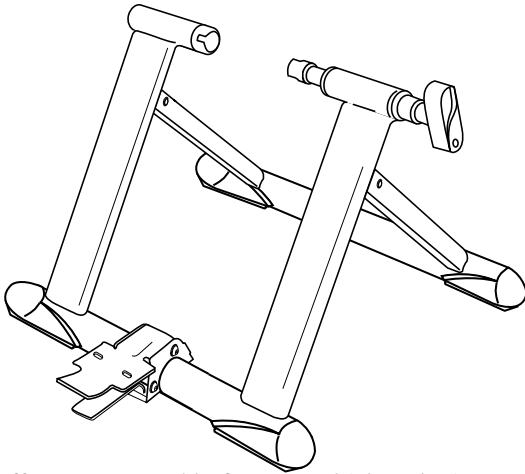


PERFORMANCE[®]

TRAVEL TRAC 2000[™]

Folding Bicycle Trainer

Thank you for purchasing the Performance Travel Trac 2000[™] portable trainer. The Travel Trac 2000[™] was designed to provide maximum stability and ease of use in a convenient, portable folding trainer.



This trainer offers many notable features which make it a good choice for your training needs:

- Extremely stable and rigid design.
- Easy setup and bicycle installation.
- Spring loaded resistance positioning system to prevent excessive tire wear.
- Quickly folds flat for storage and easy portability.
- Choice of resistance units available separately.
(A resistance unit is required for operation.)

Assembly:

1. Remove from the box and identify all parts for assembly. If you believe parts are missing, please contact our technical service department for assistance at 1-800-727-2453 from 9 am to 6pm EST.
2. Assemble feet to legs as shown. (Fig. 1)
3. Assemble handle to axle support with a light tap as shown. (Fig. 1)

Parts Included:

NO.	DESCRIPTION	QTY
1	Travel Trac 2000 Frame	1
2	Handle	1
3	Plastic Feet	4
4	M5 bolt	2

Fig. 1

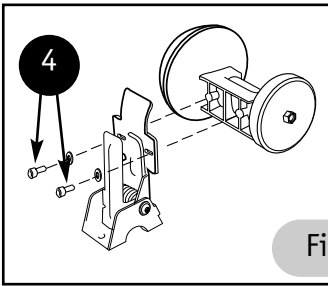
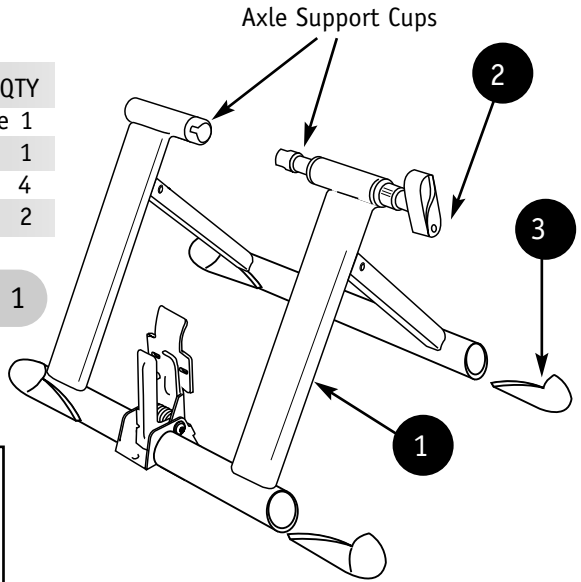


Fig. 2

4. Install the resistance Unit to the spring plate as shown (Fig. 2). See instructions included with your resistance unit. Tighten securely.

Bicycle Installation:

1. Set the Performance Travel Trac 2000™ on a flat, stable surface.
2. Make sure that the bicycle's rear wheel skewer is tight.
3. Slide the locking ring to the right (Fig. 3A) and fully unscrew the axle support mechanism.
4. Push the spring plate down as far as possible towards the floor to automatically engage the spring plate lock. The spring plate must be locked down to install the bicycle (Fig. 6).

