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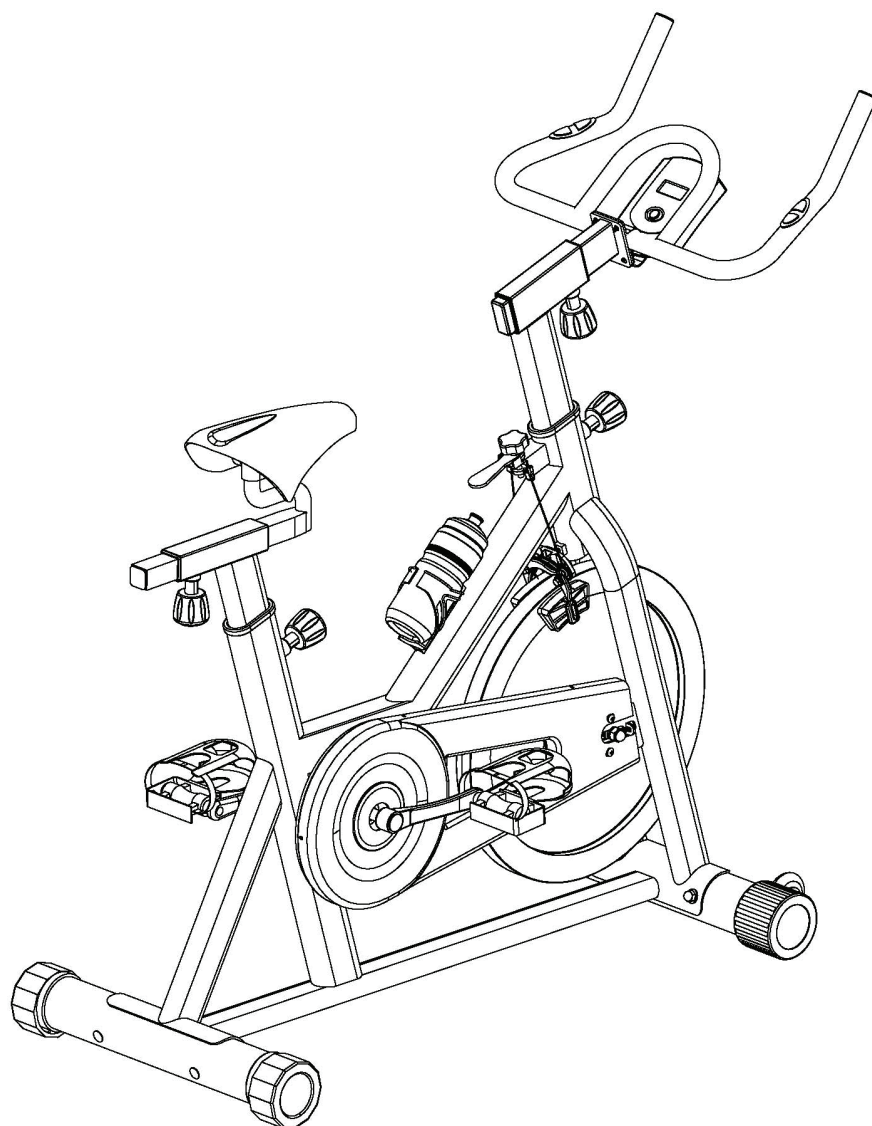
F5s TRAINER CYCLE
USER'S MANUAL

IMPORTANT SAFETY PRECAUTIONS

- Follow all instructions in this manual and check all bolts, nuts, and components for proper function and safety before initial use.

- Set the trainer up on a dry level surface and store away from moisture and water.

- Before use, be sure that the trainer is in a location away from walls and objects that may interfere with its use.

- Do not use aggressive or abrasive cleaning agents, wipe down with soap and water after use - removing any sweat that may have fallen on the trainer. As with other cycling equipment, the use of a pressure washer is not recommended and may cause damage to bearings.

- Use genuine Sunlite replacement parts only - see dealer for details.

- Always check for proper function and safety before using.

- Use only as directed and intended.

