

PERFORMANCE®

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fluid trainer



Performance Tech Support 1(800)553-8324
9am-6pm EST Monday-Friday



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Assembled in China
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Patent 5,792,030
40-1663 0404_2

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

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

A SAFETY PRECAUTIONS

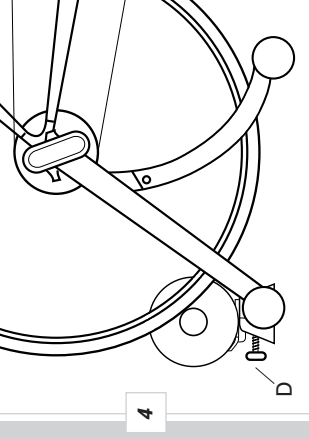
- Read and follow all instructions.
- Before beginning each workout, be sure bicycle is securely attached to the trainer.
- Do not touch resistance unit during use and for some period after use because it is very hot and can cause burns.
- Keep children and pets away from the trainer during use.
- Before 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
- Quiet operation due to the fluid resistance unit
- 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
Resistance Unit Mount Plate	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
Quick Release (QR) Skewer	J	1
5mm Hex Wrench	K	1



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III. 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 4. 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. While it is not necessary for your rear tire to be perfectly centered on the roller, if your bicycle is fitted with wider tires, it may be necessary to adjust the resistance unit to provide sufficient clearance between the tire and resistance unit. To make an adjustment, loosen the 5mm hex bolts that secure the resistance unit to the mount plate. Slide the resistance unit left or right as necessary, and retighten the bolts securely.
3. The Travel Trac™ Century Fluid resistance unit provides smooth, naturally progressive resistance that varies based on your level of exertion. Use your bicycle's gearing to vary the level of resistance. Mid-range gearing simulates level road conditions, lower gearing is useful for warm-ups or high cadence training, and high gearing approximates hill climbing conditions.

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.

IV. Bicycle Removal

1. Loosen the knob bolt (D) so that the resistance unit is as close to the floor as possible.
2. Loosen the locking ring (G) by rotating it until it contacts the axle support cup. See Figure 2.
3. 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.
4. **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.

V. Travel and Storage

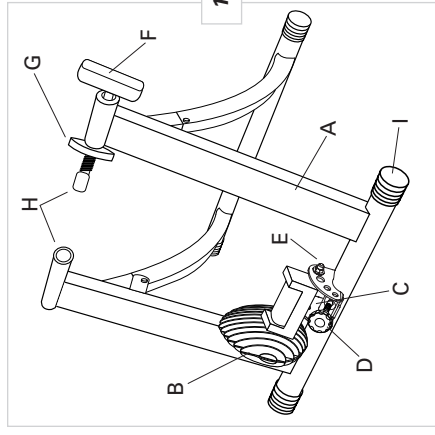
1. Grasp the trainer frame by the handle and lift. Fold the legs together, and the trainer is ready for transport or storage. Be careful when folding the legs to avoid pinching your fingers.

⚠ WARNING

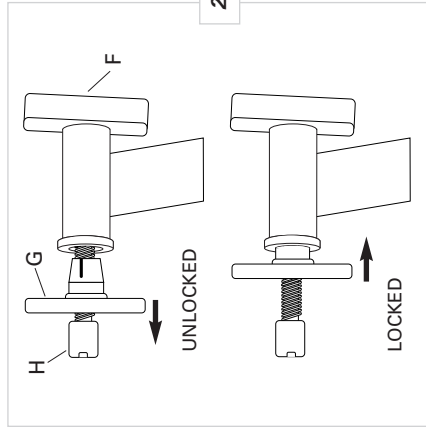
Read and follow all instructions concerning installation of the bicycle on the trainer. Failure to securely attach the bicycle to the trainer could result in the bicycle falling, causing injury to the rider or bystanders.

II. Bicycle Installation

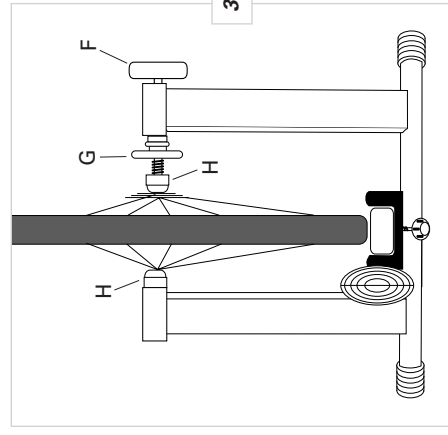
1. Remove the trainer, resistance unit and all parts from the box. If you believe parts are missing, please contact our Technical Support department for assistance at 1-800-727-2453 from 9am to 6pm, EST Monday – Friday.
2. **Note:** Replace the bicycle's rear wheel quick release (QR) skewer with the 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. Set the Travel Trac™ Century frame on a flat, stable surface.
4. Loosen the locking ring (G) by rotating it until it contacts the axle support cup (H). See Figure 2.
5. Spin the handle (F) counterclockwise to fully loosen the right side axle support cup.
6. 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).
7. Lift the bicycle into position, so that the rear QR skewer is aligned with the right and left axle support cups (H). See Figure 3.
8. 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.
9. 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.
10. Tighten the locking ring by rotating it until it firmly contacts the trainer base. See Figure 2.
11. Check that the bicycle is securely installed in the trainer by pushing or pulling on the bicycle's top tube or seat.
12. 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.



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⚠ WARNING

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