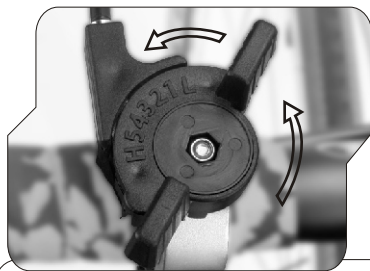
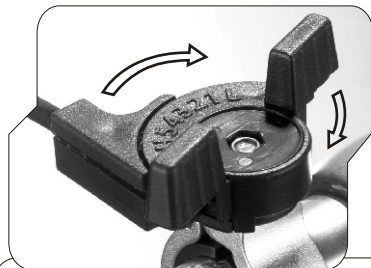


➔ Increasing / Decreasing load force



▲ To increase the load force, turn the black lever on your handle bar toward the "H" symbol.



▲ To decrease the load force, turn the black lever on your handle bar toward the "L" symbol. The lowest selection is **NOT** zero loads; there is still be a small level of force.

➔ Effective Training Instructions

1. Effective Training requires some load resistance. A gradual increasing of the load force is better for your muscles and a more effective form of training.
2. By manipulating the load force and your bicycle gears, you can get your preferred level of resistance.
3. For best results, it is important to maintain a consistent cadence through any changes in load force.

CAUTION WHEN IN USE

1. Be careful not to touch the spinning rollers and wheels at all times.
2. Keep both hands on handlebars at all times and maintain a normal riding position.
3. Check the couplings supporting the rear hub for damage and cracks.
Accidents may occur from cracked or damaged couplings.
4. Keep away from small children.
5. Make sure all bolts and nuts are securely fastened prior to using.
6. Never brake suddenly while using the trainer. This results in unnecessary wear and tear to the rear tire.



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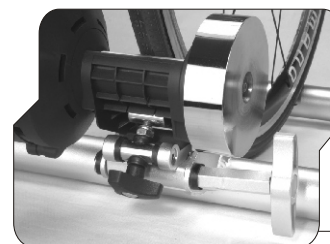
4. Before placing the bike in the trainer, rotate the right side hub-clamp **D** and release the lever **A** or rotating wing nut **A** on the left side to create a wide clearance between the couplings.



5. Install the bike's rear hub between the couplings and adjust the wing nut **F**, then lock the rear hub by pressing down the lever **A** without forcing or rotating wing nut **A**.

6. Rotate wing nut **G** to fix wing nut **F** and lever **A** or wing nut **A**. Tighten until securely fastened, **BUT DO NOT OVERTIGHTEN**.

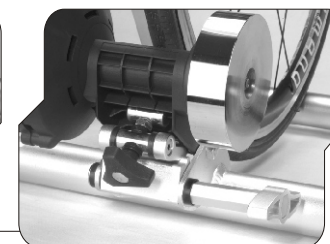
28"



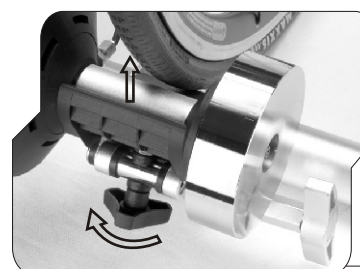
27"



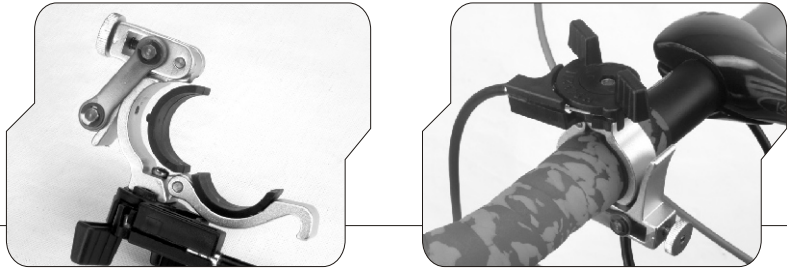
26"



7. Adjust the wing nut **C** to set the magnetic part **H** in its correct position. There are three different positions which are suitable for each bike of size 28", 27", 26".

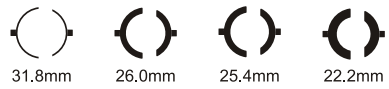


8. Adjust knob **I** to shift the roller tightly against the tire to prevent the tire from slipping. Make sure that the tire is well inflated (at least six atmosphere).



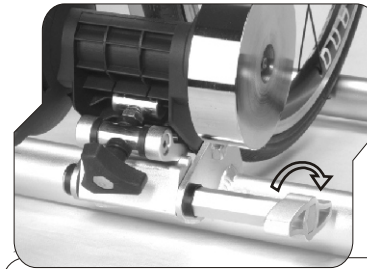
9. Place the proper black rubber straps either **J1**, **J2**, **J3** or **J4** in control clamp **E** to fit your diameter size of handlebar. Install the control clamp on the handle bar and tighten the nut **B** securely.

