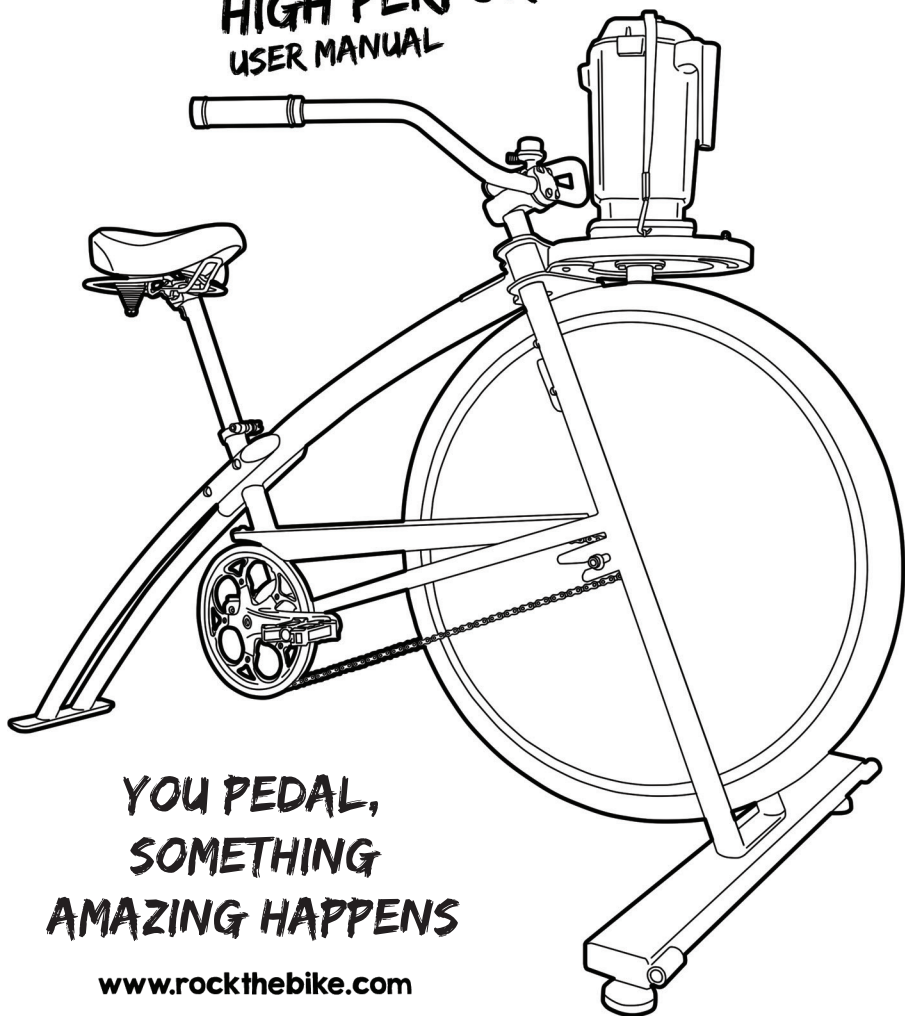


ROCKTHEBIKE™

# Fender Blender™

PRO

HIGH PERFORMANCE  
USER MANUAL



YOU PEDAL,  
SOMETHING  
AMAZING HAPPENS

[www.rockthebike.com](http://www.rockthebike.com)

# THANK YOU!

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 a smoothie 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

**FIND ROCK THE BIKE ON**



YouTube



## TABLE OF CONTENTS

Contents .....	3
Anatomy and Components .....	4
Assembly .....	6
Usage Tips .....	12
General Information .....	15

### WHAT YOU WILL NEED FOR ASSEMBLY

TOOLS: Included, see Contents (right)

TIME: Allow up to 45 minutes

TEAM: 1 person, but 2 people works best



Look for the screen icon around this manual for video tech tips on our website.

## CONTENTS

Fender Blender Pro box includes these parts:



**FRAME**



**REAR LEGS**



**FRONT CROSSBEAM**



**WHEEL**



**SEAT & POST**



**HANDLEBARS**



**TOOLS**

15mm wrench

8, 6, 5 & 4mm hex keys

5/64" High Performance hex key



**BOLTS & WASHERS**

x2 Rear Leg Bolts

x2 Crossbar Bolts



**WHEEL SKEWER**



**RIGHT PEDAL**



blendtec or Vitamix

**HIGH PERFORMANCE PITCHER**



In most cases, the LEFT pedal is already installed on the frame.

