



JETBLACK™

FREEDOM ROCKER FEET

USER MANUAL

OCTOBER 2025

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WELCOME TO THE JETBLACK FREEDOM ROCKER FEET

At JetBlack, we LOVE to RIDE, that is why we have thought of every detail to make your indoor riding experience great!

Before you get started, please read and follow all set up instructions

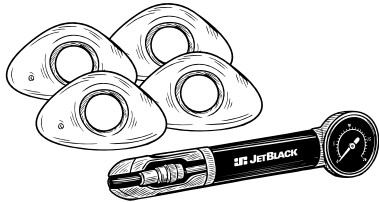
SCAN OR CLICK TO WATCH INSTRUCTIONAL VIDEO



WHAT'S IN THE BOX

ROUND

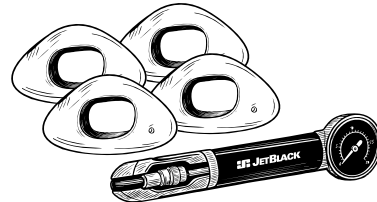
4x Round Freedom Rocker Feet Inflatables
1x Pump with needle/pin



OR

OVAL

4x Oval Freedom Rocker Feet Inflatables
1x Pump with needle/pin



HOW IT WORKS

When inflated, the inner circumference on the Freedom Rocker Feet get smaller. When this happens, the inflatables grip the trainer's rubber feet.

UNLIKE FULL ROCKER PLATES, THE JETBLACK FREEDOM ROCKER FEET BRINGS ABOUT SUBTLE MOVEMENTS TO TAKE AWAY THE TENSION ON THE SADDLE AND HANDLE BARS THAT CAN OCCUR WHEN RIDING INDOORS.

When using the Freedom Rocker Feet you will find yourself sitting on the sweet spot on your saddle for much longer.

The forgiving movement of the Freedom Rocker Feet not only helps with your sit bones, but it also assists your knees, hips, shoulders and wrists to mobilise providing a freedom of movement similar to riding outdoors.

FEATURES

- | | | | |
|--------------|-----------------|--------------|--------------|
| + Ergonomic | + Easy Assembly | + Compatible | + Innovative |
| + Adjustable | + Portable | + Stable | + Affordable |

INSTALLATION & INFLATION

INSTALLATION

STEP 1

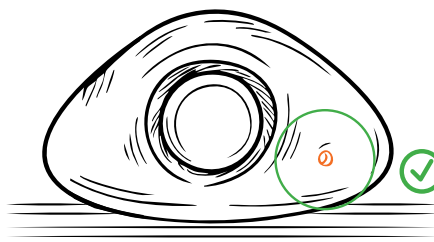
Fit the Freedom Rocker Feet to your trainer's legs while deflated.

STEP 2

Ensure you leave the trainer's original rubber feet on the legs.

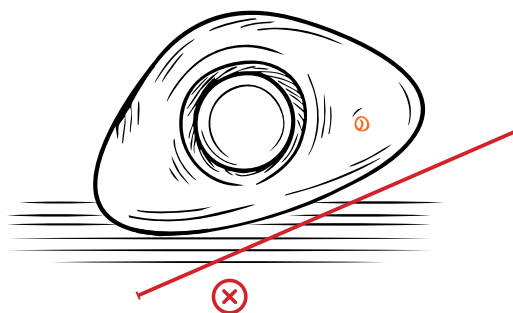
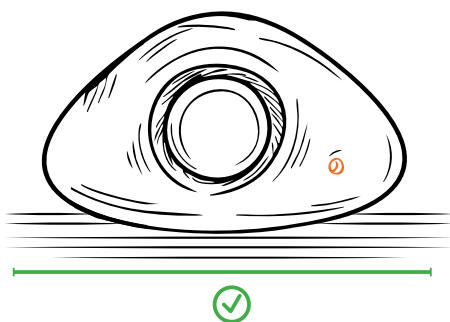
STEP 3

Ensure the Freedom Rocker Feet valves are all pointing to the outside for easy access



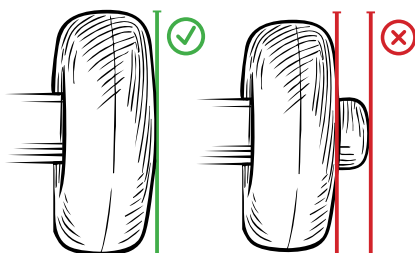
STEP 4

Ensure your Freedom Rocker Feet are evenly spread on the floor



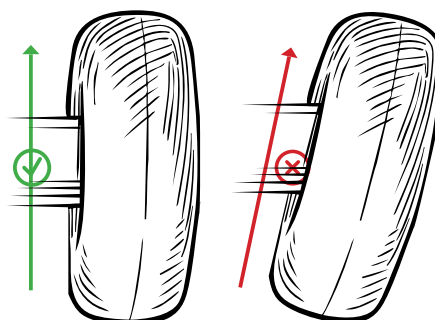
STEP 5

Looking down at your Freedom Rocker Feet, ensure they are flush with your leg ends.



STEP 6

And are parallel to your trainer's direction.

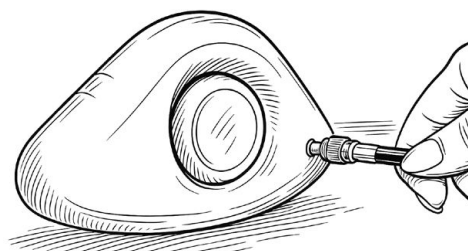


INFLATION

STEP 7

Insert the needle firmly to activate the valve.

NOTE: This may cause a slight 'pop' noise as the seal on the valve is opened.



INFLATION SETTINGS

Freedom Rocker Feet are adjustable to suit rider weight and ride feel. Experiment with pressures from 5PSI upwards.

DO NOT exceed 20PSI.

NOTE: Rider weight limit is 120kg



IMPORTANT NOTES ON INFLATION

- **Do not inflate** over 20 PSI
- Over-inflation will cause the trainer **to become unstable** during big efforts
- **Check your Freedom Rocker Feet pressure regularly** before riding.

REMOVING YOUR FREEDOM ROCKER FEET

Remove the needle adapter from the end of your pump hose and insert gently into the valve. This will release the air from your Freedom Rocker Feet enabling you to remove them with ease.

ADDITIONAL SUPPORT

CONTACT JETBLACK

For more information or support on Freedom Rocker Feet

jetblackcycling.com/support

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