

tion 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. Push the spring plate down as far as possible towards the floor to engage the spring plate lock. See Figure 4A. The spring plate must be locked down to remove the bicycle.
3. Raise the handle (H) to the fully opened position. See Figure 3A. Depress the release button (I) and, while supporting the bicycle, pull the handle away from the trainer frame to slide the axle support cup (J) all the way to the right, until the rear wheel axle is free of the support cups.
4. 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 rotate all the way forward. See Figure 4B.
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

⚠ CAUTION

Do not leave trainer unattended with spring plate mechanism in locked (down) position. If accidentally released, it can spring forward with considerable force, causing possible damage or injury.

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 rotate all the way forward. See Figure 4B.
2. Fold the legs together, and the trainer is ready for transport or storage. Be careful when folding the legs to avoid pinching your fingers.

Tech Support 1(800)553-8324

Travel Trac™
Millennium V FLUID+

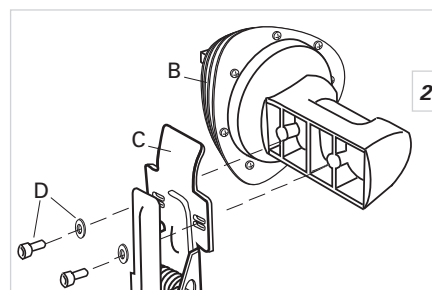
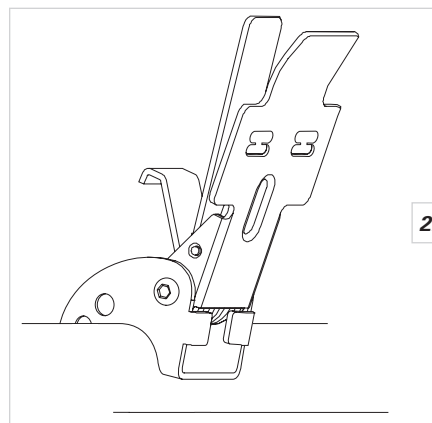
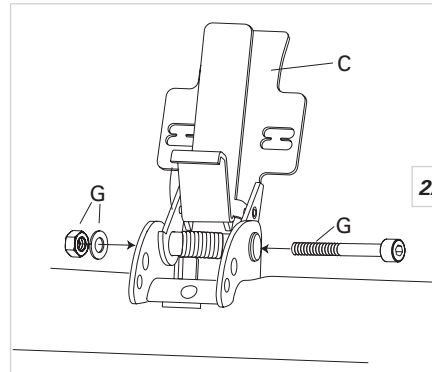
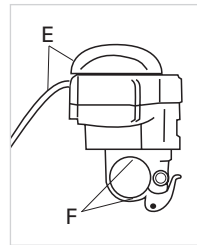
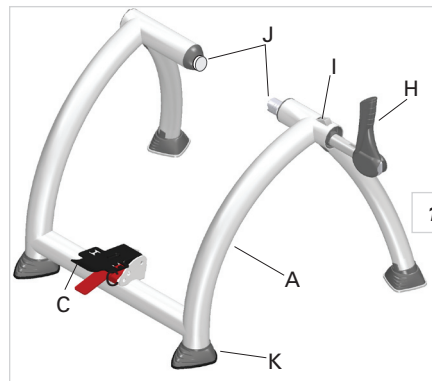
**adjustable
fluid/mag
trainer**



Thank you for your purchase of a Travel Trac™ trainer. Your new trainer was designed to provide maximum stability and ease of use in a convenient, portable folding trainer.

⚠ 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.
- Do not leave trainer unattended with spring plate in locked position.
- 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
- 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
Trainer Base	A	1
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
Release Button	I	1
Axle Support Cups	J	2
Rubber Feet	K	4
Quick Release (QR) Skewer	(not shown)	1
5mm Hex Wrench	(not shown)	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 1-800-553-8324.
2. Attach the two rear rubber feet (K) to the trainer base (A) by pressing them into the ends of the trainer base frame tubes. See Figure 1.
3. 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. See Figure 2A.
4. Attach the spring plate (C) to the U-bracket 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.
5. 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 2C. There are two sets of mounting slots in the spring plate. Attach the resistance unit to the spring plate using the upper set of mounting slots.

⚠ WARNING

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

III. Bicycle Installation

1. Set the Trainer 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. Raise the handle (H) to the fully opened position. See Figure 3A. Depress the release button (I) and pull the handle away from the trainer frame to slide the axle support cup (J) all the way to the right.
4. Push the spring plate down as far as possible towards the floor to engage the

⚠ CAUTION

Do not leave trainer unattended with spring plate mechanism in locked (down) position. If accidentally released, it can spring forward with considerable force, causing possible damage or injury.

spring plate lock. See Figure 4A. The spring plate must be locked down to install the bicycle.

5. Lift the bicycle into position, and 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.
6. Push the handle (H) toward the trainer frame to slide the right side axle support cup against the QR skewer nut on the right side of the wheel. See Figure 3B. Once contact is made, rotate the handle all the way to the fully closed position to firmly clamp the QR skewer between both axle support cups.
7. Check that the bicycle is securely installed in the trainer by pushing or pulling on the bicycle's top tube or seat.

⚠ WARNING

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

8. 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 handle is fully closed.

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 rotate upwards until the resistance unit roller makes contact with the bicycle's rear tire. See Figure 4B.
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 bicycle or the

⚠ CAUTION

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

resistance unit.

3. The 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 5. With the lever in position 1 (lowest resistance) there should not be any slack in the inner cable.

Tips:

1. Keep in mind that riding on an indoor trainer may cause your rear tire to wear more quickly than it would on the road. The following tips can help minimize tire wear:
 - a) DO NOT apply the rear brake while using the trainer. Locking the rear wheel at high speed can seriously accelerate tire wear.
 - b) As much as possible, avoid letting the tire slip against the roller. Apply power evenly when accelerating, and pedal with a smooth stroke. If you notice the tire slipping regularly during use, attach the resistance unit (B) to the spring plate (C) through the lower set of mounting slots. (See page 2, "Assembly" and Figure 2C.)
 - c) Use a tire that is at least 23mm wide and has a smooth tread pattern.
 - d) Maintain the recommended maximum inflation pressure for your tire.
2. To make your indoor workout as quiet as possible, set the trainer on a small sec-