# THE FENDER BLENDER PRO

# HIGH PERFORMANCE

## ANATOMY AND COMPONENTS

### Frame Components

- |                 |                         |                    |
|-----------------|-------------------------|--------------------|
| 1. Stem         | 9. Axle Skewer Bolt     | 16. Chain Guard    |
| 2. Grip         | 10. Wheel Mounting Slot | 17. Pedal          |
| 3. Bell         | 11. Front Crossbeam     | 18. Chainring      |
| 4. Handlebars   | 12. Transport Wheel     | 19. Rear Legs      |
| 5. Pitcher      | 13. Leveling Feet       | 20. Seatpost Lever |
| 6. Blender Base | 14. Wheel Cog           | 21. Seatpost       |
| 7. Roller       | 15. Chain               | 22. Spring Guard   |
| 8. Wheel Cover  |                         | 23. Saddle/Seat    |

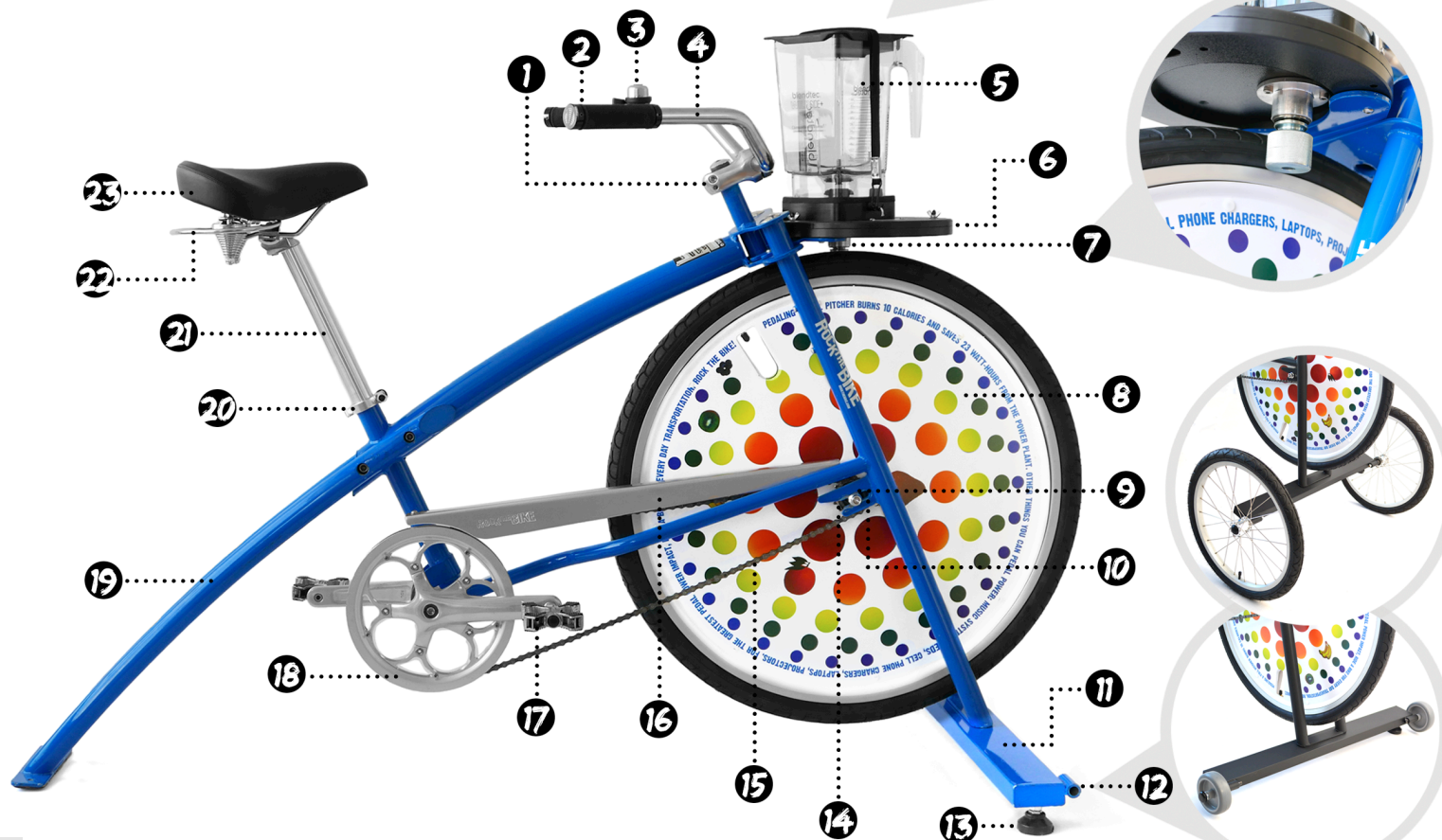
### Blender Base Components

- |                         |                      |                            |
|-------------------------|----------------------|----------------------------|
| A. Pitcher              | E. Bungee Cord       | J. Retaining Ring/"C" Clip |
| B. Drive Socket         | F. Top Platter       | K. Bearings x2             |
| C. Rubber Centering Pad | G. Wingnuts x2       | L. Bearing Flange          |
| D. Stack Plate          | H. Bottom Platter    | M. Assembly Bolts          |
|                         | I. Carriage Bolts x2 | N. Roller Axle             |

blendtec -or- Vitamix



Your High Performance FBPro comes with either the Vitamix Advance® pitcher or the Blendtec Wildside+XR® pitcher. Other Vitamix pitcher models may work with our blender base, other Blendtec pitcher models will not work.



Bearing 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. Firmly tighten the bolts with the 8mm hex key.



