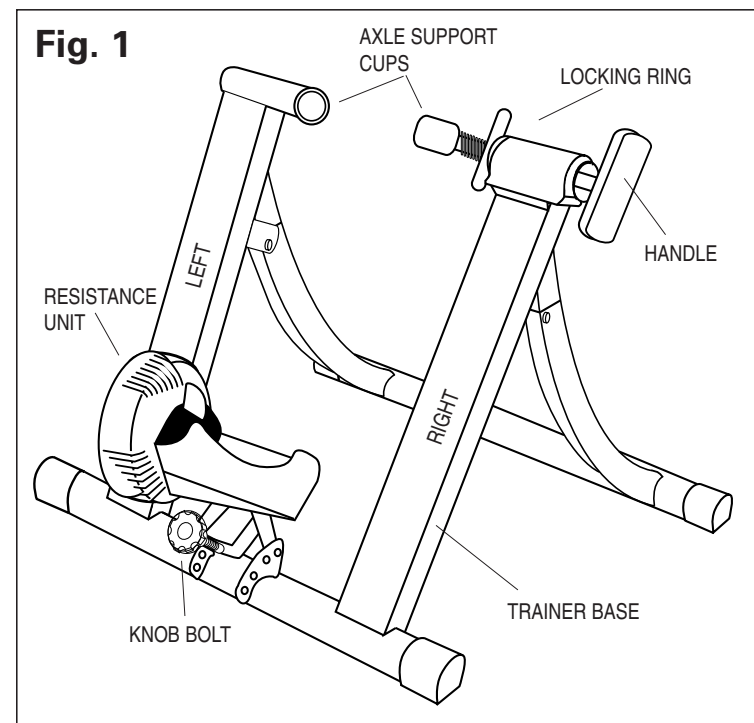


# TRAVELER™ CENTURY

## Folding Bicycle Trainer

*Thank you for purchasing the Performance® Traveler Century™ portable trainer. The Traveler Century™ provides remarkably smooth and quiet adjustable magnetic resistance to meet the demands of any workout.*

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



**Performance, Inc.**  
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Chapel Hill, N.C. 27514  
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Made in Italy  
[www.performancebike.com](http://www.performancebike.com)

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## Bicycle Installation

1. Set the Performance® Traveler Century™ on a flat, stable surface.
2. Ensure that the bicycle's rear wheel quick release (QR) skewer is tight.
3. Loosen the locking ring by rotating it until it contacts the axle support cup (See Figure 2).
4. Spin the handle counterclockwise to fully loosen the right side axle support cup.
5. Loosen the knob bolt by turning it counterclockwise so that the resistance unit is as close to the floor as possible (to provide clearance for the rear wheel).
6. Lift the bicycle into position, so that the rear wheel axle is aligned with the right and left axle support cups (See Figure 3).
7. Fit the QR skewer lever on the left side of the wheel into the left axle support cup. Rotate the support cup as necessary, until the notch in the cup is aligned with the skewer's QR lever.

**Note:** If the skewer's QR lever does not fit in the axle support cup, it may be necessary to replace the skewer with one that has a smaller lever.

8. Tighten the right side axle support cup against the QR skewer nut on the right side of the wheel by spinning the handle clockwise until it contacts the skewer nut. Once contact is made, tighten the handle an additional five rotations or so.
9. Tighten the locking ring by rotating it until it firmly contacts the trainer base (See Figure 2).
10. Check that the bicycle is securely installed in the trainer by pushing or pulling on the bicycle's top tube or seat.
11. If the bicycle is not secure, check to see that the quick release skewer lever and nut are properly positioned in the axle support cups, and that the right side axle support cup is securely tightened.

### ⚠ WARNING

This trainer is designed for single-rider bicycles only. Ensure rear quick release skewer is securely installed in axle support cups before every use.

## Using Your Trainer

1. Tighten the knob bolt by turning it clockwise until the resistance unit roller makes firm contact with the rear tire. The roller needs to provide only enough pressure to prevent the rear tire from slipping while in use (See Figure 4). Overtightening the knob bolt may cause premature tire wear.

**NOTE:** Make sure the rear tire is fully inflated.

2. The Traveler Century™ magnetic resistance unit offers five resistance settings to vary the intensity of your workout. As the resistance adjustment lever is pushed toward the rear of the bicycle, the resistance level will increase. Lower settings are useful for warm-ups or high cadence training. Middle range settings simulate level road conditions, while the higher settings approximate hill climbing conditions.

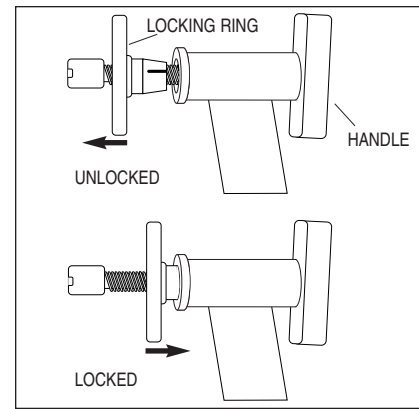


Fig. 2

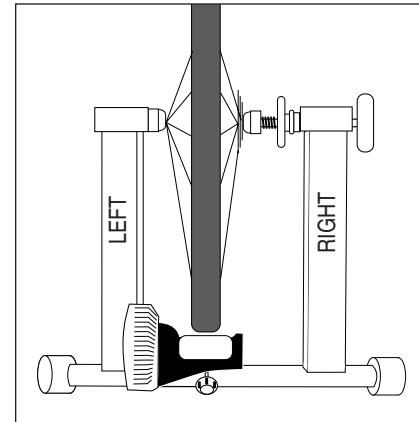


Fig. 3

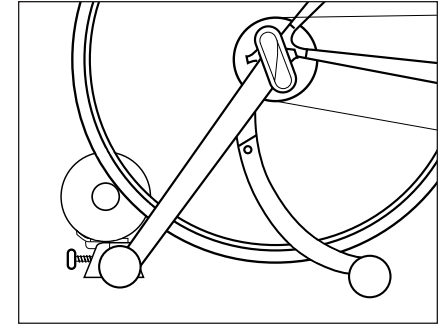


Fig. 4

**Tip:** To make your indoor workout as quiet as possible, set the trainer on a small section of carpet, and use a rear tire with a smooth tread pattern.

## Bicycle Removal

1. Loosen the knob bolt so that the resistance unit is as close to the floor as possible.
2. Loosen the locking ring by rotating it until it contacts the axle support cup.
3. While supporting the bicycle, loosen the right side axle support cup by spinning the handle counterclockwise, until the rear wheel axle is free of the support cups.