



Indoor Cycle Trainer

Only Suitable for Bikes with 26" or 700C
Wheel sizes and fitted with a quick
release rear spindle



To use your bike with this indoor trainer, your bike **MUST** have 26" or 700C diameter wheels and a quick release rear spindle.

Step 1



Undo rear quick release spindle (anti-clockwise).

Step 2



Remove quick release rear spindle from bike.

Step 3



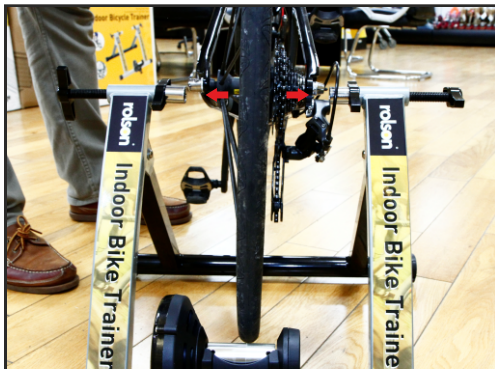
Insert the 'Trainer Spindle' supplied in the box ensuring the springs are in place each side.

Step 4



Tighten the 'Trainer Spindle' (clockwise) until the rear wheel is secure for riding. Ideally lock with the thumb lever facing down as shown.

Step 5



Position the bike between the Trainer supports to line up each side of the spindle with locating slots.

Step 6



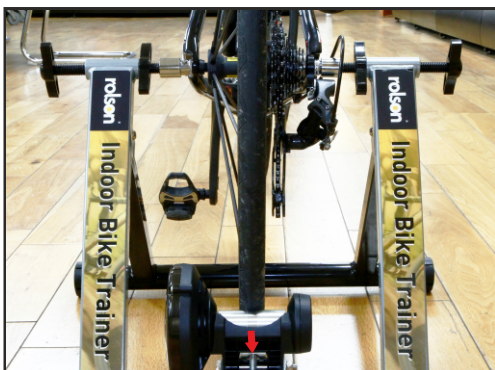
Tighten each of the 2 locking screws in turn until the spindle pins have fully docked in the locating pins.

Step 7



Once the bike is securely positioned on the Trainer, lock the pins in place by winding the inner locking nuts back.

Step 8



Tighten the tension roller until it is touching the tyre, continue to tension until the desired pedal stiffness is achieved.

Step 9



Before mounting check the bike and trainer is positioned on a level surface and mounted securely with the rear wheel in contact with the tension roller.

Step 10

IMPORTANT

Before each use of the bike trainer ensure all fixings are secure and ready for use.

Remember it can **ONLY** be used with bikes that have a quick release rear spindle and 26" or 700C diameter wheels.