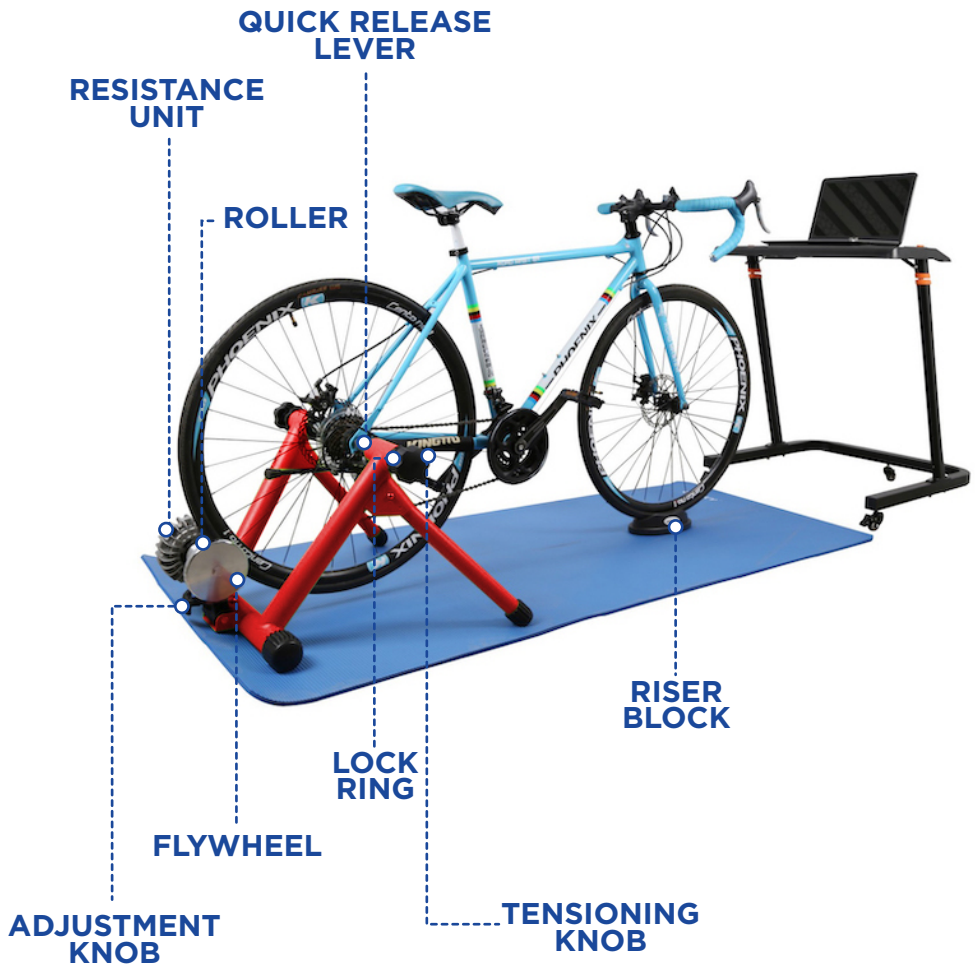




FLUID BIKE TRAINER STAND

OPERATING INSTRUCTIONS



Please read this instruction manual carefully before assembling and using the trainer stand and save it for future reference.

The fluid bike trainer stand is easy to assemble and disassemble in just a few minutes and it is compatible with any road or mountain bikes with a 26" -28" or 700C wheel.

INCLUDED IN THE PACK

1. Folding frame



2. Resistance unit



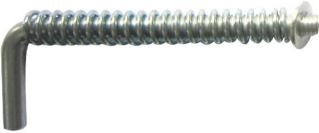
3. Mounting bolt



4. Nut



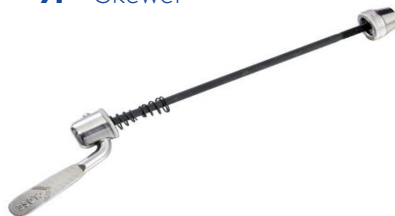
5. L-Bolt and spring



6. Adjustment knob



7. Skewer



SAFETY INSTRUCTIONS

1. Never use the trainer on an uneven surface. For your safety, set it on a leveled surface.
2. Avoid sudden braking during the use of the trainer as this may cause undue wear to the tire and the trainer stand.
3. Make sure all parts, knobs and screws are securely tightened and all equipment are in good, working condition.
4. Keep children and pets away from the trainer when in use to avoid injury.
5. Do not touch the spinning wheel of the resistance unit when in motion.
6. Always make sure bike tires are properly inflated and securely attached to the trainer.
7. Never release the handlebars while riding your bike.
8. Always warm up properly before riding. Consult your physician prior to starting any workout.
9. Always take care of the resistance unit and the adjustment knob.

