



JETBLACK

FREEDOM ROCKER FEET & ZWIFT ADAPTER

USER MANUAL

DECEMBER 2025

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WELCOME TO THE JETBLACK FREEDOM ROCKER FEET & ZWIFT ADAPTER

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

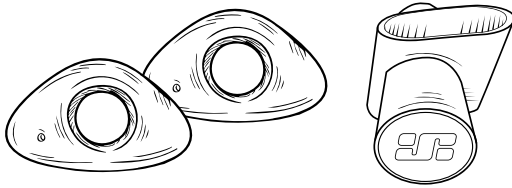
Designed for use with a Trainer also fitted with JetBlack Freedom Rocker Feet. **Sold Separately.**

SCAN OR CLICK TO WATCH INSTRUCTIONAL VIDEO



WHAT'S IN THE BOX

2x Round Freedom Rocker Feet Inflatables
1x Adaptor Foot



FEATURES

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

HOW IT WORKS

When inflated, the inner circumference on the Freedom Rocker Feet get smaller. This causes the inflatables to grip the JetBlack Adaptor, keeping everything secure and stable during your ride.

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.

INSTALLATION GUIDE

Follow these steps to safely and correctly install the JetBlack Freedom Rocker Feet and Adaptor on your Zwift Ride Smart Frame.

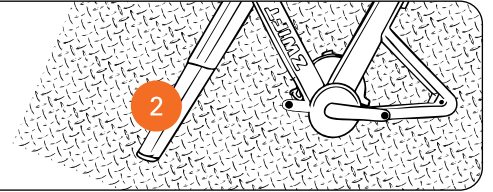
BEFORE YOU START

- You will need your **Zwift tool**.
- Ensure you have enough workspace, as you will need to **lie your Zwift Ride Smart Frame on its side** for safe installation.

STEP 1

REMOVE THE ZWIFT RIDE SMART FRAME

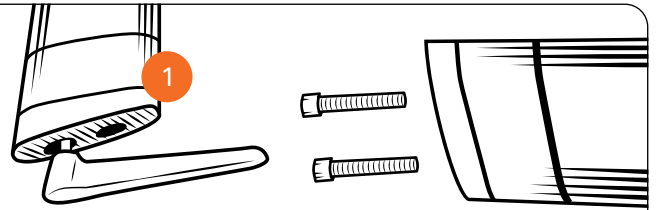
1. Detach your **Zwift Ride Smart Frame** from the trainer.
2. Lay the frame **gently on its side** to access the bottom front foot.



STEP 2

REMOVE THE EXISTING FRONT RUBBER FOOT

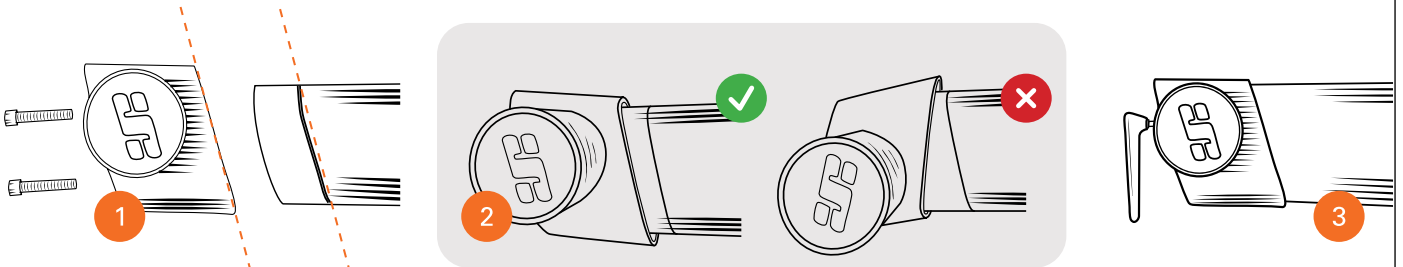
1. Using the **Zwift tool**, remove the two bolts located on the underside of the front rubber foot.
2. Carefully **pull the rubber foot out** of its mount.



STEP 3

INSTALL THE JETBLACK ADAPTOR

1. Insert the **JetBlack Adaptor** into the same mounting point.
2. Align the adaptor so that it sits **parallel with the Zwift Ride Smart Frame's markings**. *Take note of the correct vs. incorrect alignment below.*
3. Re-insert the **two bolts** and **securely tighten** them using the Zwift tool



STEP 4

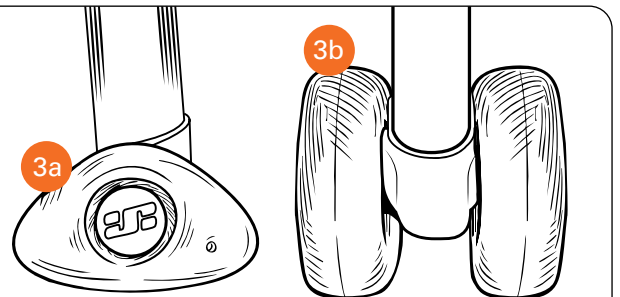
RE-ATTACH THE FRAME TO THE TRAINER

1. Place the Zwift Ride Smart Frame **back onto your trainer** and confirm it is securely attached.

STEP 5

FIT THE JETBLACK FREEDOM ROCKER FEET

1. With the Rocker Feet **deflated**, slide them onto the JetBlack Adaptor.
2. Make sure the valve on each rubber inflatable is **facing outward** for easy access.
3. Check the alignment:
 - 3a. The Rocker Feet should **sit parallel with your leg ends**.
 - 3b. They should also be **parallel with the bike's direction**.



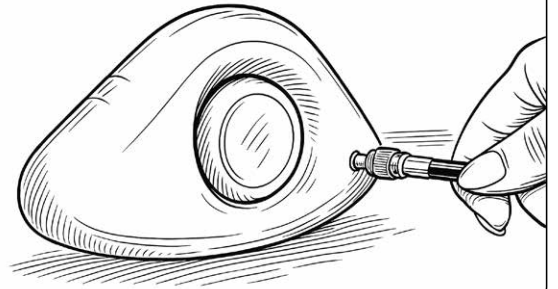
SEE NEXT PAGE FOR INFLATION GUIDE

INFLATION GUIDE

STEP 6

INFLATE THE ROCKER FEET

1. **Insert the needle firmly** to activate the valve.
NOTE: This may cause a slight 'pop' noise as the seal on the valve is opened.
2. Inflate the JetBlack Freedom Rocker Feet to the same pressure as your rear inflatables.



INFLATION SETTINGS

Freedom Rocker Feet are adjustable to suit rider weight and ride feel. Experiment with pressures from 5PSI upwards.
DO NOT exceed 15PSI.

NOTE: Rider weight limit is 120kg



IMPORTANT NOTES ON INFLATION

- **Do not inflate over 15PSI**
- **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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