

V. Bicycle Removal

1. Remove the shift lever assembly from the handlebar.
2. Push the spring plate down as far as possible towards the floor to engage the spring plate lock. See Figure 4. The spring plate must be locked down to remove the bicycle.
3. Loosen the locking ring (I) by sliding it all the way to the right until it contacts the handle. See Figure 3.
4. While supporting the bicycle, loosen the right side axle support cup by spinning the handle (H) counterclockwise, until the rear wheel axle is free of the support cups.
5. Release the spring plate by pushing down on the top of the spring plate with the palm of your hand, and then pulling up on the spring plate release lever with your fingers. Carefully allow the spring plate to slowly rotate all the way forward.

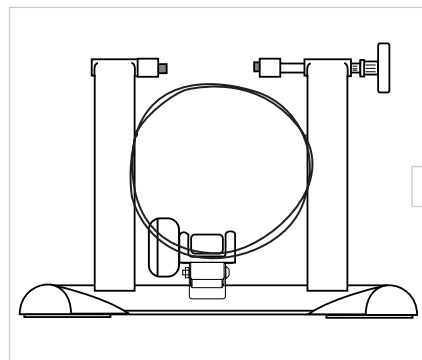
CAUTION

Do not leave trainer unattended with spring plate mechanism in a locked (down) position. This could present a potential pinching hazard.

6. **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. Release the spring plate by pushing down on the top of the spring plate with the palm of your hand, and then pulling up on the spring plate release lever with your fingers. Carefully allow the spring plate to slowly rotate all the way forward.
2. 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 8.
3. 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.



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



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**adjustable
fluid/mag
trainer**

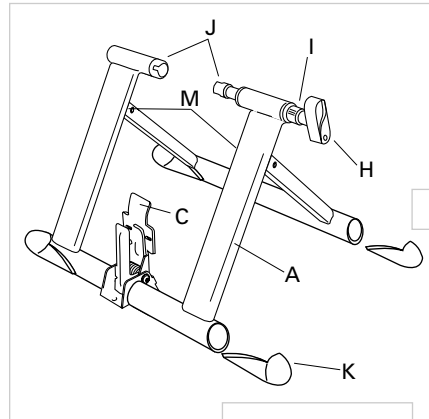


Congratulations on your purchase of the Travel Trac™ Millennium Fluid+ trainer. Your new trainer was designed to provide maximum stability and ease of use in a convenient, portable folding trainer.

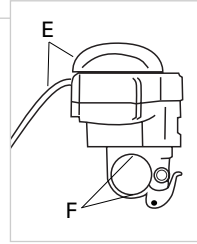
NOTE: This trainer is intended for single-rider bicycles only.

SAFETY PRECAUTIONS

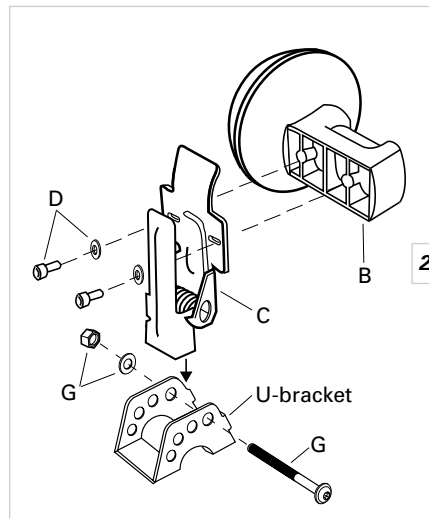
- Read and follow all instructions.
- Before beginning each workout, be sure bicycle is securely attached to the trainer.
- Do not touch resistance unit during use and for some period after use because it is very hot and can cause burns.
- Keep children and pets away from the trainer during use.
- Before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



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2A



2B

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

- Extremely stable and rigid design
- Patented combination Fluid/Magnetic resistance unit allows varied workouts over a wide range of resistance levels
- Easy setup and bicycle installation
- Spring actuated resistance unit prevents excessive tire wear
- Quickly folds flat for storage and easy portability

I. Parts List

Part	Part Code	Quantity
Travel Trac™ Millennium Trainer Base	A	1
Fluid/Mag Resistance Unit	B	1
Resistance Unit Spring Plate	C	1
M5 Bolts and Washers	D	2 each
Shift Lever and Cable	E	1 each
Shims for Shift Lever	F	2
Pivot Bolt, Washer, Nut	G	1 each
Handle	H	1
Locking Ring	I	1
Axle Support Cups	J	2
Rubber Feet	K	4
Quick Release (QR) Skewer	L	1
Cable Clips	M	2
5mm Hex Wrench	N	1

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.
2. Attach the rubber feet (K) to the trainer base (A) by pressing them into the ends of the trainer base frame tubes. See Figure 1.
3. Attach the handle (H) to the end of the axle support bolt that protrudes from the trainer base. Align the “D” shaped end of the bolt with the corresponding recess inside the handle, and tap the handle lightly into place.
4. Use the included 5mm hex wrench and a 13mm box wrench or adjustable wrench to remove the pivot bolt, washer and nut (G) from the U-bracket on the trainer base.
5. Attach the spring plate (C) to the U-bracket on the trainer base (A) as shown in Figure 2A. For proper functioning, insert the spring plate vertically in the U-bracket and insert the pivot bolt through the top set of holes in the U-bracket. See Figure 2A. The protruding prong of the spring must be placed inside the bent tab on the U-bracket. See Figure 2B. Tighten the pivot bolt, washer and nut to a friction fit—enough that the spring plate can pivot with some resistance.
6. Attach the resistance unit (B) to the spring plate using 2 M5 bolts and washers (D) as shown in Figure 2A. The cable assembly should be positioned 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™ Millennium 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 (I) by sliding it all the way to the right until it contacts the handle (H). Spin the handle counterclockwise to fully loosen the right side axle support cup. See Figure 3.
4. Push the spring plate down as far as possible towards the floor to engage the spring plate lock. See Figure 4. The spring plate must be locked down to install the bicycle.

