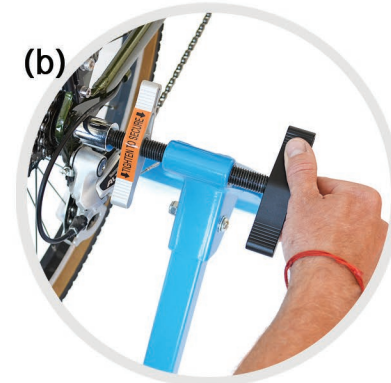
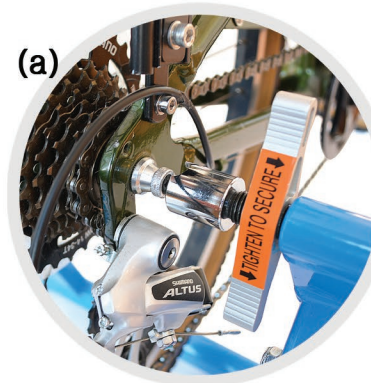
**OUTER  
HANDLES**

**USED FOR  
ADJUSTING**

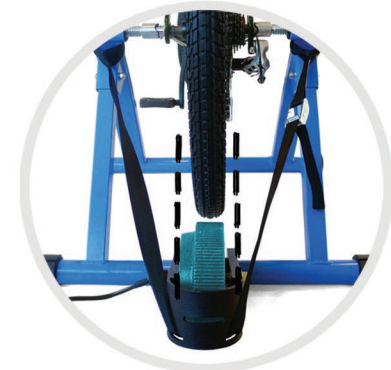
4. Unscrew the outer handles to make room for the rear wheel. Hold the inner handle while unscrewing the outer handle so it doesn't lock.

**IF POSSIBLE, ASK A FRIEND FOR HELP WITH THE NEXT STEP.**

5. While lifting the wheel, fit one cup over the axle nut or quick release of the wheel (a). Tighten one or both of the outer handles until both sides of the wheel are gently held by the cups (b).



6. Look from the rear to check for alignment with the roller. Adjust left/right position by tightening one side while loosening the other. Once you like the position tighten the outer handles until snug. Once snug, stop! (it's possible to over-tighten and bend the steel frame).





## ASSEMBLY

7. Tighten the inner handles against the stand hard to lock your position.

When it's time to remove the bike you'll need to loosen the inner handles first.



**TEST FOR SAFETY:** Grab the bike by the seat, rock side to side and check that the cups are securely holding the bike. Tighten the handles as necessary (step 6).

Pump tire to 30–40 PSI



8. Pull the free end of the tension strap to bring the roller firmly against the tire.

It helps to lift the roller with one hand while pulling strap with the other hand.



## USAGE TIPS



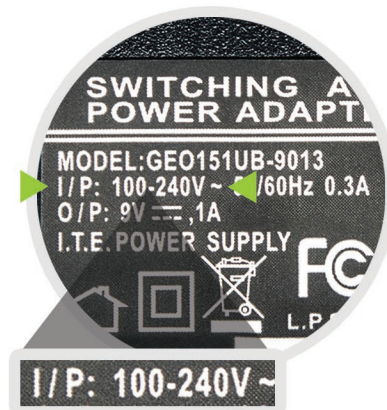
**NOT ALL DEVICES ARE COMPATIBLE.**

Matching plug doesn't mean compatible



❌ DON'T plug in any device that is irreplaceable. A perfect example would be a vintage amplifier. Why risk it?

✅ DO plug in devices with a switching power supply. Look for "INPUT 100–240V" written on the power supply.



