

# Bicycle Trainer

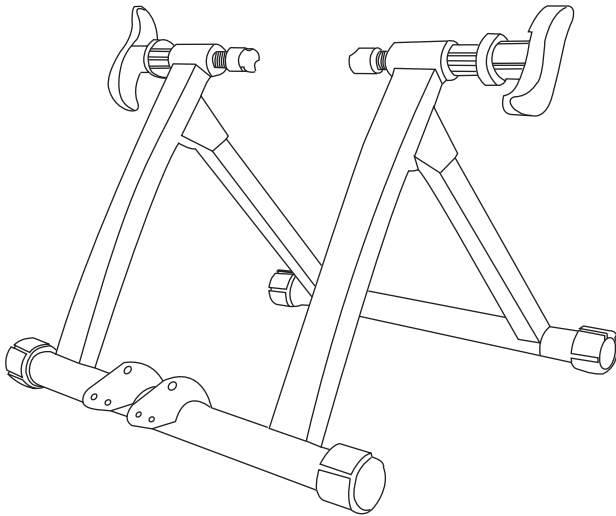
## Instruction Manual

TR001

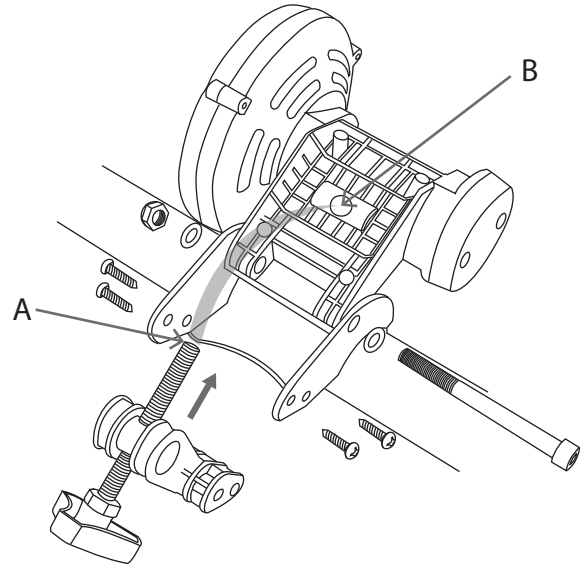
*Please read all instructions before assembling and using your bicycle trainer*

### Warning

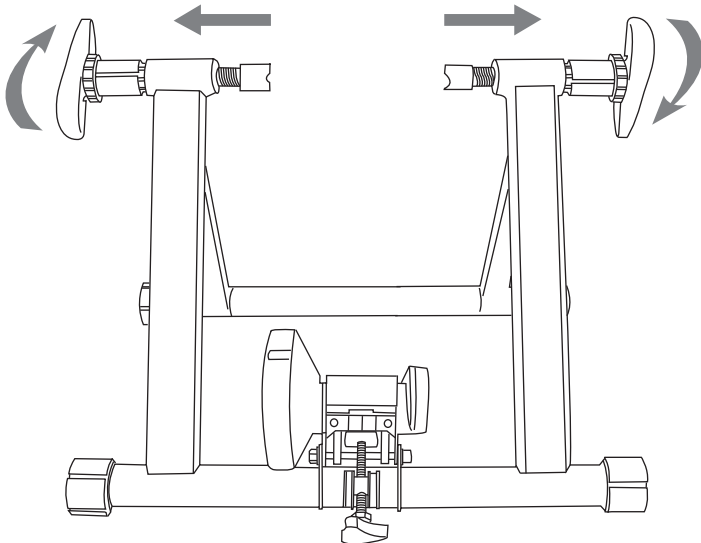
Failure to assemble/use the trainer properly may result in serious injury/death and or damage to your bicycle.



