

X. 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 (L) on the trainer frame. See Figure 17.
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.

XI. Specifications

Battery Type: 2 "AA" Alkaline Cells

Battery Life: Approximately 300 hours

Computer Data Fields:

Power (watts): up to 999 watts

Speed: up to 99.9 miles/hour or 99.9 kilometers/hour

Distance: up to 999.99 miles or kilometers

Odometer: up to 99999 miles or kilometers

Ride Time: up to 9 hours, 99 minutes, 59 seconds

Total Time: up to 999 hours, 59 minutes

Elevation Gain: up to 9999 feet or meters

Weight Input Field: up to 330 pounds or 150 kilograms

Units of Measurement:

Metric: Distance in Kilometers, Elevation in Meters, Weight in Kilograms, Speed in Kilometers/Hour

Imperial: Distance in Miles, Elevation in Feet, Weight in Pounds, Speed in Miles/Hour

Performance Tech Support 1(800)553-8324



Performance, Inc.

One Performance Way

Chapel Hill, N.C. 27514

1-800-727-2453

Made in China

www.performancebike.com

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US Patent
Pending

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TRAVEL TRAC™ **MAG FORCE+**

**adjustable
magnetic
trainer with
computerized
display**

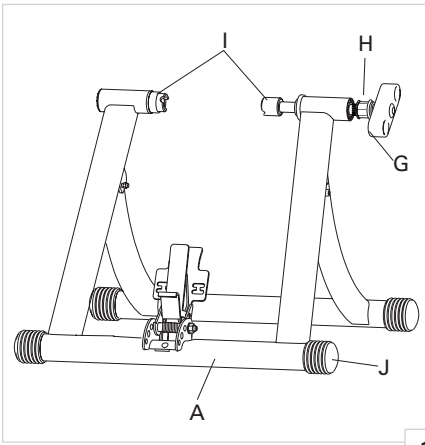


Thank you for your purchase of the Travel Trac™ Mag Force+ bicycle training system. Your new trainer provides the same data on speed, distance and time that is available from a full-featured cycling computer, plus information on power output (expressed in watts), elevation gain and slope (percent grade). Your indoor training has never been as fun or effective as it will be with your new Travel Trac™ Mag Force+!

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

⚠ CAUTION

- Read and follow all instructions.
- Before beginning each workout, be sure bicycle is securely attached to trainer.
- Portions of resistance unit can become hot during use. Do not touch resistance unit during or immediately after use.
- Keep children and pets away from 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.



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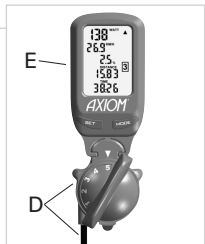
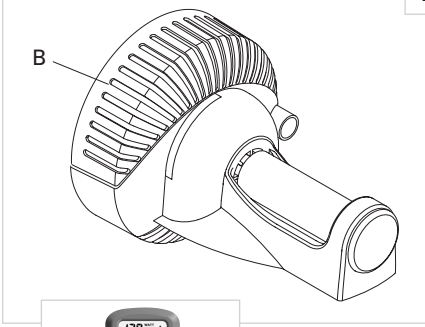


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I. About Your Travel Trac™ Mag Force+ Trainer

The Travel Trac™ Mag Force+ provides a fun, effective workout, and can easily be switched from bike to bike or between riders. Customize your workout as desired, and get the feedback you need to create a great training program!

Travel Trac™ Trainer Base

The Travel Trac™ Mag Force+ resistance unit is mounted to a trainer base constructed of heavy-gauge powder-coated steel with rubber, shock-absorbing feet to provide a stable platform for any level of training.

Adjustable Magnetic Resistance Unit

This is a modified version of our popular Mag+ resistance unit, equipped with a handlebar-mounted shift lever and computer console. The adjustable magnetic resistance unit provides a wide range of variable resistance, characterized by smooth, quiet operation. An integrated sensor in the resistance unit sends data to the computer console mounted on your handlebar.