- Maximum rider weight: 250lbs

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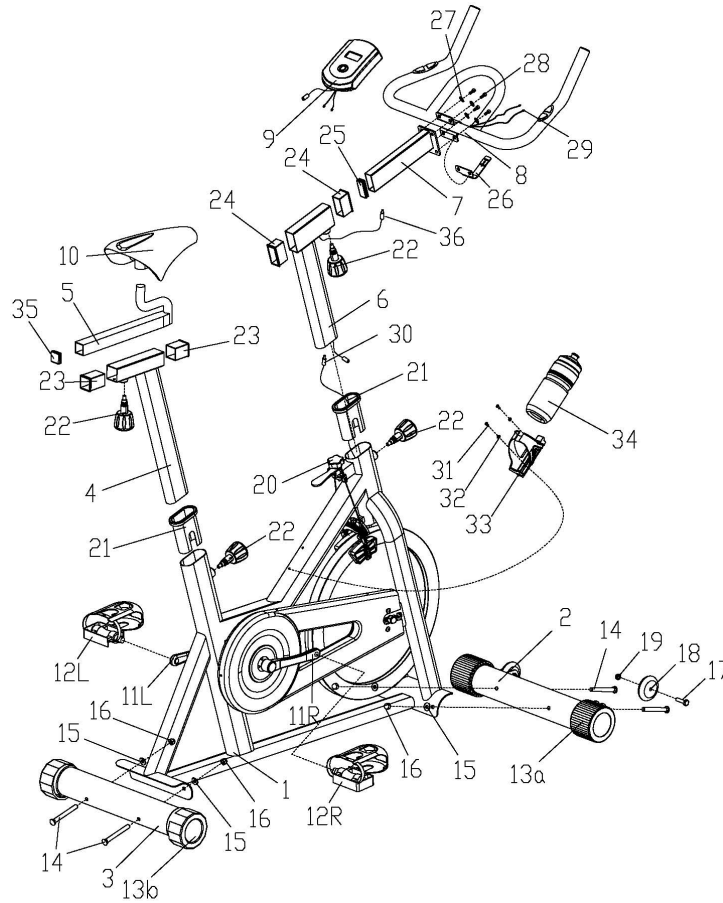
| #	Description	Replacement Part	QTY	#	Desccription	Replacement Part	QTY
1	Main Frame		1	18	Wheels	70116	2
2	Front Stabilizer	70114	1	19	Nylon Nut		2
3	Rear Stabilizer	70111	1	20	Knob	70040	1
4	Seat Post	70091	1	21	Seat Post Bushing	70101	2
5	Seat Slider	7009	1	22	Pop Pin Knob	70027	4
6	Handlebar Stem	70098	1	23	Plastic Bushing - Square		2
7	Handlebar Slider	70099	1	24	Plastic Bushing - Rectangle		2
8	Handlebar	70096	1	25	Square Plug		1
9	Computer	70094	1	26	Computer Bracket	70093	1
10	Saddle	49498	1	27	Spring Washer	70097	4
11 L/R	Crank (L/R)	70060	1/1	28	Allen Bolt	70097	4
12 L/R	Pedal (L/R)	41513	1/1	29	Pulse/Computer Wire	70118	2
13a	End Cap	70115	2	30	Sensor Wire	70106	1
13b	Leveling End Cap	70112	2	31	Phillips Screw Cage Bolt		2
14	Carriage Bolt		4	32	Flat Washer		2
15	Arc Washer	70113	4	33	Bottle Cage		1
16	Acorn Nut	70113	4	34	Bottle		1
17	Wheel Bolt	70113	2	35	Square Plug		1
				36	Extension Wire	70095	1

Some additional small parts available - Contact your local Sunlite Dealer for details

