

**ROCK<sup>THE</sup>BIKE™**

# sLEDge hammer

**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 to power an LED tower 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



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### WHAT YOU WILL NEED FOR ASSEMBLY

**TOOLS:** 21mm Wrench, or Medium/Large Crescent Wrench, plus the included tools (see Contents, right)

**TIME:** Allow 60-90 minutes

**TEAM:** 1 person, but 2 people works best



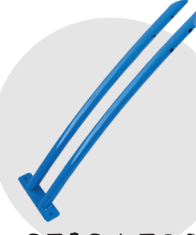
Look for the screen icon around this manual for video tech tips on our website.

## CONTENTS

sLEDgehammer box includes these parts:



**FRAME**



**REAR LEGS**



**FRONT CROSSBEAM**



**GENERATOR WHEEL**



**SEAT & POST**

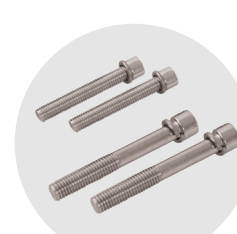


**HANDLEBARS**



**TOOLS**

15mm Wrench  
8, 6, 5 & 4mm Hex Keys



**BOLTS & WASHERS**

x2 Rear Leg Bolts  
x2 Crossbar Bolts



**RECTIFIER CABLE**



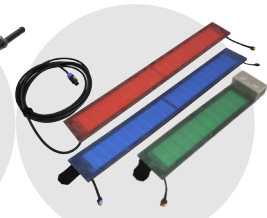
**RIGHT PEDAL**



**CIRCUIT BOX**



**STAND**



**LED PANELS**



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

# SLEDGEHAMMER

## ANATOMY AND COMPONENTS

### Frame Components

- |                    |                           |                    |
|--------------------|---------------------------|--------------------|
| 1. Stem            | 8. Transport Wheel Socket | 14. Pedal          |
| 2. Grip            | 9. Leveling Feet          | 15. Chain Guard    |
| 3. Bell            | 10. Front Crossbeam       | 16. Chainring      |
| 4. Handlebars      | 11. Wheel Mounting Slot   | 17. Rear Legs      |
| 5. Light Tower     | 12. Rectifier Cable       | 18. Seatpost Lever |
| 6. Generator Wheel | 13. Chain                 | 19. Seatpost       |
| 7. Circuit Box     |                           | 20. Spring Guard   |
|                    |                           | 21. Saddle/Seat    |



Moving the sLEDgehammer from one spot to another becomes as easy as pulling a rolling suitcase. Select from a set of two inflated rubber tires, or two heavy-duty rubber wheels. Both kits use quick-release axles for simple, secure connecting.





## 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.



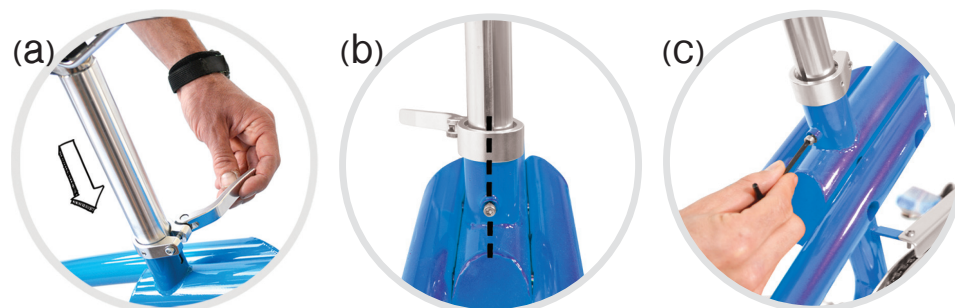
Damage can occur if not tight.



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

## 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

## 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](http://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.

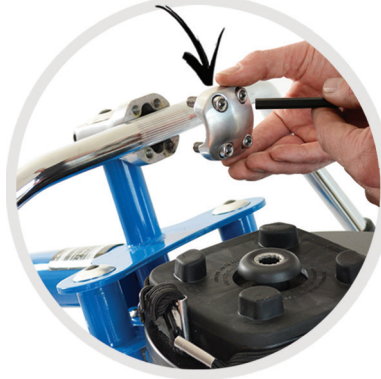
3. The Generator wheel is heavy, so it helps to have a friend for this step. Noting the position of the anti-rotate washers (b), lift the wheel and slide the axle into the wheel mounting slots. Pull the wheel towards you and while holding the chain taught, adjust the wheel so it is straight and aligned 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.