SofTrac Polyurethane Drive Roller

The unique SofTrac drive roller on the Mag Force+ is made of durable polyurethane, which significantly reduces tire noise and tire wear while increasing traction between the tire and roller (less tire slippage). There are a few important points to keep in mind about the SofTrac roller:

1. To avoid damaging the roller, DO NOT apply the rear brake while using the trainer. Locking the rear wheel at high speed can seriously damage the polyurethane roller.
2. Allowing the tire to slip against the roller will also accelerate roller wear. If you notice the tire slipping regularly during use, you should:
 - A. Try to apply power more evenly when accelerating, and pedal with a smoother stroke.
 - B. Attach the resistance unit to the spring plate through the lower set of mounting slots. Loosen the 2M5 bolts (D), position the resistance unit in the lower set of slots and retighten the bolts.
3. Use a smooth tread tire at least 23mm in width.
4. Maintain the recommended maximum inflation pressure for your tire.
5. Over time the SofTrac roller may show some slight signs of wear. This is normal, and does not affect the performance of the roller.

Handlebar-Mounted Shift Lever

The handlebar shift lever allows on-the-fly selection of 5 resistance levels, which simulate slope.

Computer Console

The computer console calculates and displays data provided by the resistance unit sensor. The large LCD screen mounts directly to the handlebar, and presents the data in an easy to read format.

Functions

The Travel Trac™ Mag Force+ provides the following valuable training feedback:

Speed: Current, Average, Maximum

Distance: Trip Distance, Total Distance (Odometer)

Time: Ride Time, Total Time

Power (Watts): Current, Average, Maximum

Slope (% Grade): Current, Average (Slope is simulated by the level of resistance. Please note that at any given resistance level Slope will vary according to rider weight.)

Elevation Gain: Total Elevation Gain, based on Trip Distance and Slope

II. Parts List

Part	Part Code	Quantity
Travel Trac™ Trainer Base.....	A	1
Mag Force+ Resistance Unit	B	1
Spring Plate	C	1
Resistance Shift Lever and Cables	D	1
Computer Console	E	1
Pivot Bolt, Washer, Nut	F	1 each
Handle	G	1
Locking Ring	H	1
Axle Support Cups	I	2
Rubber Feet.....	J	4
Rubber Shims for Shift Lever	K	2
Cable Clips	L	2
M5 Bolts and Washers	M	2 each
“AA” Alkaline Batteries	(not shown)	2
Quick Release (QR) Skewer	(not shown)	1
5mm Hex Wrench	(not shown)	1

III. 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 remove the pivot bolt, washer and nut (F) from the U-bracket on the trainer base (A). See Figure 2A.
3. Attach the spring plate (C) to the U-bracket as shown in Figure 2B. 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.
4. The protruding prong of the spring must be placed inside the bent tab on the U-bracket. See Figure 2C. Tighten the pivot bolt, washer and nut to a friction fit—enough that the spring plate can pivot with some resistance.
5. Attach the resistance unit (B) to the spring plate using 2 M5 bolts and washers (M) as shown in Figure 2D. The cable assembly should be positioned on the left side of the trainer (when viewed from the rear).