Assembly instructions

Step 1: Attach the Front Stabilizer (2) and Rear Stabilizer (3) to the Main Frame (1) with the Carriage Bolts (14), Arc Washers (15) and Acorn Nuts (16). Take note that the front stablizer has wheels for moving the unit after assembly. After attaching the stabilizer legs the rear end caps can be rotated to level the trainer if necessary.
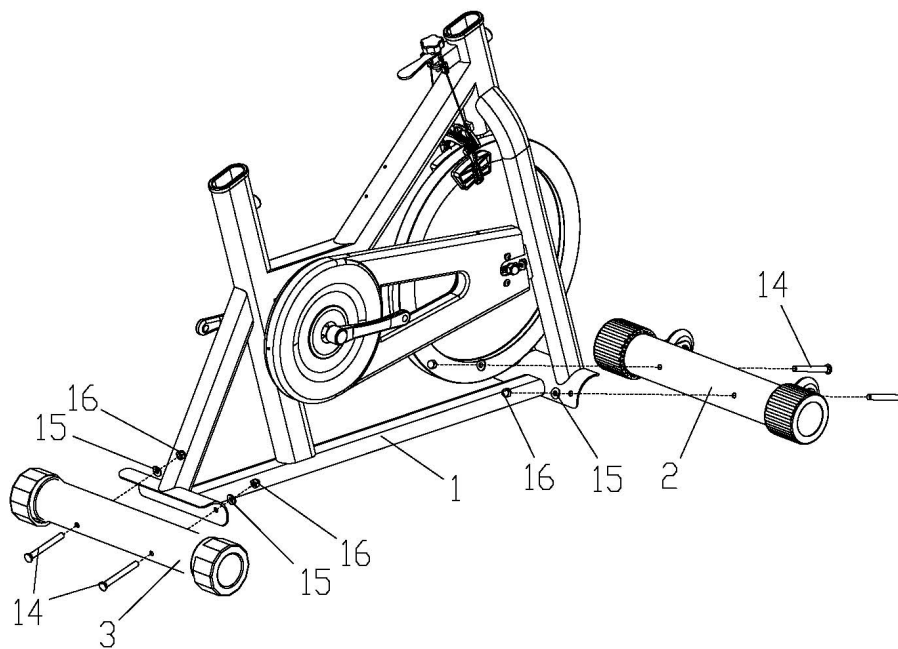
Step 2: Attach the pedals (12) to the crank arms (11) taking note the **left pedal threads in counterclockwise**, while the **right pedal threads in clockwise** or toward the front of the trainer. Pedals are marked L and R respectively. If a pedal has trouble threading - do not force it. Remove the pedal, check that it is the correct side and try again.