## PEDALS

1. Identify the right side pedal by its 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.

## WHEEL

**IF YOU PURCHASED A GENERATOR WHEEL,  
REFER TO ITS ASSEMBLY INSTRUCTIONS**

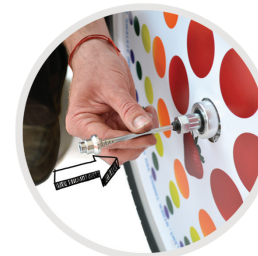
1. Insert the wheel skewer through the wheel axle.



Make sure the spring cones of the skewer are pointing inward.



2. Once the skewer is inside the axle, insert the spring cone, then tighten the nut three times.





## GENERATOR WHEEL

1. Place the Generator Wheel inside the frame behind the wheel mounting slots. With the wheel's cog on the same side as the chain ring, loop the chain over the chain ring and the cog (a).

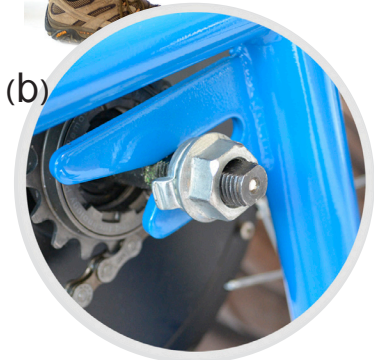


If your chain got tangled during shipping, see how to detangle it at: [rockthebike.com/troubleshooting-tips](https://rockthebike.com/troubleshooting-tips).

2. The Generator Wheel has an axle with flat sides and toothed washers. Rotate the wheel until the flats align with the wheel mounting slots, and the **output wire faces forward**. Loosen the nuts to the end of the axle by rotating them counter-clockwise, then move the tooth washers out to the nuts.

## ASSEMBLY

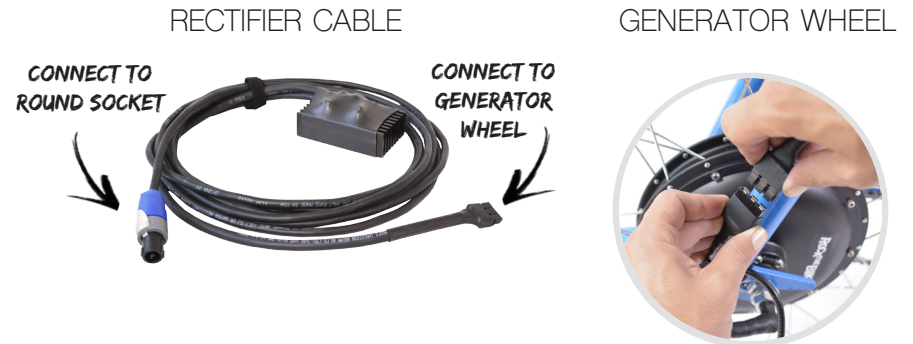
3. The Generator wheel is heavy, so it helps to have a friend for this step. Noting the position of the anti-rotate washers (b), lift the wheel and slide the axle into the wheel mounting slots. Pull the wheel towards you and while holding the chain taught, adjust the wheel so it is straight and aligned with frame (c). Firmly hold the wheel in position and have a friend tighten the axle nuts with a wrench. People will be pedaling hard, so push down to tighten them hard.
4. 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 nuts and pull the wheel forward.