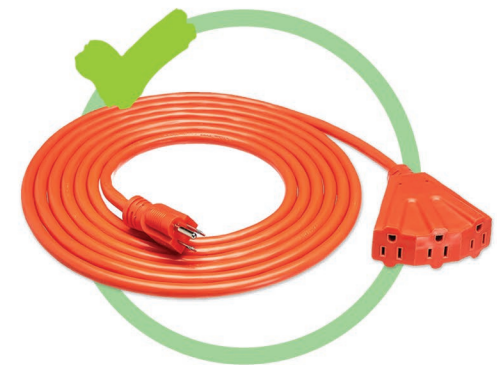
## USAGE TIPS



**DO NOT USE SURGE PROTECTORS. THEY WILL BE DAMAGED**

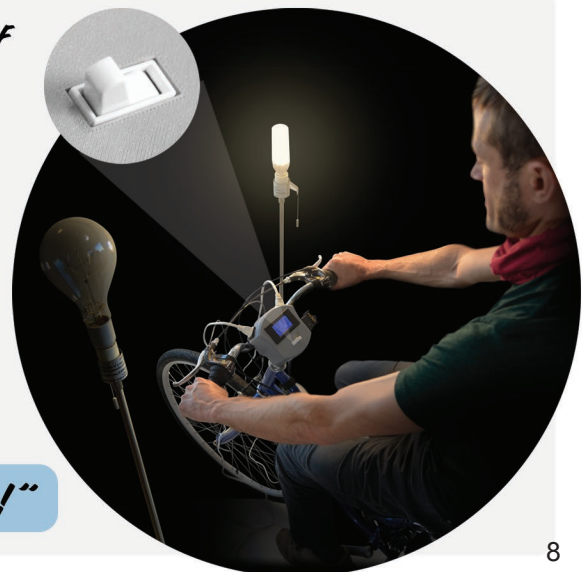


**FOR MULTIPLE OUTLETS USE POWER SPLITTER CORDS:**



ONE OF THE PLEASURES OF PEDALING OFF THE WALL IS FEELING THE POWER DRAW OF DIFFERENT DEVICES IN YOUR LEGS. YOU CAN QUICKLY SET UP A COMPARISON EXPERIENCE USING THE INTEGRATED SWITCH ON THE COMPARATOR, THEN TOGGLE BACK AND FORTH.

**"YOU ARE THE POWER!"**





## CELLPHONE CHARGING



### GOOD FOR

Quickest possible demo, everyone has one!

### WATCH FOR

Charging only one phone will feel too easy to most riders

### TIPS

Power a USB hub that charges 10 cell phones (or iPads, portable speakers, etc).

The more devices, the more you'll feel it in your legs!

## LAPTOP CHARGING



### GOOD FOR

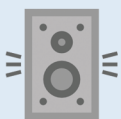
Medium resistance. Pedal now, use the energy later.

### TIPS

Start with laptop battery under 50%

This 20 to 50W effort is perfect for extended pedaling.

## LOUDSPEAKER



### GOOD FOR

Dance parties, press conferences, and more!

### WATCH FOR

Not all speakers are compatible. We have tested "Mackie DRM series, JBL PRX 700 series, and Electro-Voice ZLX series.

### TIPS

Switch pedalers between songs to avoid music outages.

Pump up the bass and feel it in your legs!

## LIGHT BULB COMPARISON



### GOOD FOR

Education, energy campaigns.

### WATCH FOR

Some light bulbs can burn out.

### TIPS

For maximum effect we recommend using 2 to 3 60W incandescent lightbulbs (or work lamps) vs. 2 equivalent LED lightbulbs rated for 240V.



**PEDAL POWER SHOULD BE AN ATTENDED ACTIVITY. WE DO NOT RECOMMEND LEAVING YOUR OFF THE WALL UNATTENDED FOR SEVERAL REASONS:**



People could plug in the wrong kind of devices, ruining them and possibly risking electrical fire.



Any time people get on and off a bike there's a chance your help will be needed to make that safe and easy.

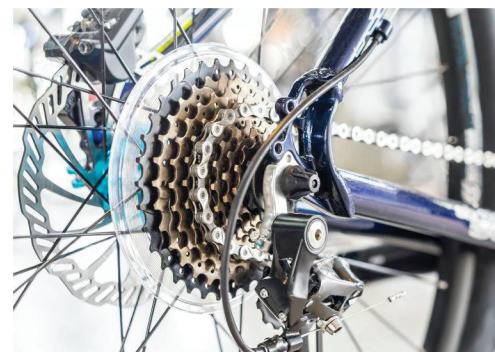


Any time a bike is unattended there's a higher chance people will get on and pedal really fast, which can cause damage to some devices.



