

CYCLE TRAINER



SET UP & SAFETY GUIDE

Important: Please read instructions before use

Wichtig: Bitte lesen Sie vor der Verwendung die Anweisungen

Important : Veuillez lire les instructions avant utilisation.

Importante: Por favor lea las instrucciones antes de usar el producto.

Importante: Leggere le istruzioni prima dell'uso

SAFETY WARNING

Before using this product, please read and understand this owner's manual in its entirety. Adhering to all guidelines and advice laid out in this manual will ensure that you'll enjoy the best results from your new RPM Power® Cycle Trainer.

This is a powerful exercise device and should always be treated as such. Before commencing any exercise program or individual workout, be aware of your own existing fitness threshold and avoid exceeding that level. It is important to pace yourself with any strength training program and only exercise with a weight level that matches your current fitness level and ability.

If in any doubt about your current fitness ability, it is recommended that you consult your doctor or medical physician to ensure you are sufficiently fit for strenuous physical activity, such as that which comes from using this product.

IMPORTANT: Should you feel sick, dizzy or incur any sort of pain or discomfort while using this exercise device, STOP exercising immediately and seek medical advice if necessary.

GENERAL USAGE GUIDELINES

1. Always make sure the Cycle Trainer is used on a level surface that is free from objects and furniture.
2. This product is designed for adult use only. Do not allow children to use or go near this device when in use, as they could hurt themselves on the spinning elements.
3. Take care not to touch the spinning rollers or wheels when in use.
4. Always inspect this product before use. Do not use this product if you notice any elements are missing or damaged.
5. Make sure all bolts and screws are securely tightened before use.
6. It is important to check the couplings which support the rear hub for damage or cracks before use.
7. Never brake suddenly while using the Cycle Trainer. This can cause unnecessary wear and tear to the bicycle tyre and/or the trainer.
8. Do not use this product for any purpose other than which it was intended.

For best use, we recommend using a smooth or universal thread tyre.

Please ensure that the bicycle tyre is fully inflated before using it with this Cycle Trainer.

Max. user weight : 150kg (including bicycle)

Bike Trainer Item No. And Adjustable Bike Wheel Size:

A (MT01, MT02): 24" - 29", 700C; B (MT201, MT202): 20" - 24".



MT-01: Wireless control



MT-02: wired control

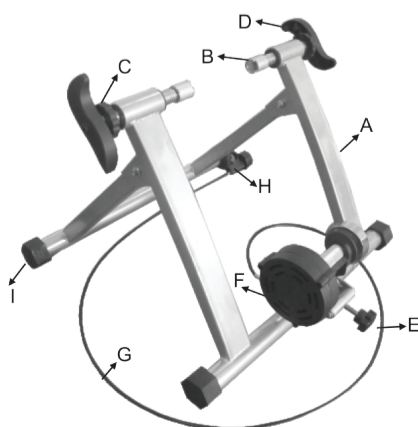
Optional Parts:



Parts List:

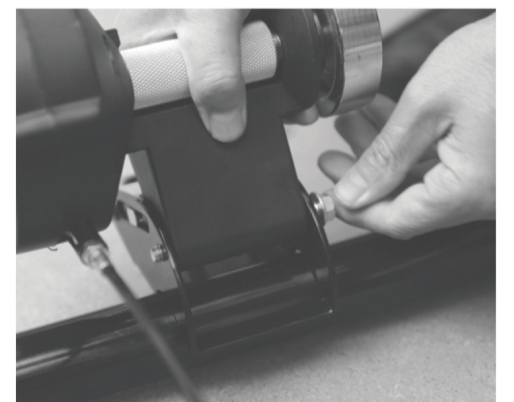
- a. Main frame
- b. Bike Spindle Clamp
- c. Lock knob
- d. Adjustment handle
- e. Adjustable knob
- f. Magnetic wheel
- g. Control cable
- h. Resistance lever
- i. Rubber feet

(g,h not applicable to MT 01)



PRODUCT INSTALLATION:

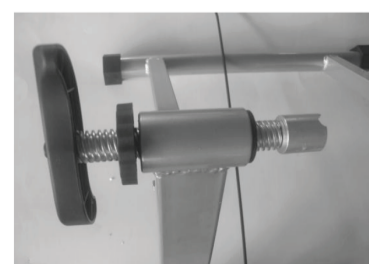
1. Unfold the frame and place it on a level floor.
2. Attach the magnetic wheel to the bottom of the frame and tighten the bolts to secure it.



3. Before placing the bike on the Cycle Trainer, rotate the adjustable handle (D) on both sides.

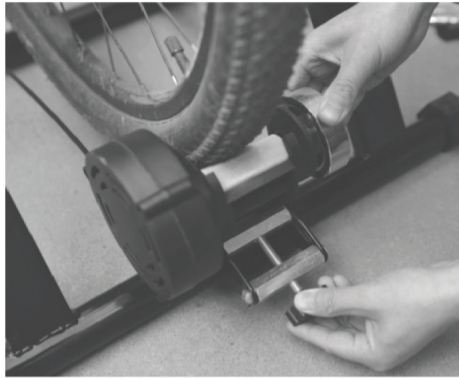


4. Place the bicycle on the Trainer and adjust the handle (D) so it is securely attached to the hub, then lock it into place by rotating the lock nuts (part C). Tighten the nuts securely, **but do not overtighten them.**



4.(MT03 Lock knob)

5. Adjust the knob (E) to change the height of the magnetic wheel, so that it will fit the size of your bicycle wheel.
6. Install the magnetic resistance control on the handlebar of your bicycle using the rubber gasket provided.
7. Rotating the knob (H) increases or decreases the resistance applied. To increase the resistance, turn the knob on your handlebar towards the '+' symbol. To decrease the resistance, turn the knob towards the '-' symbol.



REMOVING THE BICYCLE FROM THE TRAINER:

1. Turn the adjustable knob (E) to release the magnetic wheel from the bike.
2. Then rotate the adjustable handles (C,D) to release the bike.
3. Fold the Cycle Trainer and store away when not in use.

TRAINING TIPS:

1. Effective training requires some road resistance. Gradually increasing the resistance as you cycle is great for building endurance and a more-effective way to improve your fitness.
2. Change the resistance on the Cycle Trainer as well as the gears on your bicycle to benefit from maximum performance. We recommend first adjusting the gears on your bike to your preferred setting and then changing the resistance on the Cycle Trainer.

THANK YOU FOR YOUR PURCHASE

We would like to warmly thank you for your purchase of this RPM Power® Cycle Trainer. Should you have any questions or concerns about this product, please don't hesitate to get in touch with us and we will be happy to help you in any way we can.

Your Opinion is Important to Us

As a small family business, word of mouth is what keeps us going. That is why we would love to hear your thoughts on our product! If you have even a minute, we would really appreciate it if you could leave us a quick review on Trustpilot.com. Just search for our business - **RPM Power** - on the Trustpilot website.

Reviews from customers like you give others a better idea of how our products work and allow for a more transparent purchase process when buying from our store. Thank you so much.

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