## USAGE

### CONNECTORS

The Rectifier Cable connects the Generator Wheel to your Generator Pro or Electric Fender Blender Pro.



1. Join the cables' flat connectors. If they don't snap in, flip one side over and retry.
2. Insert the round connector (Neutrik NL-2FX) into the black round socket (Neutrik NL-2MP) with a push-and-twist motion.

ROUND SOCKET  
(NEUTRIK NL-2MP)



ROUND CONNECTOR  
(NEUTRIK NL-2FX)



HOW TO DISCONNECT THE ROUND CONNECTOR:

1. Slide the thumb tab back toward the cable.
2. Twist the connector 1/8 of a turn counter-clockwise, then pull.



Don't unscrew the blue strain relief.

NOTE TO DIY CUSTOMERS:

Unless otherwise specified at time of purchase, your Generator Wheel includes a Rectifier Cable using DC output. The cable's round connector (Neutrik NL-2FX) is standard throughout the Pedal Power world, and pairs with the round socket (Neutrik NL-2MP).

## APPLICATIONS

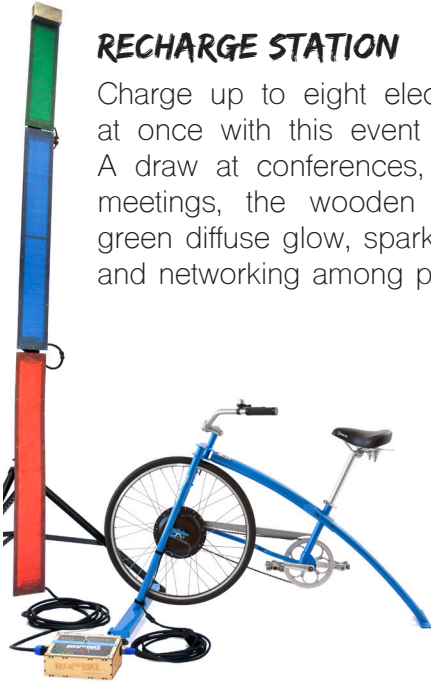
### RECHARGE STATION

Charge up to eight electronic devices at once with this event power station. A draw at conferences, concerts, and meetings, the wooden desk with its green diffuse glow, sparks conversation and networking among patrons.



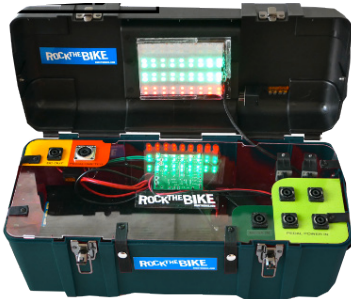
### SLEDGEHAMMER

This interactive light challenge harkens back to the classic carnival Sledgehammer game. Riders convert their peak power output to an 11-foot tall light display, which motivates while being visible across larger venues.



### UTILITY BOX

Generate AC power for electronic devices (1000W or less) with up to 10 people at once. Run an entire Pedal Powered event with this all-in-one device.