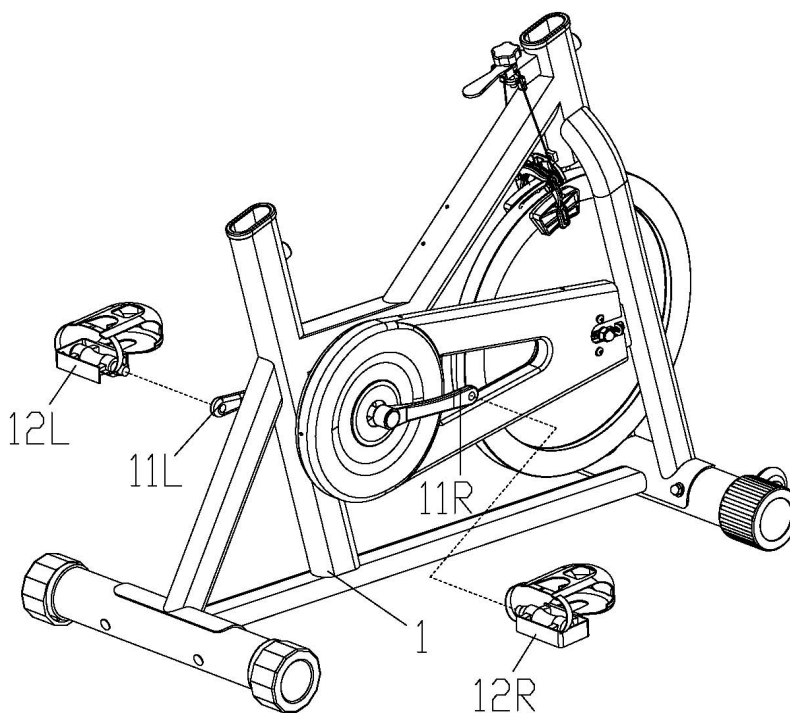
Step 3: (Figure A) Attach the saddle (10) to the Saddle Slider (5) and secure, then, slide the Saddle Slider into the seat post frame (4) securing in the desired position with the Pop Pin Knob (22). To operate the knob simply use a twisting/pulling motion until the rail is able to move freely. The saddle slider has predrilled holes in a variety of positions and will lock into place when positioned correctly. Finally, lock the seat post into the seat tube at a suitable height with the Pop Pin Knob (22).
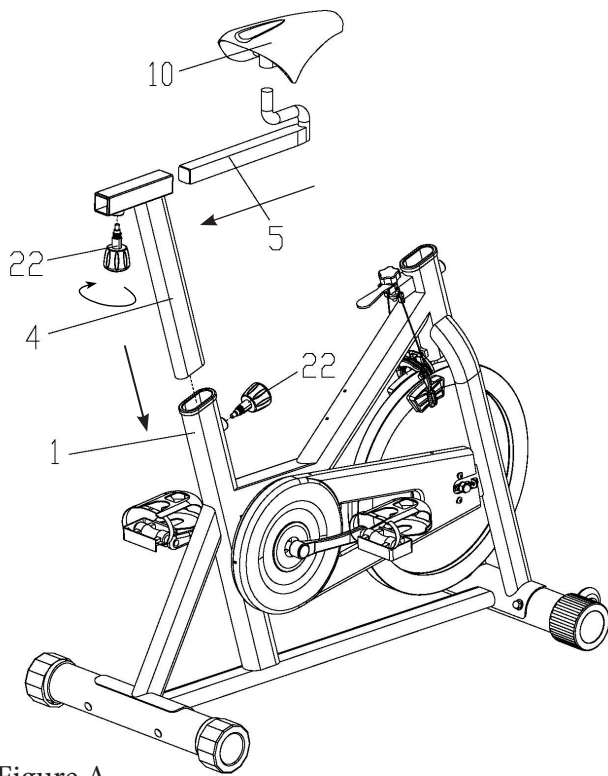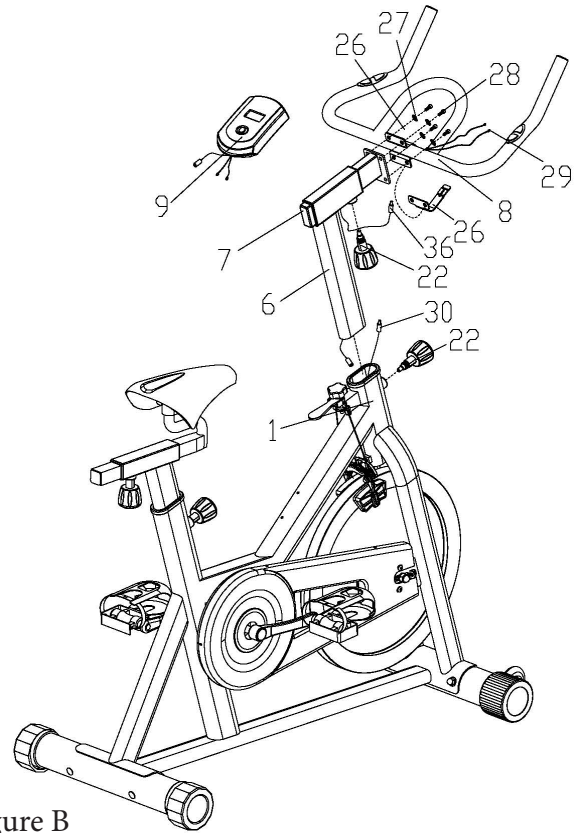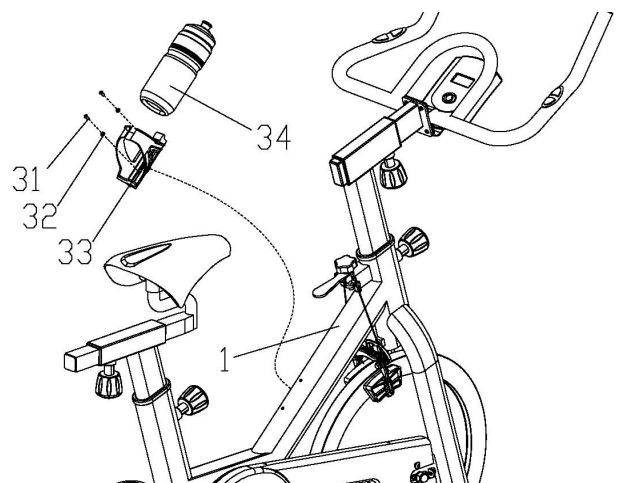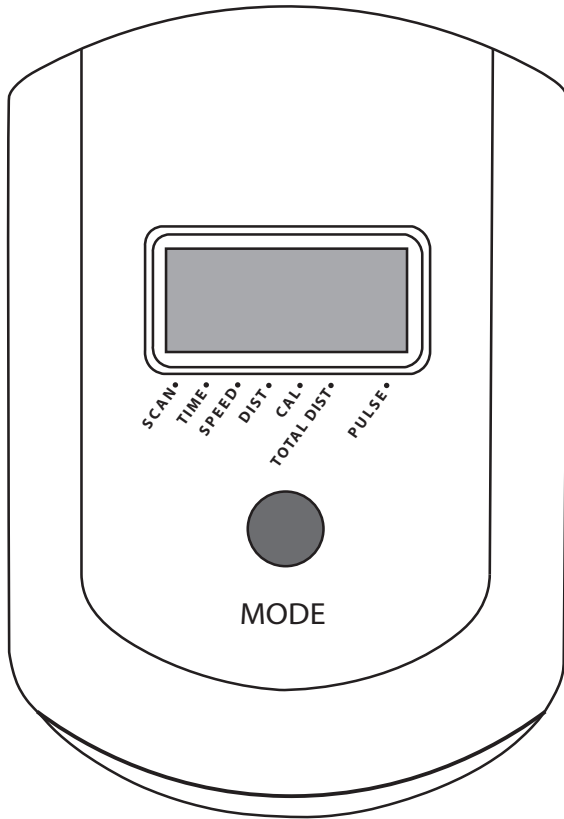
Figure A