⚠ CAUTION

Do not leave trainer unattended with spring plate mechanism in a locked (down) position. This could present a potential pinching hazard.

5. Lift the bicycle into position, so that the rear QR skewer is aligned with the right and left axle support cups (J). See Figure 5.
6. 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.
7. 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 1/2 to 1/4 rotation, until the QR skewer is firmly clamped between both axle support cups.
8. Tighten the locking ring (I) by sliding it all the way to the left (toward the bike). See Figure 3.
9. Check that the bicycle is securely installed in the trainer by pushing or pulling on the bicycle’s top tube or seat.
10. 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

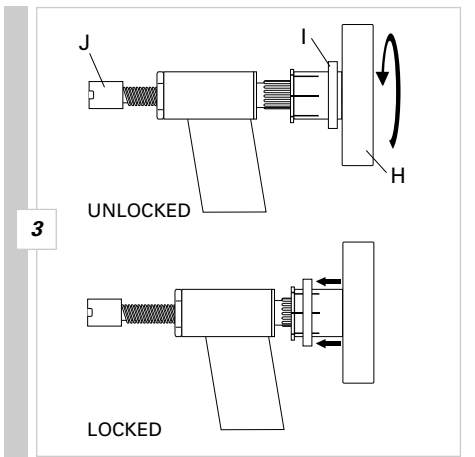
1. Release the spring plate by pushing down on the top of the spring plate with the palm of your hand, and then pulling up on the spring plate release lever with your fingers. Carefully allow the spring plate to slowly rotate upwards until the resistance unit roller makes contact with the bicycle’s rear tire. See Figure 6.
2. Attach the resistance shift lever (E) to the handlebar, preferably next to the stem. The lever bracket comes with two shims installed. One or both shims may need to be removed to fit larger diameter handlebars. 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

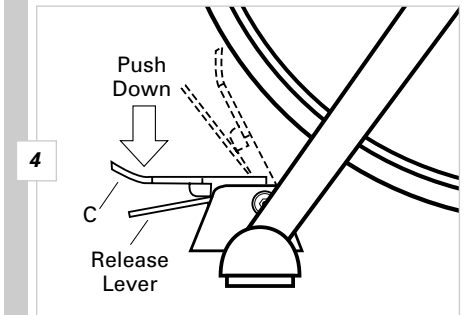
Make sure that resistance unit cables are clear of all moving bicycles parts.

3. The Travel Trac™ Millennium Fluid+ resistance unit offers five resistance settings to vary the intensity of your workout. As the lever is rotated from level 1 to level 5, the resistance 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 cable tension on your Fluid+ resistance unit has been preadjusted at the factory. If for some reason adjustment is necessary, simply tighten or loosen the cable adjusting nut. See Figure 7. With the lever in position 1 (lowest resistance) there should not be any slack in the inner cable.

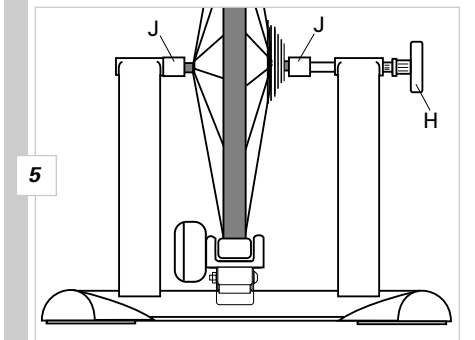
Tip: To make your indoor workout as quiet as possible, set the trainer on a small section of carpet, and use a rear tire with a smooth tread pattern.



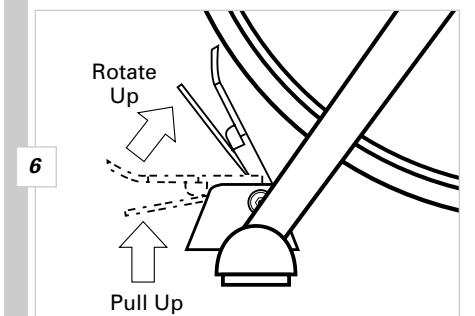
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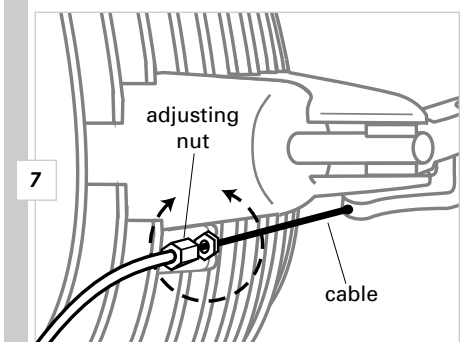
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