### ONE BIKE ONE SPEAKER

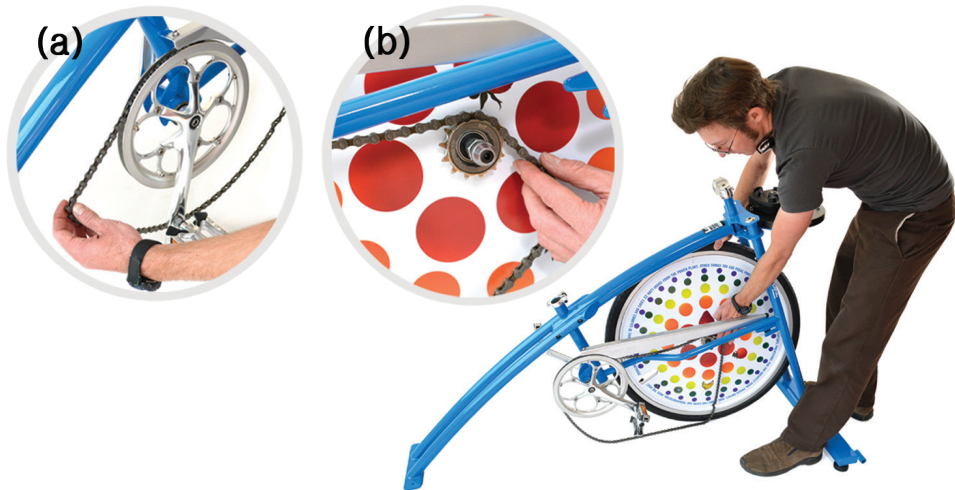
Amplify audio through a customized JBL loudspeaker, with this Pedal Powered Stage product. With a compatible mixer, amplify multiple audio sources using no additional power.





## ASSEMBLY

3. Loop the chain over the chainring (a), and over the teeth of the wheel cog (b), then insert the wheel through the front legs.



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 a 5mm hex key (c).



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

## ASSEMBLY

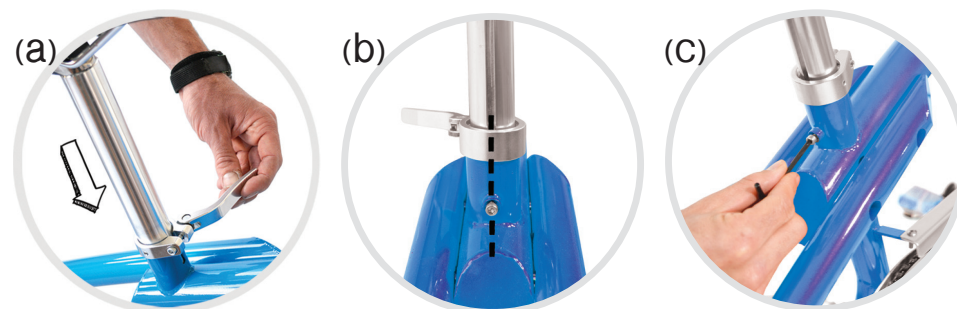
5. Check chain tension by rotating the pedals backwards a few turns. If there is a tight spot in the rotation, loosen the skewer and move the wheel backwards so the chain is taught as possible without causing a tight spot in the rotation. If the chain is loose and sagging, loosen the skewer and pull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



For more help and details about wheel install, watch videos at: [rockthebike.com/troubleshooting-tips](http://rockthebike.com/troubleshooting-tips)

## SEATPOST

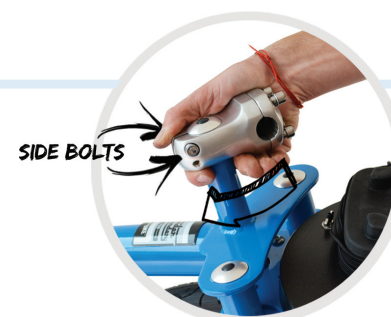
1. Open the seatpost lever, and Insert the seatpost (a).
2. Align the seatpost groove with the machine screw on the back of the seat tube (b).
3. Tighten the screw as much as possible with your fingers, making sure that the screw is in the groove.
4. Finish tightening the screw with the 5mm hex key (c).



**SEE INCLUDED COACHING CARD FOR SEAT HEIGHT TIPS**

## HANDLEBARS

1. Using the 6mm hex key loosen the two side bolts of the stem and turn it so it's aimed forward.



## HANDLEBARS AND STEM

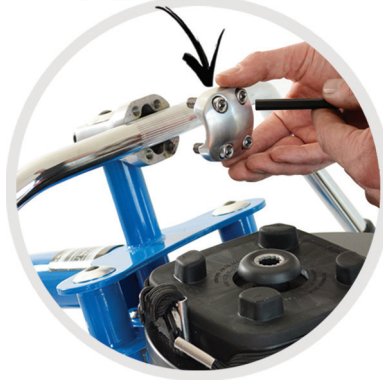
1. Unscrew and keep all four screws in stem plate then place the handlebars in the round hole of the stem.
2. With the bars centered start by tightening each bolt two turns using the 6mm hex key.



Don't tighten the screws all the way yet.