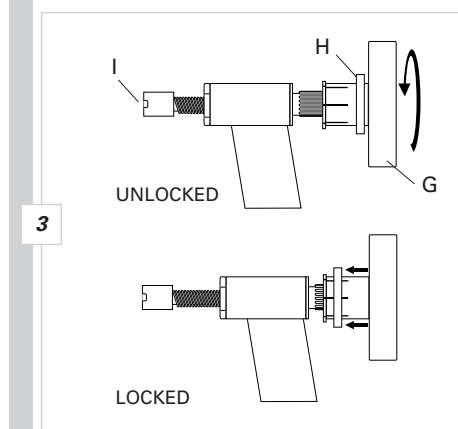
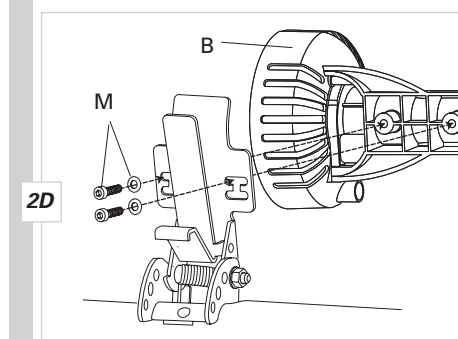
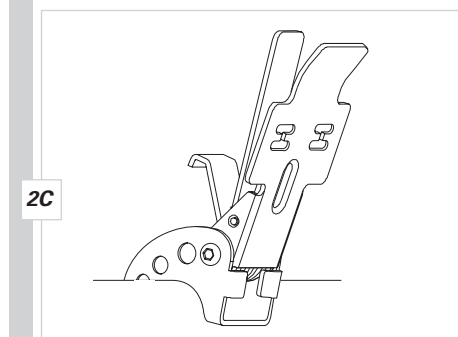
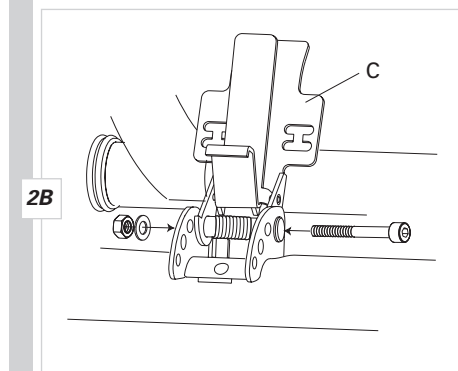
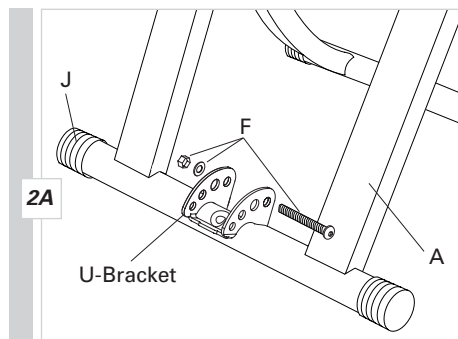
IV. Bicycle Installation

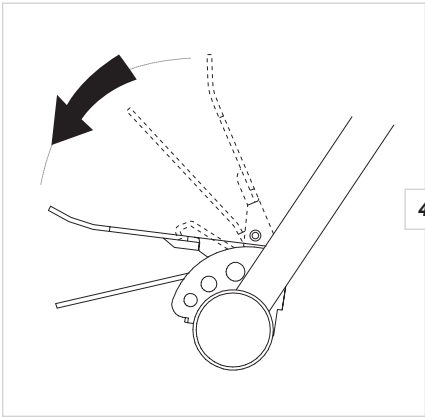
1. Set the Travel Trac™ trainer base on a flat, stable surface.
2. **Note:** Replace the bicycle’s rear wheel quick release (QR) skewer with the one provided with the trainer. See bicycle owner’s manual for instructions on how to properly adjust the QR skewer. Make sure the QR skewer is tight and not damaged or bent.

WARNING

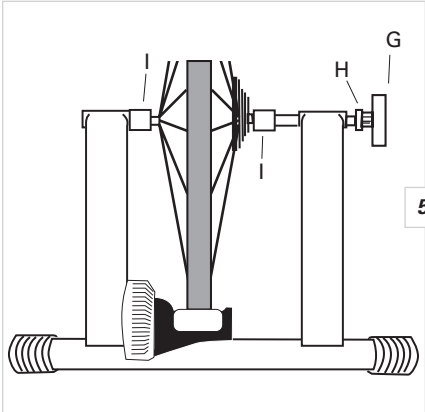
Read and follow all instructions concerning installation of bicycle on trainer. Failure to securely attach bicycle to trainer could result in the bicycle falling, causing injury to rider or bystanders.