➔ There are 4 sets of black rubber strap included with this Trainer

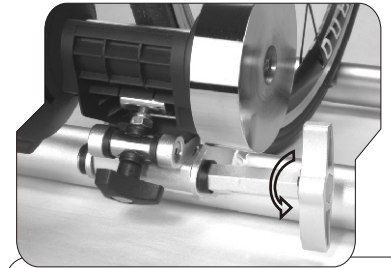


- ▲ J1 is suitable for the diameter of handlebar in 31.8mm.
- ▲ J2 is suitable for the diameter of handlebar in 26.0mm.
- ▲ J3 is suitable for the diameter of handlebar in 25.4mm.
- ▲ J4 is suitable for the diameter of handlebar in 22.2mm.

➔ Alteration in mounting of bicycle with different wheel diameter by twisting the wing nut **C**.



To adjust wheel diameter size from 26" to 27" or 28" turn the wing nut **C** **DOWNWARD**.

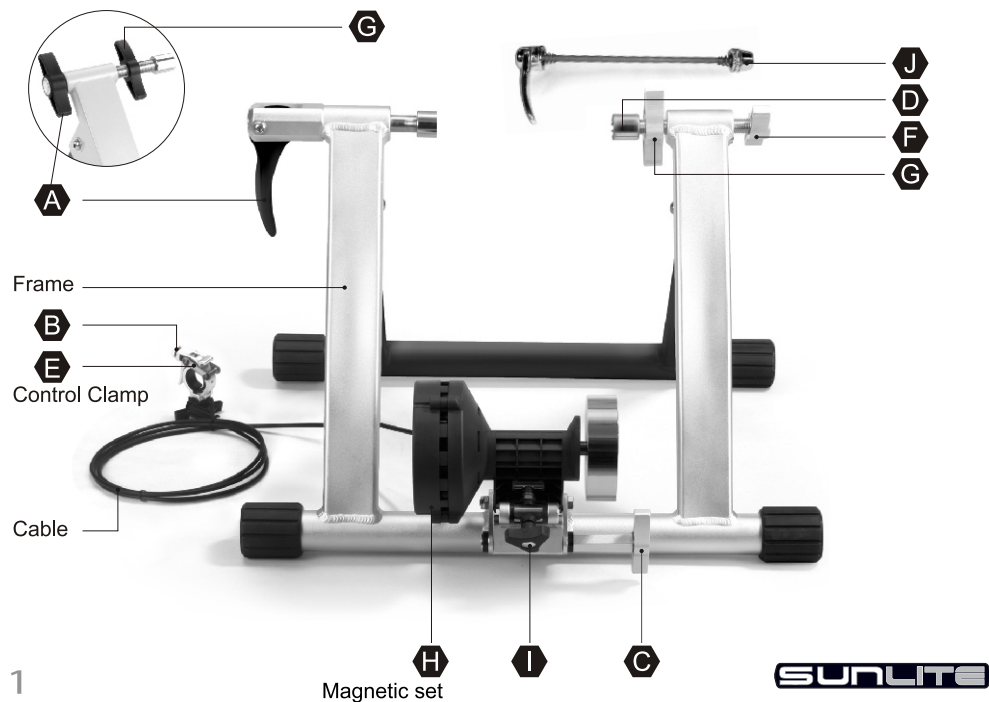


▲ To adjust wheel diameter size from 28" to 27" or 26", lift the roller and turn the wing nut **C** **UPWARD**.

➔ Remove your bike from the trainer

1. Firstly rotate the adjustable knob **I** to release the roller from the bicycle tire.
2. Then pull the lever **A** up and loosen the wing nut to draw out the bicycle.

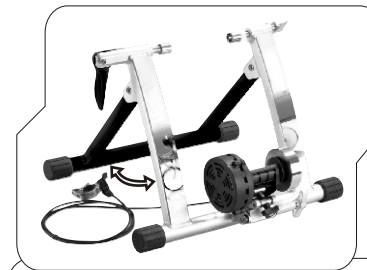
IMPORTANT NOTES



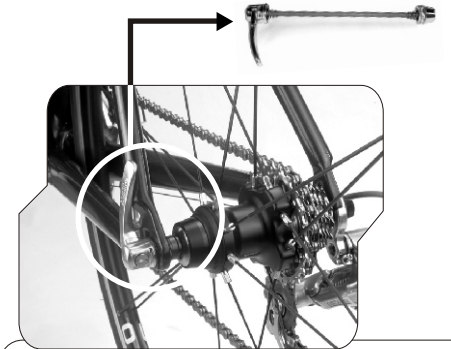
F-1
W / REMOTE

1. Read and follow all instructions carefully before use.
2. Keep this manual handy at all times.
3. Before each use, inspect the product thoroughly for loose or missing parts.
4. Always do warm-up exercises before you start training.

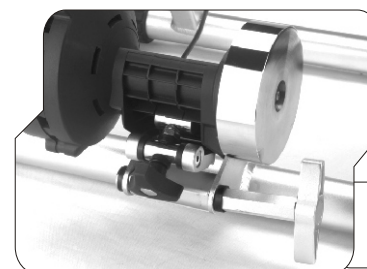
INSTALLING YOUR BIKE



1. Unfold the frame and place it on level floor.



2. Replace the quick-release skewer on the rear wheel of your bike with the skewer **J** included with the Trainer. This assures ideal clamp fitting and stability.



3. Place the set of magnetic **H** on the flat part which shows for 28".