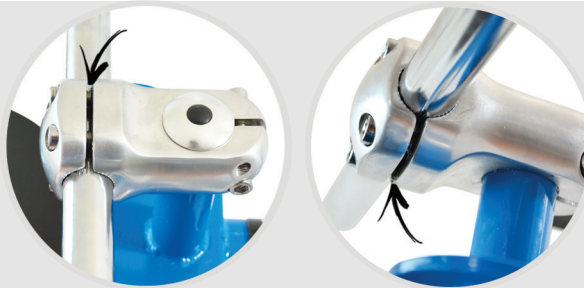
3. Once the bolts are tight enough to hold the handlebars, adjust the bars so their grips are parallel to the ground.
4. Finish by firmly tightening all six bolts (two stem side bolts and four stem plate bolts).

STEM PLATE



### SAFETY CHECK

Look for an equal gap on the top and bottom part of stem. If the gap is not equal on both sides go back to step 2.



Test your handlebars by trying to move them up/down and left/right. If they move, realign them and tighten the bolts.

## BLENDER BASE

1. Loosen the two wingnuts on the upper platter by one or two turns, and turn the platter counter-clockwise so the roller is slightly touching the tire.



2. Check your alignment to make sure the roller is directly over the axle.
3. If the roller is not aligned, adjust it using the hex keys.



4. Turn the platter until the roller is firmly against the tire, then lock the wingnuts while keeping pressure on the roller.

**IF YOU PURCHASED AN ICYCLETA ATTACHMENT,  
REFER TO ITS ASSEMBLY INSTRUCTIONS**



For more help and details about blender adjustment, watch videos at: [rockthebike.com/troubleshooting-tips](http://rockthebike.com/troubleshooting-tips)

## CARE & CLEANING

### Prior to your event:

- ▶ Pump the tire to 60–70 PSI using its schrader valve, common to many bicycles and automobiles.
- ▶ Check the traction between the tire and roller axle, and adjust per Page 11.

### How to clean the Pro frame and blender base:

1. Wipe the frame and blender base with a sponge or cloth using soap and water, or a non-toxic all-purpose cleaner. Dry with a clean rag immediately after washing to avoid rust.
2. On the blender base, pull up on a corner of the Sound Reduction Pad to remove. Wash it by hand with liquid dish soap and warm water, or in the top rack of your dishwasher.

### How to clean the pitcher after each use:

1. Add 1 cup (240ml) of hot water and a drop of liquid dish soap to the blender jar.
2. Place the lid tightly on the jar.
3. Place the jar on the blender base and secure with the Bungee Cord.
4. “Pulse” for 1–2 minutes on the bike.
5. Rinse well.

### How to sanitize the pitcher long-term:

1. Fill the blender jar with hot water.
2. Add 1–2 teaspoons (5–10ml) of liquid chlorine bleach to the jar.
3. Stir for 10 seconds. Let mixture stand in jar for 5 minutes.
4. Empty water/bleach mixture. Turn jar upside down on dish rack until dry.

### Cleaning tips and cautions:

- ▶ Do not use stiff-bristled brushes or abrasive cloths or pads to clean the jar. This will dull or scratch the surface.
- ▶ Avoid submerging blender jars for longer than 5 minutes as it may reduce jar life and result in water penetrating the lower jar seals. After cleaning, store the jar upright.
- ▶ BLENDER JAR IS DISHWASHER SAFE – TOP RACK ONLY!
- ▶ Do not expose your jar to temperatures over 176°F (80°C). Ingredient temperatures should not exceed 115°F (46°C). Please note that boiling water is too hot for the jar and should never be used.

## RUNNING YOUR SMOOTHIE BOOTH

### Essentials:

- ▶ Fender Blender Pro, fully assembled.
- ▶ Multiple pitchers, ideally one for each flavor on the menu, plus a vegan/dairy-free one. Fewer pitchers than flavors means washing between blending.
- ▶ Space measuring at least 6x8 feet to set up the booth.
- ▶ Food preparation table, plus a second surface for cleaning and handwashing.
- ▶ Kitchen knife, ideally with a sheath, and cutting board or flexible cutting sheets.
- ▶ Cooler for frozen and refrigerated items.
- ▶ Compostable cups for serving smoothies.
- ▶ Trash receptacles labeled *Recycle*, *Landfill*, and *Compost*.
- ▶ Team of at least two people to run the booth: one to prepare smoothies, and a second to work exclusively on the bike, adjusting seat height for riders and coaching their blending.