3. Loosen the locking ring (H) by sliding it all the way to the right until it contacts

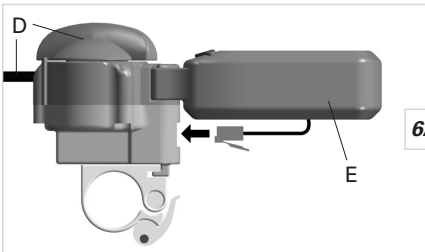




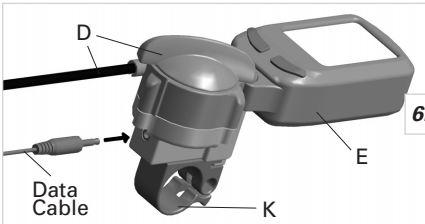
4



5



6A



6B



7

- the handle (G). See Figure 3.
4. Spin the handle (G) counterclockwise to fully loosen the right side axle support cup (I).
5. Push the spring plate (C) 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.
6. Lift the bicycle into position, so that the rear QR skewer is aligned with the right and left axle support cups (I). See Figure 5.
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 $\frac{1}{4}$ to $\frac{3}{8}$ rotation.
9. Tighten the locking ring by sliding it all the way to the left (toward 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.

12. Install the included "AA" batteries in the computer console (E). Remove the battery cover from the underside of the console, install the batteries according to the diagram inside the battery compartment, and replace the cover.
13. Attach the resistance shift lever and computer console (D, E) to the handlebar, preferably close 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. It may be necessary to remove one or both of the rubber shims (K) from the shift lever bracket in order to fit larger diameter handlebars. For smoother shifting, avoid kinks or sharp bends in the cable.
14. Connect the computer console cable and the resistance unit data cable to the shift lever body. See Figure 6A and 6B.

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.

⚠ CAUTION

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

V. Setup

Data generated by the Travel Trac™ Mag Force+ computer will be accurate only if you first perform the following simple set-up procedure. The set-up screens cannot be accessed while the trainer is in use.

Note: In order to provide accurate data, the weight setting (rider weight + bicycle weight) must be programmed for each user. When switching riders, be sure to program the weight setting (see below).

1. To enter the set-up screens, press and hold the right (MODE) button for 4 seconds. See Figure 7.
2. Select metric or imperial units of measure. Press the left (SET) button to select between KM/H, Meters and Kilos, or M/H, Feet and Pounds (Lb). See Figure 8. Press the MODE button to confirm your selection and proceed to the Weight set-up screen.
3. The weight value will appear on the top line of the display screen, with the right digit flashing. See Figure 9. **Note:** This value represents the combined weight of the rider and the bicycle. Enter the combined weight of the rider and bicycle by pressing the SET button to adjust the flashing digit. Press the MODE

button to enter your setting and proceed to the next digit. Repeat this process to set the remaining digits. When finished, press the MODE button to confirm the value and proceed to the Type set-up screen.

- The correct Type setting for the Travel Trac™ Mag Force+ is Type 1. See Figure 10. Press the SET button until "type 1" is displayed. Press the MODE button to confirm your selection and exit the set-up screens.

VI. Using Your Travel Trac™ Mag Force+ Trainer

Once the bicycle is mounted to the trainer (see section IV), and the initial set-up is complete (see section V), you are ready to ride.

- Release the spring plate (C) 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 11.
- Press either button (SET or MODE) or begin pedaling to activate the computer. Current Speed and other data should immediately appear in the display screen.
- Adjust the resistance level (simulated slope) using the shift lever. Rotating the shift lever from the lowest setting (1) to the highest setting (5) will increase the resistance.

Note: The Slope and Power readings will vary from rider to rider according to the weight value entered in the set-up process (see section V). Therefore, the Slope and Power readings may differ for two riders riding at the same speed and same resistance level settings. The indicated Slope value for each resistance setting is calculated based on the combined rider and bicycle weight.