ATTACHING THE RESISTANCE UNIT TO THE FOLDING FRAME

1. Unbox the unit, then unfold the frame and place in an upright position on an even surface.



2. Remove the adjustment knob from the L-bolt, then fix the L-bolt inside out into the hole in the resistance unit.



3. Attach the adjustment knob with clockwise motion, but do not over-tighten.



4. Mount the resistance unit on the folding frame, then insert the extended part of the L-Bolt in the frame sleeve.



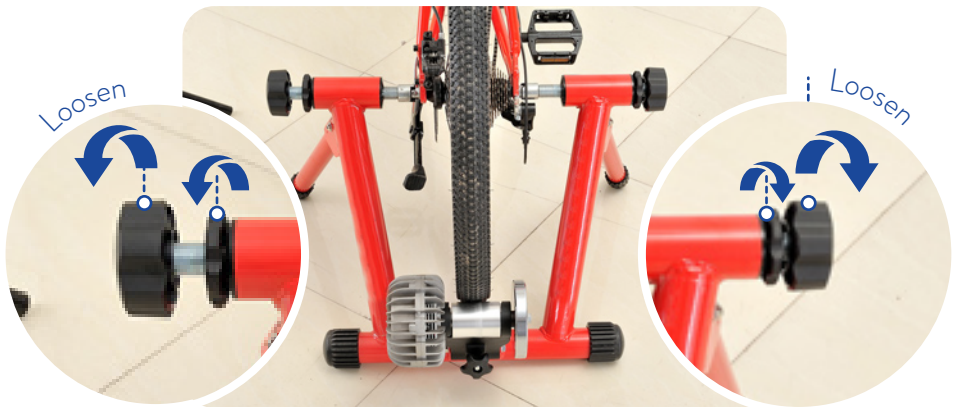
5. Securely fasten the resistance unit with the mounting bolt and nut.

ATTACHING YOUR BIKE TO THE TRAINER

1. Replace your rear wheel quick release skewer to the supplied one. Make sure the skewer is securely and properly fixed to the rear wheel to the bike frame.

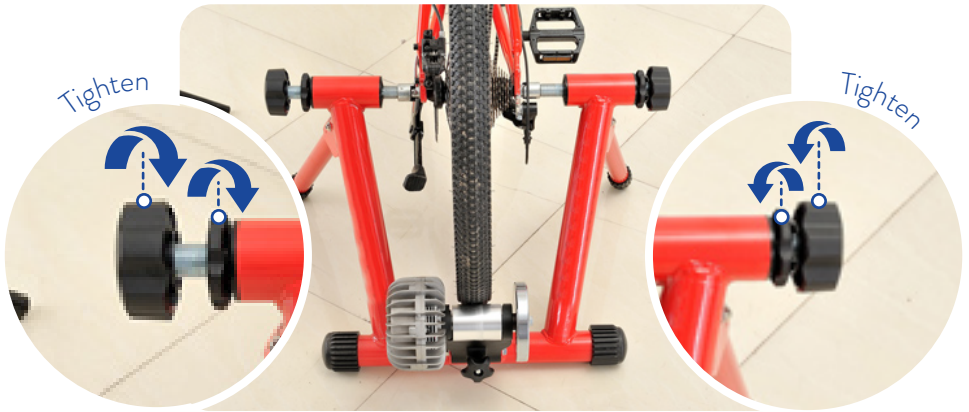


2. Loosen the tensioning knob and lock ring to create adequate space between the couplings for the rear wheel.



3. Place your rear wheel on the resistance unit roller, insert the left side skewer into the left side coupling to ensure a stable and solid connection with your rear wheel.

- Securely attach the bike to the trainer by turning the adjustment knob clockwise until the rear wheel is firmly centered on the resistance unit roller.



- Tighten lock ring when wheel is firmly centered on resistance unit and bike is firmly locked in at the skewer.



- Adjust the adjustment knob to make sure the resistance unit touches the rear wheel properly (Do not over-tighten the adjustment knob because over-tightening will cause both tire and unit damage and if too loose the bike may come out of the trainer during use).
- Finally, place the riser block under the front tire of your bike.

NOTE: To protect the floor or carpet from stain and sweat during workout, we recommend you put a sheet or mat under the trainer and bike.

REMOVING YOUR BIKE FROM THE TRAINER

1. Loosen tensioning knob and lock ring to release the bike.
2. Be sure to hold your bike firmly when removing it from the trainer so it doesn't fall over.
3. Remove the riser block from underneath the front wheel and your bike is free from the trainer.
4. Replace the supplied quick release skewer with your bike's skewer.

CARE AND STORAGE INSTRUCTIONS

1. After use, simply fold and store in the carry bag out of the way until your next use. Be careful not to pinch your fingers when folding and avoid storing other equipment on top of your trainer stand.
2. Take proper care of the resistance unit and adjustment knob because damage to these components might render the training stand unusable.

