

Stable Elevated Trainer



Stationary Training

ABC Slide Show

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ABC Stationary Training Slide Show.

Elevated trainers to:

1. Reduce crotch pressure
2. Simulate climbing

Since most riders have problems with crotch pressure on trainers, and since few riders get enough climbing – always ride trainer with the front elevated.

From top left. 1. 4"x4" blocks of wood; 2. Cooler on its side. 3. Plastic trainer block on wood case; 4. 8"x4" block of wood with cutouts for trainer leveling bolts; and 5. 24" stepladder with front-mount support.

Stability is important. Set-ups 1 and 2 are suboptimal. Pictures 3, 4 & 5 demonstrate more stable set-ups. Picture 4 is an 8x4 wood block with drilled cutouts. Picture 5 is a front fork mount.

A second trainer attached to the front wheel is another stable setup.