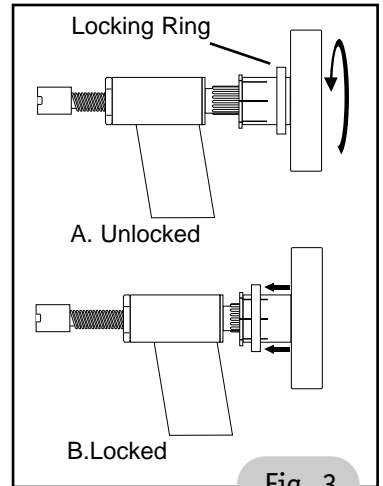


Fig. 3

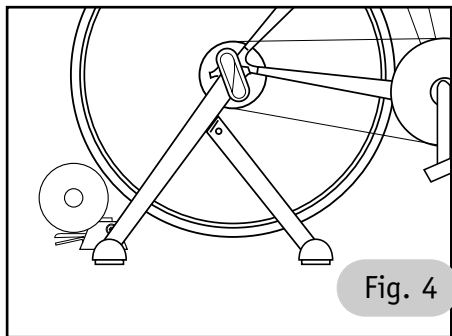


Fig. 4

5. Carefully lift your bike into position, aligning the rear wheel axle with the axle support cups (Fig's 4 & 5).
6. While holding the bicycle steady, slide the left side of the quick release skewer into the axle support cup. Make sure that the QR lever aligns with the notch in the support cup. Rotate the support cup as necessary.

NOTE: If your QR Lever will not fit into the support cup notches, replace the QR Lever with a smaller one.

7. Using the handle, tighten the right side axle support until the support cup comes in contact with the bicycle's right side QR skewer nut. After contact is made, tighten by turning the handle 1/2 rotation.
8. Slide the locking ring (Fig 3B) fully to the left (toward the bike) to lock the axle support mechanism.
9. If the wheel is not centered on the resistance unit, loosen the M5 socket head screws on the resistance unit and slide it sideways as necessary. Retighten the screws.
10. Test that the bike is secure by pushing and pulling on the top tube or seat.

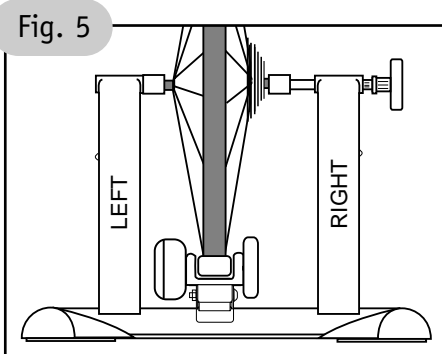


Fig. 5

11. If the bike is not stable, make sure that the QR lever is positioned correctly in the support cups, and the axle support mechanism is tightened securely.
12. Release the spring plate lock by pushing down on the spring plate with the palm of your hand, and then pulling up on the spring plate release lever with your fingers. Allow the spring plate to slowly rotate upwards until the resistance unit's roller makes contact with the rear wheel of the bicycle (Fig. 7). Now you're ready to roll!

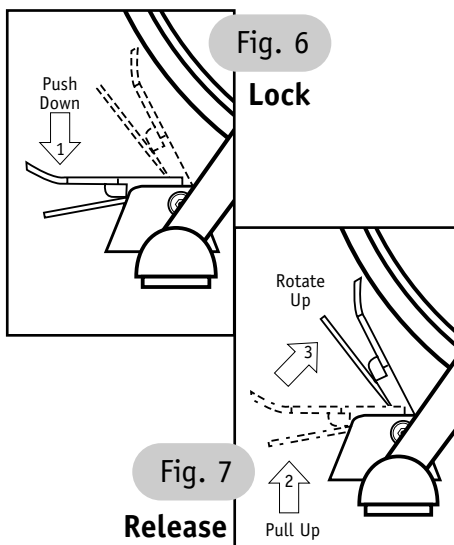


Fig. 6

Lock

Fig. 7

Release

Resistance unit not shown for clarity.

Bicycle Removal:

1. Push the spring plate down as far as possible towards the floor to automatically engage the spring plate lock. The spring plate must be locked down to remove the bicycle (Fig. 6).
2. Slide the Travel Trac 2000™'s locking ring (Fig. 3A) to the right (away from the bike).
3. While supporting the bicycle, loosen the right side axle support with the handle, until bicycle is free of the support cups.


Travel and Storage:

1. Release the spring plate lock by pushing **down** on the spring plate with the palm of your hand, and then pulling up on the spring plate release lever with your fingers. Allow the spring plate to slowly rotate all the way up (Fig. 1). To prevent a pinching hazard, never store the Travel Trac 2000™ with the spring plate locked down.
2. Coil any resistance unit cables and hang over handle.
3. Grasp the Travel Trac 2000™ by the handle and lift. The legs should then fold, and the trainer is ready for transport or storage. Be careful to avoid pinching when the legs fold.

CAUTION:

1. This trainer is intended for single-rider bicycles only.
2. Check for proper and secure installation of the bicycle before beginning each workout.
3. Make sure that resistance unit cables are clear of all moving bicycle parts.
4. Do not leave trainer unattended with spring plate mechanism in locked (down) position. This could present a potential pinching hazard to children.

Performance Tech Support 1(800)727-2453
9am-6pm EST Monday-Friday

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