



USER'S MANUAL
Personal Bicycle Trainer
SP24736

THIS INSTRUCTION BOOKLET CONTAINS **IMPORTANT** SAFETY INFORMATION. PLEASE READ AND KEEP FOR FUTURE REFERENCE.

Please give us a chance to make it right and do better!

Contact our friendly customer service department for help first.

Replacements for missing or damaged parts will be shipped ASAP!

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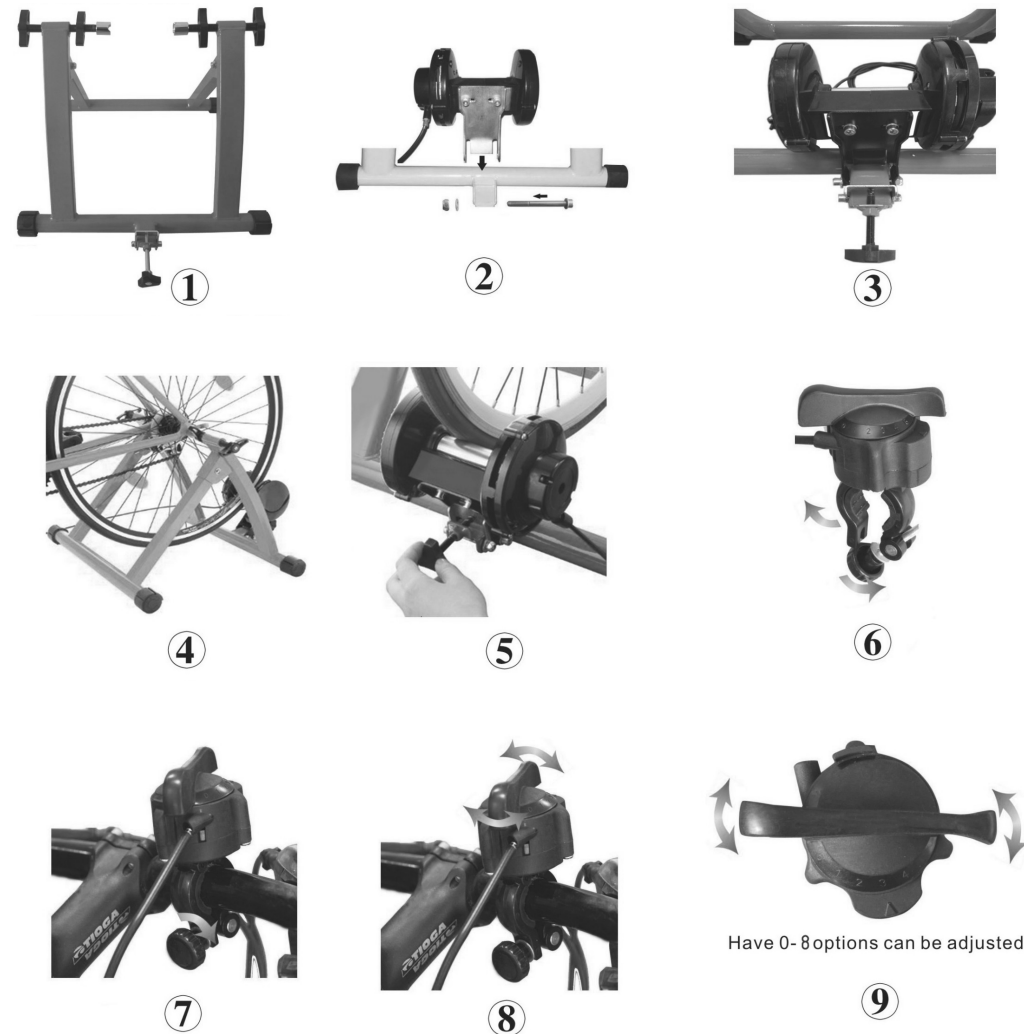
Do NOT return this item.