Figure B

Step 4: (Figure B) Attach the Handlebar (8) and the Computer Bracket (26) to the Handlebar Slider (7) with Allen Bolts (28) and Spring Washers (27). Next attach the handlebar slider to the handlebar stem with the Pop Pin Knob. Connect the Pulse Wire (30) to the Extension Wire (36) before inserting the Handlebar Stem (6) into the main frame (1). Connect the Computer (9) to the Computer Wire (29) and mount the Computer to the Computer Bracket (26).

Step 5: Attach the Bottle Cage (33) to the main frame (1) with the provided Phillips Cage Bolts (31) and Flat Washer (32).

COMPUTER USE/INSTRUCTIONS

MODE

SPECIFICATIONS:

FUNCTION	SCAN	6 Seconds
	TIME	0:00-99:59 (M:S)
	SPEED	0-999.9 Km/MPH
	DIST	0-9999 Km/Mile
	ODO	0-9999 Km/Mile
	CAL	0-9999 Kcal
	RPM	0-999 RPM
	PULSE	40-240 BPM
BATTERY		SIZE - AAA x 2
OPERATING TEMP		0º - 40ºC / 32º - 104ºF
STORAGE TEMP		-10º - 60ºC / 14º - 168ºF

MODE SELECTION:

• Press the mode button to cycle through the various data fields.

SCAN --> TIME --> SPEED --> DIST --> CALORIES --> TOTAL DIST (ODO) --> RPM --> PULSE RATE

• Pressing and holding the mode button for 3 seconds resets the given value to zero where applicable.

SLEEP MODE:

• The computer will enter sleep mode when there is no sensor input or button presses for 4 minutes to save batteries.

• The computer will automatically turn on when it receives signal input from a sensor or the mode button is pressed.

FUNCTIONS:

1. **SCAN**: Display automatically changes to the next function every 6 seconds.

2. **TIME**: The total duration of the current workout.

3. **SPEED**: Current speed

4. **DISTANCE**: The total distance traveled during the current workout.

5. **CALORIE**: Calories burned during current workout.

6. **ODOMETER**: Total distance accrued during all workouts. Will reset if batteries are removed/changed.

7. **RPM**: Current revolutions per minute.

8. **PULSE RATE**: Current pulse rate while exercising. (Hands must be contacting sensors to calculate)

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