

PERFORMANCE®

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adjustable magnetic trainer



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9am-6pm EST Monday-Friday



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Congratulations on your purchase of the Travel Trac™ Century Mag+ trainer. Your new trainer provides remarkably smooth and quiet adjustable magnetic resistance to meet the demands of any workout.

NOTE: This trainer is intended for single-rider bicycles only.

A SAFETY PRECAUTIONS

- Read and follow all instructions.
- Before beginning each workout, be sure bicycle is securely attached to the trainer.
- Do not touch resistance unit during use or for some period after use, as it is very hot and can cause burns.
- Keep children and pets away from the trainer during use.
- Before you start any exercise program you should consult a physician.

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

- Extremely stable and rigid design
- Five resistance settings for varied workout options
- Easy setup and bicycle installation
- Quickly folds flat for storage and easy portability

I. Parts List

| Part | Part Code | Quantity |
|-----------------------------------|-----------|----------|
| Travel Trac™ Century Trainer Base | A | 1 |
| Resistance Unit | B | 1 |
| Shift Lever and Cable | C | 1 |
| Knob Bolt | D | 1 |
| Pivot Bolt, Washer, Nut | E | 1 each |
| Handle | F | 1 |
| Locking Ring | G | 1 |
| Axle Support Cups | H | 2 |
| Rubber Feet | I | 4 |
| Rubber Shims for Shift Lever | J | 2 |
| Quick Release (QR) Skewer | K | 1 |
| 5mm Hex Wrench | L | 1 |
| Cable Clips | M | 2 |

II. Assembly

1. Remove the trainer, resistance unit and all parts from the box. If you believe parts are missing, please contact our Technical Support department for assistance at 1-800-727-2453 from 9am to 6pm, EST Monday – Friday. Use the included 5mm hex wrench and a 13mm box wrench or adjustable wrench to remove the pivot bolt, nut and washer (E) from the frame (A). See Figures 2A and 2B.
3. Attach the resistance unit to the trainer frame using the pivot bolt, washer and nut. See Figure 2C. Tighten to a friction fit—enough that the resistance unit can pivot with some resistance. Position the cable assembly on the left side of the trainer (when viewed from the rear).

⚠ WARNING

Read and follow all instructions concerning installation of the bicycle on the trainer. Failure to securely attach the bicycle to the trainer could result in the bicycle falling, causing injury to the rider or bystanders.

III. Bicycle Installation

1. Set the Travel Trac™ Century frame on a flat, stable surface.
2. **Note:** Replace the bicycle's rear wheel quick release (QR) skewer with the one provided with the trainer. See bicycle owner's manual for instructions on how to properly adjust the QR skewer. Make sure the QR skewer is tight and not damaged or bent.
3. Loosen the locking ring (G) by rotating it until it contacts the axle support cup (H). See Figure 3.
4. Spin the handle (F) counterclockwise to fully loosen the right side axle support cup.
5. Loosen the knob bolt (D) 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 QR skewer is aligned with the right and left axle support cups (H). See Figure 4.
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 QR skewer 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 QR skewer nut. Once contact is made, tighten the handle an additional 4-6 rotations.

9. Tighten the locking ring by rotating it until it firmly contacts the trainer base. See Figure 3.
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 QR skewer lever and nut are properly positioned in the axle support cups, and that the right side axle support cup is securely tightened.

⚠ WARNING

Failure to securely attach the bicycle to the trainer could result in serious injury.

IV. Using Your Trainer

1. Tighten the knob bolt (D) by turning it clockwise until the resistance unit roller makes firm contact with the rear tire. See Figure 5. The roller needs to provide only enough pressure to prevent the rear tire from slipping while in use. Overtightening the knob bolt may cause premature tire wear.
2. Attach the resistance shift lever (C) to handlebar, preferably next to the stem. Use care to mount the shift lever so that the cable does not interfere with the operation of the bike or the resistance unit.

⚠ CAUTION

Make sure that resistance unit cables are clear of all moving bicycle parts.

3. The Mag+ resistance unit offers five resistance settings to vary the intensity of your workout. As the lever is pulled toward the rider, the resistance level will increase. Middle range settings simulate level road conditions, lower settings are useful for warm-ups or high cadence training, and the higher settings approximate hill climbing conditions.
4. The shift lever friction has been preset at the factory. If, however, the lever wants to return to the forward most position on its own, tighten the bolt at the center of the lever assembly with a 5mm hex wrench as necessary. Do not over-tighten.

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.

V. Bicycle Removal

1. Remove the shift lever assembly from the handlebar.
2. Loosen the knob bolt (D) so that the resistance unit is as close to the floor as possible.
3. Loosen the locking ring (G) by rotating it until it contacts the axle support cup (H). See Figure 3.
4. While supporting the bicycle, loosen the right side axle support cup by spinning the handle (F) counterclockwise, until the rear wheel axle is free of the support cups. **Note:** The QR skewer provided with the trainer can be used when riding the bicycle off the trainer as well. If you choose to reinstall your bicycle's original skewer, refer to your bicycle owner's manual for instructions on properly adjusting the skewer. Before riding, ensure the quick release skewer is tight.

VI. Travel and Storage

1. To keep the shift lever cable out of the way during transport or storage, coil the cable and tuck it behind the cable clips (M) on the trainer frame. See Figure 6.
2. Grasp the trainer frame by the handle and lift. Fold the legs together, and the trainer is ready for transport or storage. Be careful when folding the legs to avoid pinching your fingers.

