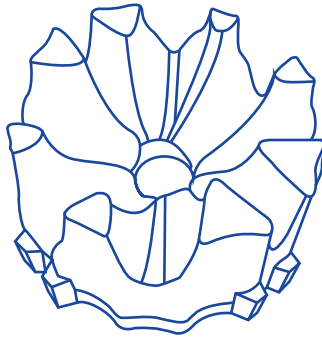




Bike Trainer 4 Tier Riser Block

with Height Extender



The Alpcour cycling Riser Block is an excellent training accessory that helps you practice riding and maximize pedaling at different heights to improve your form and balance before hitting the outdoors. It has 4 Height Tiers and additional Extenders to make it higher.

Product Features

- Good weight and anti-slip attachment for a secure ride
- An exquisite 4- height Tier design that lets you select different heights for higher difficulty.
- Unique wheel guard to prevent wobbling while power riding on a sprint or climb.

Extender Installation

1. Remove the Anti-Slip attachments at the bottom of the riser block.
2. Fix the extender in and adjust until they click in.
3. Connect the Anti-Slip attachments back on the bottom of the block