## 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.

STEM PLATE



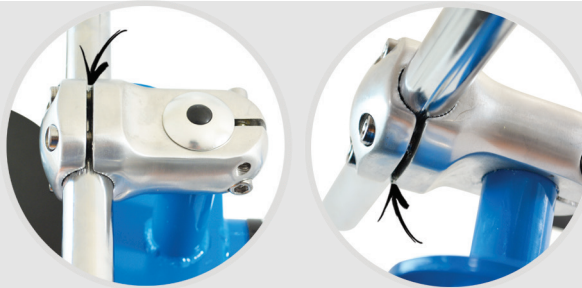
 Don't tighten the screws all the way yet.


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).



### SAFETY CHECK

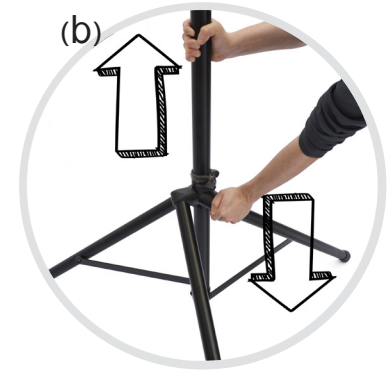
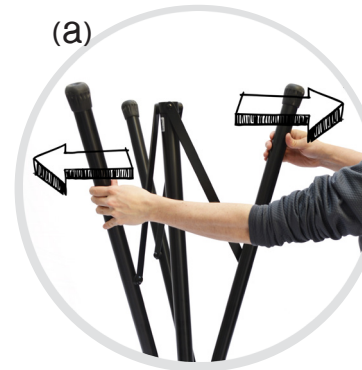
Look for an equal gap on the top and bottom part of stem. If the gap is not equal on both sides go back to step 2.



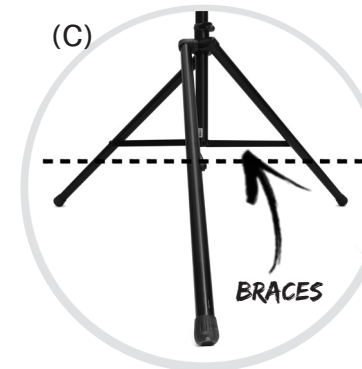
 Test your handlebars by trying to move them up/down and left/right. If they move, realign them and tighten the bolts.

## STAND

1. Loosen the lower leg collar by turning the knob counter-clockwise.
2. Turn the stand upside down and open the legs (a). Set the stand upright, and slide the collar to adjust leg width (b).



3. Position the braces level to the ground for maximum stability (c).
4. Tighten the knob enough to fix the legs in place, but do not over-tighten (d).





## LED PANELS

LED panels attach to the stand with a rubber block and velcro strap. Loop the strap around the pole and through its rectangular ring. Pull the strap TIGHT, looping it back on itself to secure.

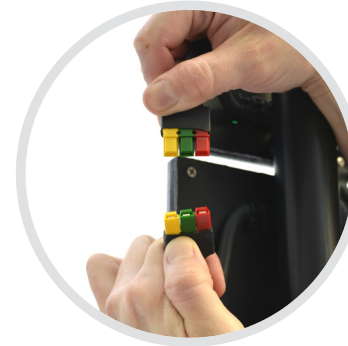


1. Attach the green panel to the top of the pole, with its 3-pin cable pointing down. Position the panel in between the two legs that face away from the hand knobs.

2. Loosen the top collar and raise the pole enough to attach the blue panel, then re-tighten it. Position that panel with its matching 3-pin cable pointing up. Align both panels, connect the velcro flap, then secure the rubber block and velcro strap.



3. Attach the matching 3-pin cables of the green and blue panels. Note: Your connectors may look different than those pictured.



4. Loosen the top collar and raise the pole until it stops. Make sure the panels are still aligned between the tripod legs, and away from the collar knob. Re-tighten top collar.



5. Position the red panel with its 5-pin cable pointing up. Align the red and blue panels, and connect their velcro attachments to fix them in place.

6. Attach the matching 5-pin connectors of the blue and red panels. All panels should now be aligned between the two legs, with the red panel angled slightly out.

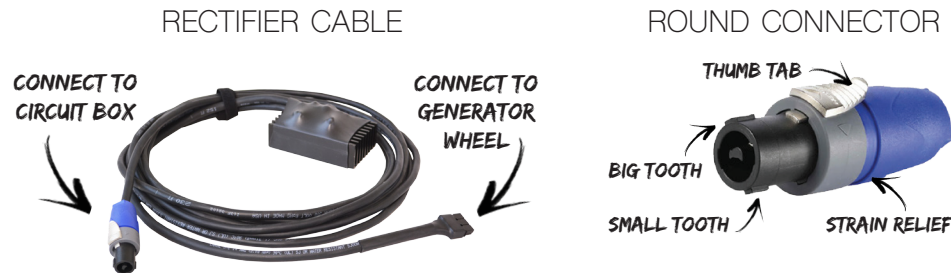


For additional height, loosen the bottom collar and raise the pole so that its braces point up. But be aware, this will decrease stability!

