



MAGNETIC BIKE TRAINER STAND

OPERATING INSTRUCTIONS



APC-BTSMBK

Your bike's gear in conjunction with the Alpcour Magnetic Bike Trainer's 7 levels of resistance offers infinite configurations for a completely customized workout. This workout equipment is easy to assemble and disassemble in few minutes and it is compatible with any road and mountain bikes with a 26"-29" or 700C wheel.

To avoid serious injury, please read this instruction manual carefully before assembling and using the trainer stand, also save it for future reference.

SAFETY INSTRUCTIONS

- 1.** Do not 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 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 wheels when in motion.
- 6.** Always make sure bike tires are properly inflated and securely attached to the trainer.
- 7.** Do not release the handlebars while riding your bike.
- 8.** Always warm up properly before riding. Consult your physician prior to starting any workout.
- 9.** Maximum weight is 120kg.

INCLUDED IN THE PACK

- 1.** Magnetic Resistance Bike Trainer Stand
- 2.** Replacement Skewer
- 3.** Front Wheel Block
- 4.** Sturdy Carry Bag
- 5.** Instruction Manual

ATTACHING YOUR BIKE TO THE TRAINER

For best result, ensure that your bike tires are inflated to the maximum pressure before mounting it on the trainer stand.

1. The turbo trainer comes fully assembled and folded. Simply, unfold the frame and unwind the tightening knob to create adequate space between the couplings for the rear wheel. Then, turn the adjustment knob as far back as it will go.

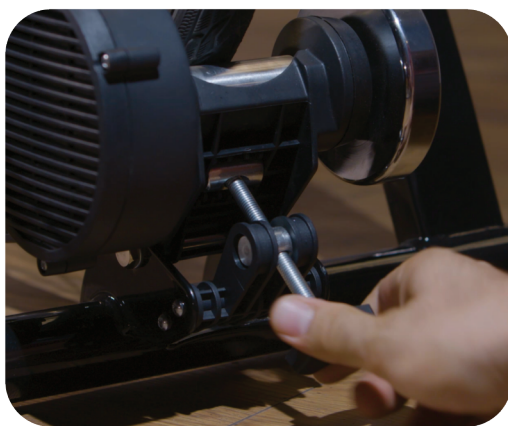


2. Remove the rear wheel quick release skewer in your bike and replace it with the supplied one. This is actually less daunting than it seems, simply flip the existing lever up to undo the nut and slide the skewer out. Make sure the skewer is securely and properly fixed to the rear wheel to the bike frame.



3. If your bike's wheel uses a bolt through axle i.e. with a nut at both end of the axle, there is no need to use the provided replacement skewer because a skewer doesn't work with wheels that have a bolt through axle. However, the couplings will need to hold the frame firmly to ensure no movement.

4. Once the replacement skewer is in the bike (or not, in the case of a bolt through axle), the bike is ready to be mounted on the turbo trainer.
5. Position the bike in-between the couplings and align the skewer with the lever (it won't fit exactly at first, as bike frame widths are all different, halt release the lever and adjust the coupling on the non-lever side by winding it in or out).
6. Once the bike is snugly in the frame, 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).



7. Attach the quick release controller to the handlebars in a convenient place that is within easy reach.
8. Finally, place the front wheel block under the front tire of your bike and you are good to go.

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 STAND

1. Remove the resistance controller and cable from your handlebars.
2. Firmly but gently pull up the Lever Clamp on the top of trainer to release the bike.
3. Be sure to hold your bike firmly when removing it from the trainer so it doesn't fall over.
4. Remove the front wheel block from underneath the front wheel and your bike is now free from the trainer.
5. 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 magnetic resistance unit, its adjustment knob and the controller cable, because damage to this components might render the training stand unusable.

TROUBLESHOOTING

1. How can I reduce noise when riding?

Change to unstripped slick tires to eliminate shaking. Place the trainer stand on a blanket or mat.

2. Why doesn't the resistance change when I turn the dial?

The resistance wheel may be too loose, tighten the nut in the resistance wheel to increase tension. The resistance level increases gradually, so wait for a few seconds for the resistance wheel to tighten.