### Health Department requirements:

- ▶ Cleaning bins labelled *Wash*, *Rinse*, and *Bleach*, plus sponges and enough dish soap and bleach to meet your county’s food permit requirements. Make sure the bins are deep enough to completely submerge a pitcher.
- ▶ Hand washing station that includes a dispenser with soap, water, a catchment container, and towels. Set up a five-gallon water dispenser on a table with soap and towels, and a plastic bin underneath to catch the gray water.
- ▶ Tent measuring at least 10x10 feet, and has walls. Many health departments require that food preparation areas be clear of any debris or animals.
- ▶ Food service gloves, for simple, sanitary preparation.

### Driving profits:

- ▶ Signage increases a booth’s visibility and provides product information.
- ▶ Menu with prices listed speeds up the line, by answering customers’ questions and helping them decide as they wait.
- ▶ Keep the cash box locked and in a secure location. Ideally, assign a third team member to handle money and place orders.

## SAFETY

- ▶ Use the Fender Blender Pro on a level surface.
- ▶ We do not recommend using 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. This includes, but is not limited to: fingers, hands, toes, feet, hair, clothing, and shoes.
- ▶ Never operate the Fender Blender Pro if the frame, wheel, blender base, or any other parts appear to be damaged. Call Tech Support at 1-888-354-2453 for assistance.



## TROUBLESHOOTING

- ▶ **Bike is not blending:**
  - ▶ **Tire air pressure:** Fill tire 60 to 70 PSI using the tire's Schrader valve (common valve for bicycles and cars).
  - ▶ **Roller axle traction:** Test for good traction by squeezing the roller axle between your thumb and forefinger, then slowly turning the tire with your other hand. Good traction is present when it is very difficult or impossible to cause the roller to slip while squeezing. See Page 11 to adjust the roller axle.
- ▶ **Chain falls off chainring:** If the chain appears to be loose, see page 8 to adjust chain tension.
- ▶ **Seat angle slips out of adjustment:** Seat should be level when viewed from the side, and have no play in the under-seat-clamp. If it needs adjustment, open the seatpost lever, slide the post up to a high position for better access, and close the lever. Using a 6mm hex key, loosen the upwards facing bolt in the under-seat-clamp, adjust the seat to level and very firmly re-tighten the bolt.
- ▶ If you're having problems call Tech Support at 1-888-354-2453 (10am-5pm PST M-F)

## TRANSPORTATION

Whether you're going to a classroom down the hall or a trade show across the country, Rock the Bike has a helpful accessory or tip:

- ▶ **Walkable:** Easy Rolling Transport Wheels clip into your wheel socket to help you roll the bike around effortlessly. Best used on even ground.
- ▶ **Bikeable:** The Pro Trailer Kit slides into your wheel sockets to allow towing behind your bicycle; the truest and most impressive way to express your passion for human power.
- ▶ **Drivable:** You can load your bike into a vehicle or mount it onto the rear of your vehicle with a bike rack. For pictures and details see: [rockthebike.com/transport-vehicle](http://rockthebike.com/transport-vehicle).
- ▶ **Longer Distances:** You can repack and ship your Fender Blender Pro in the same box you received it. Our Pro Shipping Sleeves' padding will protect your frame during shipping, and has dedicated pockets for small parts like bolts and screws. We recommend shipping assembled Fender Blender Pros on a pallet with a freight carrier.

Transit accessories are available for purchase on our website:  
[rockthebike.com/store/27-transit-accessories](http://rockthebike.com/store/27-transit-accessories)

## STORAGE

Store in a cool, dry place, away from direct sunlight.

## SPECS

**Assembled Dimensions:** 56" long, 39" tall, 31" wide

**Assembled Weight:** 60 lbs

**Max. Rider Weight:** 220 lbs

**Min. Rider Leg Length:** 23" inseam (roughly 7 years old)

**Capacity:** 90 oz, with measurements up to 48 oz

**Blades:** Laser-cut stainless steel, measuring 3" in diameter, ensuring a consistent blend every time

**Use:** Household, Educational or Commercial

**Manufacturer:** Rock the Bike - Oakland, CA USA

## WARRANTY

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 for the original owner, for purchases from an approved distributor or dealer.

The use of an unauthorized attachments may cause injury or damage and will void the warranty.



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