



INDOOR BIKE TRAINER

Owner's Manual

Model: GB1876



IMPORTANT: Read all instructions carefully before using this product. Retain this owner's manual for future reference.

The specification of this product may vary from this photo, subject to change without notice.

Table of Contents

SAFETY INSTRUCTIONS	2
CONTENTS LIST	3
ASSEMBLY INSTRUCTIONS	3
REMOTE RESISTANCE LEVER	5
REMOVAL OF THE BICYCLE FROM THE INDOOR BICYCLE TRAINER	5

Customer service number: 0800 422 274

MON – FRI: 8AM – 5PM

SAT – SUN: 9AM – 4PM

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Safety Instructions

Please read all instructions before attempting to use the trainer for the first time. It is important to follow these instructions and to adhere to all warnings. Failure to do so could cause serious injury.

1. Before commencing each cycling session please ensure the bicycle is securely attached to the indoor bicycle trainer unit.
2. Young children and pets should be kept well away when in use.
3. Use in a well-ventilated area.
4. Do not touch resistance roller after use as it could be extremely hot.
5. You should consult a physician before commencing any new exercise program.

WARNING:

- **Before beginning any exercise program consult your physician.**
- **This indoor bicycle trainer unit is only designed to be used with 26", 27", 29" and 700c size wheel single rider bicycles. Warranty does not cover misuse or modification to the above product.**

CAUTION:

Retain this Owner's Manual for future reference.

CONTENTS LIST:

1pc A-Frame Magnetic Indoor Bike Trainer

1pc Replacement Rear Wheel Axle Skewer

1pc Front Wheel Riser Block

ASSEMBLY INSTRUCTIONS

1. Unfold trainer and place on a level surface. Insert rear wheel axle between clamp heads whilst the quick release lever is in the open position (Fig.1, Fig.2).

Adjust the left-hand clamp head so it reaches the bicycle's axle and lightly holds the bicycle upright. Make sure that the slots in the clamp head align with your quick release lever on your bicycle's rear axle.

Please Note: Depending on the shape of your bicycle's rear wheel axle skewer, it may be necessary to use the skewer that is provided with the trainer.

Fig.1

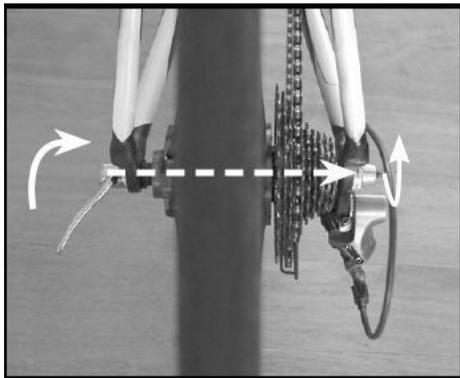


Fig.2



2. With the bicycle in position, push down on the trainers release lever to clamp the bicycle securely into the trainer (Fig.3). Tighten the locking ring on the left hand side clamp head to the frame of the trainer.

Please Note: The lever should feel firm to push. However it doesn't require excessive force as this could damage the lever.

Fig.3



3. Wind the knob at the back of the resistance roller until it gently touches the tyre (Fig.4).

It is important that you use a smooth treaded tyre and that it is inflated to the maximum tyre pressure as stated on the sidewall of your tyre.

Fig.4



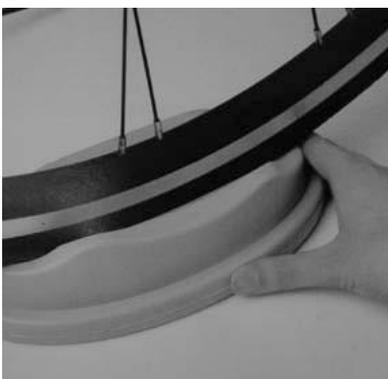
4. Attach the remove resistance lever to the handle bars of your bicycle, ensuring that the cable is away from your pedals and rear wheels (Fig.5).

Fig.5



5. Place riser block under the front wheel of your bicycle to level up the bicycle and to improve the comfort level (Fig.6).

Fig.6



REMOTE RESISTANCE LEVER:

The trainer has 7 stages of subtle magnetic resistance. By rotating the remote lever, you can increase or decrease the resistance level during your workout. This lever along with the use of your bicycles gear system can vary your workouts.

REMOVAL OF THE BICYCLE FROM THE INDOOR BICYCLE TRAINER:

1. Remove the remote resistance lever from the handle bar.
2. Wind back the adjustment knob of the resistance roller so it is no longer touching the rear tyre.
3. Lift or pull the release lever on the trainer.

Please Note: If you have changed your bicycle's rear axle skewer to the one provided with the trainer, it is also okay to use this skewer when you are riding on the road.

If you choose to leave your bicycle set up in the trainer it is advisable to wind back the adjustment knob of the resistance roller so it is no longer touching the rear tyre. This will avoid flat sports occurring on the tyre.