## USAGE TIPS

### CONNECTING GENERATOR WHEEL

The Rectifier Cable connects the Generator Wheel to the circuit box.



1. Join the cables' flat connectors. If they don't snap in, flip one side over and retry.
2. On the right side of the circuit box is a black socket labeled *Bike Input*. Insert the round connector with a push-and-twist motion.

GENERATOR WHEEL



BIKE INPUT SOCKET



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. Twist the whole connector, not just the blue part

## USAGE TIPS

### CONNECTING TOWER

On the left side of the circuit box is a larger silver socket labeled *LED Tower*. Attach the cable on the red panel by inserting the large round connector with a push-and-twist motion.

LED TOWER SOCKET



### TESTING THE SYSTEM

An adjustable difficulty knob controls the five levels of resistance. Easier modes offer less resistance, require less effort, and cannot light the halogen bulbs on top of the green panel. Harder modes can light the bulbs, and will challenge even strong cyclists.

1. Turn the difficulty knob to its easiest setting.
2. Get on the bike and pedal gently at first, then increase speed.

As you pedal vigorously, a small light inside the circuit box will turn on. Next, the red panel will light up, followed by blue and green.

3. Light up all three stages and maintain them for a few seconds. The panels will flash in sequence to indicate a win on easy mode.

4. As the circuit resets following this win, all LED panels and halogen bulbs should light up. Watch to see that all lights are in working order.





## GENERAL INFORMATION

### TROUBLESHOOTING

- ▶ **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.
- ▶ **Chain falls off chainring:** If the chain appears to be loose, see page 8 to adjust chain tension.
- ▶ If you're having problems call Tech Support at 1-888-354-2453 (10am-5pm PST M-F)

### SAFETY

- ▶ Use the sLEDgehammer tower and Generator 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. This includes, but is not limited to: fingers, hands, toes, feet, hair, clothing, and shoes.
- ▶ Never operate the sLEDgehammer if the generator wheel, Pro frame, tower, or LED panels appear damaged. Call Tech Support at 1-888-354-2453 for assistance.

### SPECS

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

**Assembled Weight (Bike):** 60 lbs

**Assembled Dimensions (Tower):** 126" tall, 62" diameter at base

**Assembled Weight (Tower):** 35 lbs

**Max. Rider Weight:** 220 lbs

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

**Use:** Household, Educational or Commercial

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

## GENERAL INFORMATION

### 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/46-transit-accessories](http://rockthebike.com/store/46-transit-accessories)

### STORAGE

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

### 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.

# THE GAME

## GAMEPLAY

It is important that each rider knows the goal of the game and the strategy to win. If they try but don't know how to win, they may be frustrated when they could have been a winner.

## RULES

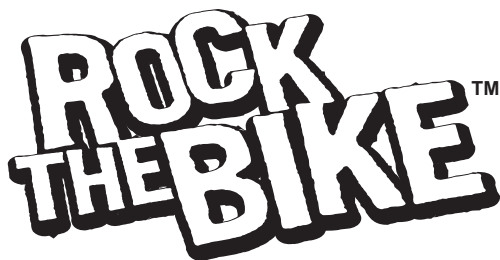
- ▶ Pedal! You will soon see lights begin to climb in the light tower. The energy powering those lights is your leg power!
- ▶ The harder you pedal, the higher the lights will climb in the tower. But as more of these light panels turn on, it gets harder and harder to get to the next level.
- ▶ If you succeed in getting the lights all the way to the top and then sustain that light level for a solid 3 seconds, you'll win! A win is announced by a bottom to top chase sequence that is distinctly different from regular game play.
- ▶ After the win sequence, all lights turn on for a few moments then off. When this happens, the game is over. Stop pedaling. This is the game resetting itself.

## STRATEGY

**This is not a sustained effort. This is a short intense sprint. Don't drag it out! Go for the win immediately.**

## DIFFICULTY KNOB

The all-important difficulty knob on the circuit box sets how hard people have to try to win. The harder section makes you have to illuminate 100 extra Watts of halogens (inside the aluminum box at the top of the tower). Challenging for most riders!



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