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Before You Start

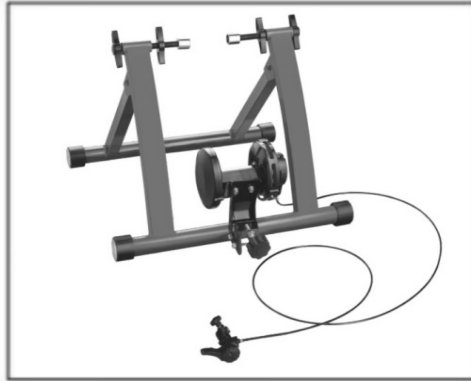
- ⦿ Please read all instructions carefully.
- ⦿ Retain instructions for future reference.
- ⦿ Separate and count all parts and hardware.
- ⦿ Read through each step carefully and follow the proper order.
- ⦿ We recommend that, where possible, all items are assembled near to the area in which they will be placed in use, to avoid moving the product unnecessarily once assembled.
- ⦿ Always place the product on a flat, steady and stable surface.
- ⦿ Keep all small parts and packaging materials for this product away from babies and children as they potentially pose a serious choking hazard.



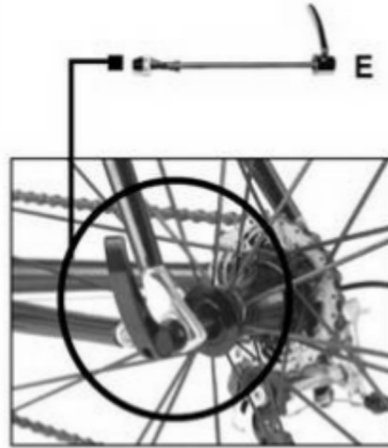
CAUTION WHEN IN USE

1. Be careful not to touch the spinning rollers and wheels at all times.
2. Keep both hands on handlebars at all times.
3. Make sure all bolts and nuts are securely fastened prior to using
4. Never brake suddenly while using the trainer, this results in unnecessary wear and tear to the rear tire.
5. Keep away from small children.
6. Fit for: 26", 27", 28" & 700C bikes.

INSTALLING YOUR BIKE

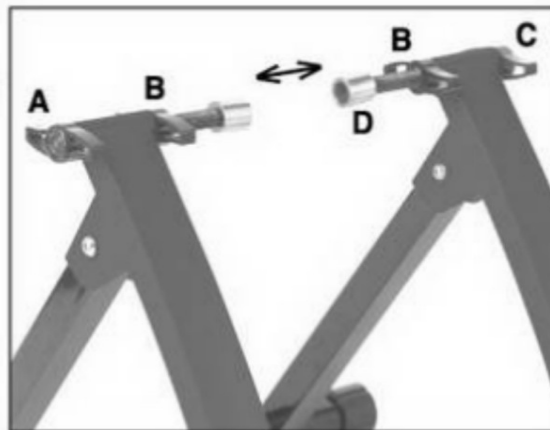


1. Unfold the frame and place it on a level floor.

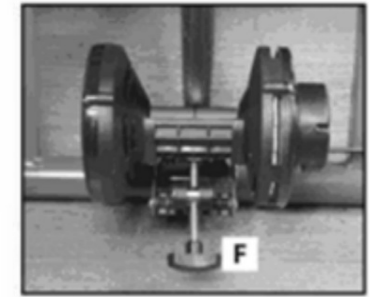


2. Replace the quick-release skewer on the rear wheel of your bike with the skewer E included with the trainer. This assures ideal clamp fitting and stability.

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

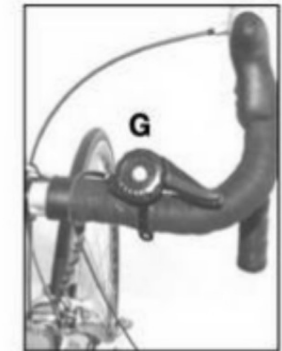


5. Ensure knob F is fitted correctly as shown through the barrel bolt.



6. Adjust knob F to sit on the roller tightly against the tire to prevent the tire from slipping. Make sure that the tire is properly inflated.

7. Attach speed controller G to bike handle.



REMOVING YOUR BIKE FROM THE TRAINER

1. Firstly rotate the adjustable knob F to release the roller from the bicycle tyre.
2. Then pull the lever A up or rotate wing nut A and loosen the wing nuts to draw out the bicycle.

CAUTION WHEN IN USE

1. Be careful not to touch the spinning rollers and wheels at all times.
2. Keep both hands on the 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 tyre.

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We would like to extend our heartfelt thanks to
all of our customers for taking time to assemble
this product and giving us valuable feedbacks.

THANK
YOU
☺