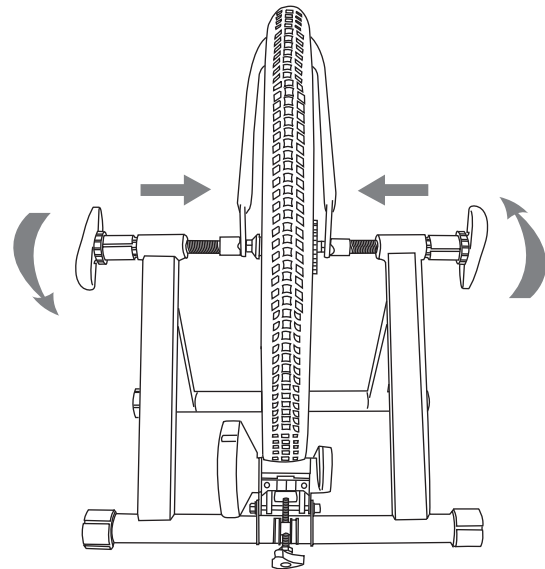
1. Open the trainer and place on flat ground. Make sure all four feet are in contact with the ground and the trainer is stable. Twist each rubber foot independently to make adjustments and achieve this.



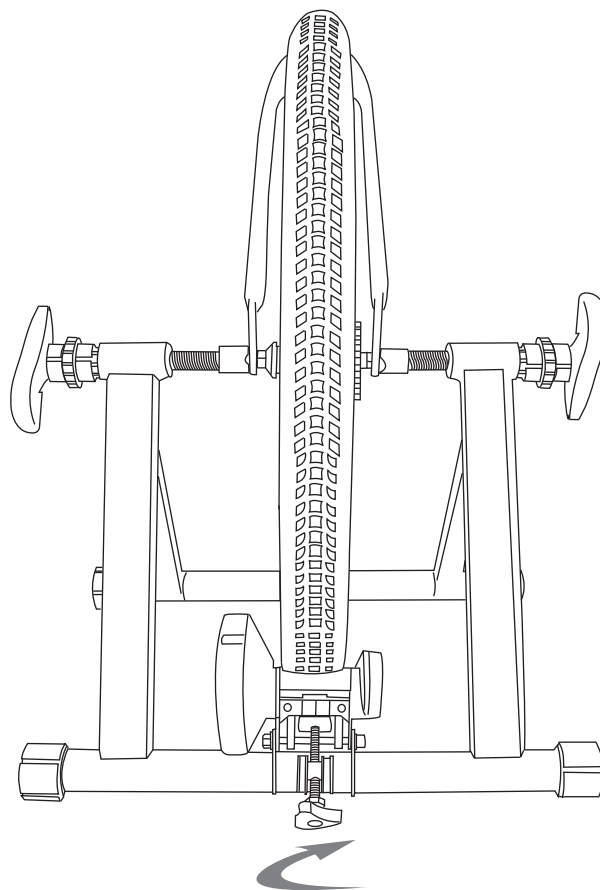
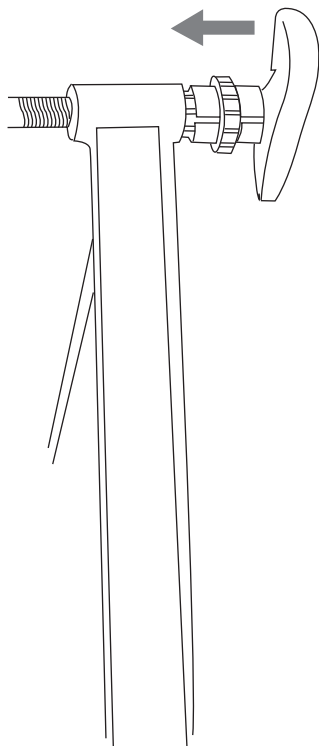
2. Using the supplied hardware, install the Adjusting Knob and roller mechanism to the main frame as shown on the diagram. Make sure the tip of the adjusting knob tip (A), seats correctly on the tension adjustment barrel base (B).



3. Turn the axle handles counter-clockwise to open the couplings until there is enough space to fit the rear wheel axle in place.



4. Install the rear wheel on the trainer by turning the axle handles clockwise until both sides of the wheel axle or quick release skewer are clamped by the couplings.



5. Once the bike has been clamped correctly, slide the axle handle locks on both clamps towards the bike to avoid accidental loosening of the clamps while the trainer is being used.

6. Make the roller contact the tire by turning Adjusting Knob clockwise. Adjust the workout intensity by tightening and loosening the Adjusting Knob

## Warning

- \* Always consult your physician before starting a training program
- \* Be sure the bicycle is securely attached before beginning each training session.
- \* Do not touch the resistance roller during use and for some period after training is done as the surface gets hot and could cause serious burns.
- \* Use two wheeled bicycles only
- \* Keep away from small children.