Risk of electrical shock! Exposed or damaged wires and connectors are hazardous. Your pedaling can create high voltages!

To find the best gear for your device put the bike in a medium-hard gear, probably not the hardest gear on the bike.



- ▶ You will know you need to be in a harder gear if your device turns off even when you are consistently pedaling.
- ▶ You will know you need to be in an easier gear if it feels too hard!

Once you determine what the best gear is for pedaling, **DO NOT let your pedalers change the gear.** You may want to tape the shifter or use the limit screws of the derailleur to lock the gear.

## USAGE TIPS: WHAT CAN I POWER? COMPATABILITY CHART

### BEST CHOICES

EASY



CELL PHONE CHARGERS  
(5-10W)



AND MANY OTHER  
PORTABLE ELECTRONICS  
INCLUDING CAMERAS AND  
GAMING UNITS  
(5-10W)



MULTI USB  
CHARGING HUBS  
(5-50W)



LAPTOP CHARGERS  
(40W)

HARD

EASY

HARD



USB  
POWERED  
XMAS LIGHTS



LED LIGHT BULB  
RATED FOR  
240V



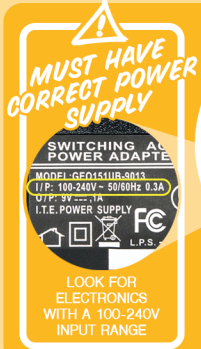
INCANDESCENT  
WORK LAMP  
250-500W

WHY?

FUN AND PRACTICAL CHARGING SYSTEM

FEEL THE POWER DIFFERENCE IN YOUR LEGS! THESE BULBS CAN HANDLE A WIDE VOLTAGE RANGE WITHOUT BREAKING

### MAYBE



LOUDSPEAKERS  
(SEE OUR APPROVED LIST ON PAGE 9)



TOOL BATTERY  
CHARGERS



INCANDESCENT LIGHT  
BULB UNDER 250W



INCANDESCENT  
STRING LIGHTS

WHY?

SOME HAVE POWER SUPPLIES THAT ARE NOT COMPATIBLE AND CAN BE DAMAGED

STRONG PEDALERS CAN OVERPOWER THEM, BURNING THEM OUT (MAY WORK FOR YOUNG PEDALERS)

### AVOID



FANS



DRILLS



BLENDERS



FOOD  
PROCESSORS

DEVICES WITH FANS AND MOTORS



MICROWAVES



COFFEE  
MAKERS &  
TEA KETTLES

REQUIRES TOO MUCH POWER



FLUORESCENT & LED  
BULBS RATED FOR 110V



BULB ELECTRONICS, WILL BURN OUT

WHY?

DEVICES WITH BRUSHED MOTORS  
REQUIRE A 60HZ PHASE

IF YOU WANT TO BLEND CHECK OUT OUR MECHANICAL BLENDERS VISIT [ROCKTHEBIKE.COM/FEATURED-PRODUCTS/](http://ROCKTHEBIKE.COM/FEATURED-PRODUCTS/)



# GENERAL INFORMATION

## SAFETY

- ▶ Follow compatibility strictly.
- ▶ Use the *Off The Wall Generator Stand* on a level surface.
- ▶ Children should be supervised when using this product.
- ▶ Avoid contact with moving parts. This includes, but is not limited to: fingers, hands, toes, feet, hair, clothing, and shoes.
- ▶ Be careful when folding the legs to avoid pinching your fingers.
- ▶ Never operate if the product or bike appear damaged. Call Tech Support at 1-888-354-2453 for assistance.

## TRANSPORTATION & STORAGE

- ▶ The *Off The Wall Generator Stand* folds easily for storage and transport.
- ▶ Store indoors and out of direct sunlight.

## WARRANTY

Products made by Rock the Bike have a 2 year warranty for defects in material and workmanship. This warranty does not cover damage due to wear and tear, loss, overloading, abuse, incorrect assembly, incorrect use, or anything else beyond Rock the Bike's direct control. The warranty is valid if you purchased directly or from any of our approved distributors/dealers. The use of unauthorized devices may cause injury or damage and will void the warranty.

- ▶ If you are having problems, call Tech Support at 1-888-354-2453 (10am-5pm PST M-F)



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