Travel Trac™ Century V FLUID+

adjustable fluid trainer

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

⚠ CAUTION

- This trainer is intended for single-rider bicycles only.
- Read and follow all instructions.
- Before beginning each workout, be sure bicycle is securely attached to the trainer.
- During use, resistance unit may become hot enough to cause burns. Do not touch resistance unit during or after use, until it has had sufficient time to cool.
- Keep children and pets away from the trainer during use.
- Before you start any exercise program you should consult a physician.

Tech Support 1(800)553-8324

This product is protected by US Patent 5,916,068

Made in China

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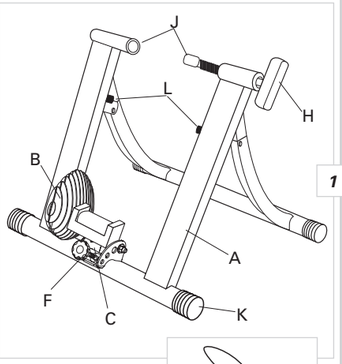

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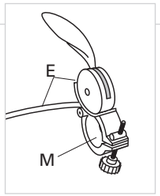

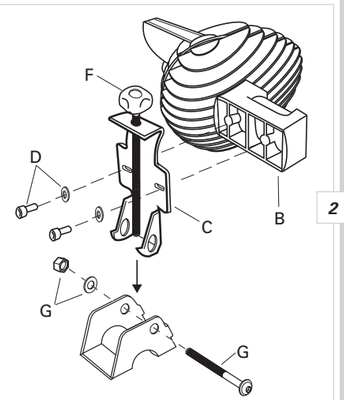

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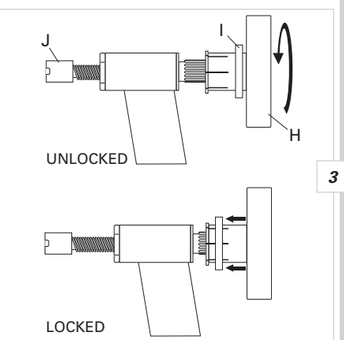

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This trainer offers many notable features which make it a good choice for your training needs:

- Extremely stable and rigid design
- Quiet, smooth, adjustable fluid resistance
- Easy setup and bicycle installation
- Quickly folds flat for storage and easy portability

I. Parts List

Part	Part Code	Quantity
Travel Trac™ Trainer Base	A	1
Resistance Unit	B	1
Resistance Unit Mount Plate	C	1
M5 Bolts and Washers	D	2 each
Shift Lever and Cable	E	1 each
Knob Bolt	F	1
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	(not shown)	1
Cable Clips	L	2
5mm Hex Wrench	(not shown)	1
Rubber Shims for Shift Lever	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 1-800-553-8324.
2. Use the included 5mm hex wrench and a 13mm box wrench or adjustable wrench to attach the resistance unit mount plate (C) to the trainer base (A) as shown in Figure 2. Tighten to a friction fit—enough that the mount plate can pivot with some resistance.
3. Attach the resistance unit (B) to the mount plate using 2 M5 bolts and washers (D) as shown in Figure 2. 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 bicycle on trainer. Failure to securely attach bicycle to trainer could result in the bicycle falling, causing injury to rider or bystanders.

III. Bicycle Installation

1. Set the Travel Trac™ 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 (I) by sliding it all the way to the right until it contacts the handle (H). See Figure 3.
4. Spin the handle (H) counterclockwise to fully loosen the right side axle support cup.
5. Loosen the knob bolt (F) 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 (J). 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 $^1/_4$ to $^3/_4$ rotation.
9. Tighten the locking ring by sliding it all the way to the left (towards the bike). 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 bicycle to trainer could result in serious injury.

IV. Using Your Trainer

1. Tighten the knob bolt (F) by turning it clockwise until the resistance unit roller contacts the rear tire. Then tighten the knob an additional 2 to 3 full turns. 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. 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 M5 bolts (D) that secure the resistance unit to the mount plate, and slide the resistance unit left or right as necessary. Retighten the bolts securely.
3. Attach the resistance shift lever (E) to the 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.
4. The Fluid+ 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.

⚠ CAUTION

Make sure resistance unit cable is clear of all moving parts.

5. 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 6. With the lever in the forward most position (lowest resistance) there should not be any slack in the inner cable.
6. 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 overtighten.
7. If the rear tire slips during use, tighten the knob bolt by additional $^1/_4$ turns as neccessary to reduce slippage.

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.

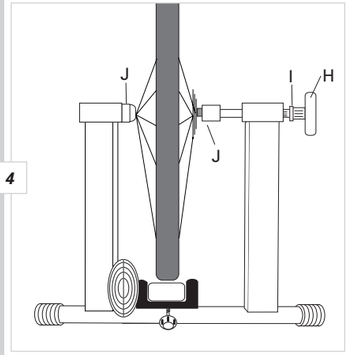
Note: Riding on an indoor trainer may cause your rear tire to wear more quickly than it would on the road. To minimize tire wear, avoid letting the tire slip against the roller. Apply power evenly when accelerating, and pedal with a smooth stroke. Do NOT apply the rear brake while using the trainer. Use a smooth tread tire that is at least 23mm wide and maintain the recommended maximum inflation pressure for your tire.

V. Bicycle Removal

1. Remove the shift lever assembly from the handlebar.
2. Loosen the knob bolt (F) so that the resistance unit is as close to the floor as possible.
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. **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. Coil the shift cable and tuck it behind the cable clips (L) on the trainer frame. See Figure 7.
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



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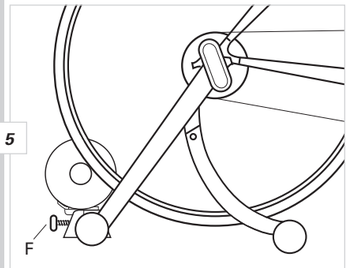

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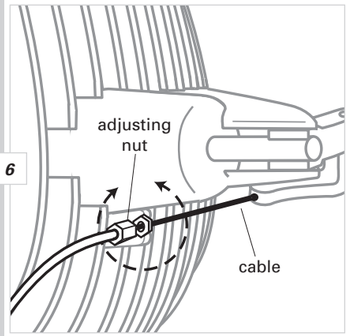

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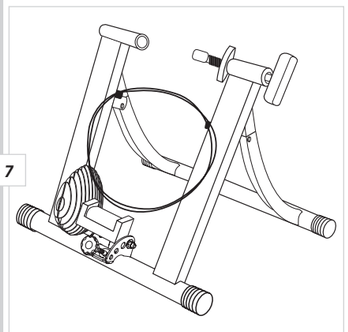

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