Note: For accurate Slope, Power and Elevation Gain data, remember to reset the weight value (see section V) when switching between riders.

A. Screens

Three display screens provide various training data as described below. Use the MODE button to scroll between the three screens. All screens can be viewed during a ride.

Screen 1 (Figure 12)

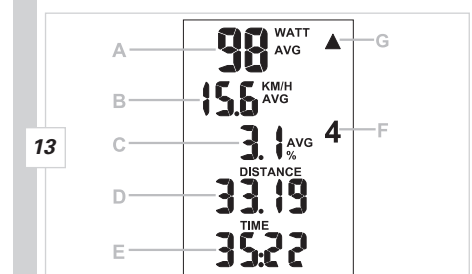
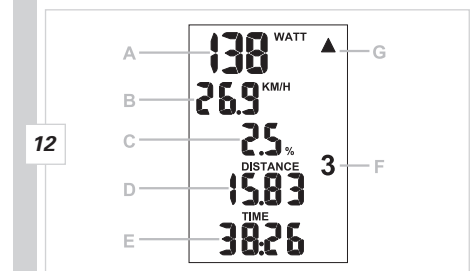
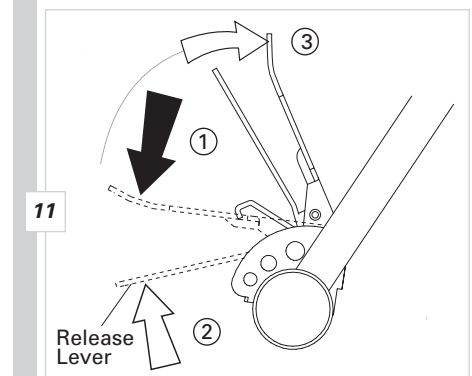
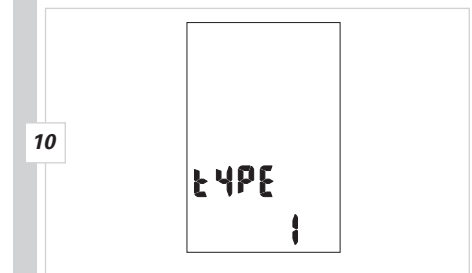
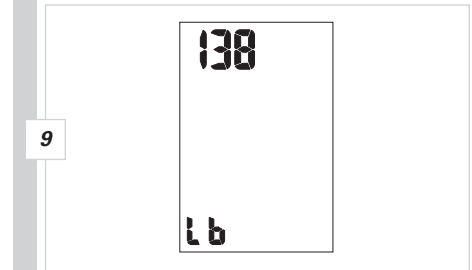
Displays current values for Power (watts), Speed, Slope, Trip Distance and Ride Time. Current resistance level setting is indicated on the right side of the display. The ▲▼ speed comparison arrows in the upper right corner of the screen compare current speed to average speed. An upward arrow indicates your current speed is above your average speed. A downward arrow indicates your current speed is below your average speed.

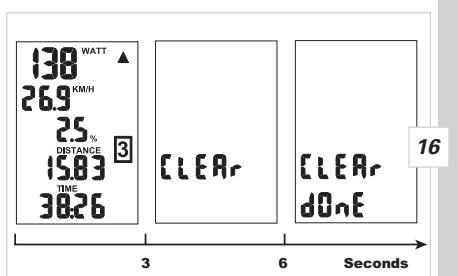
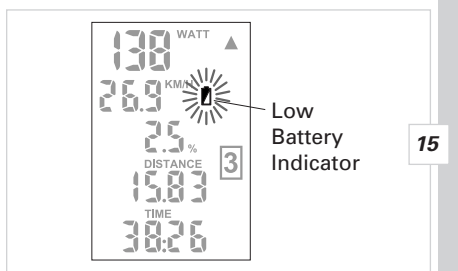
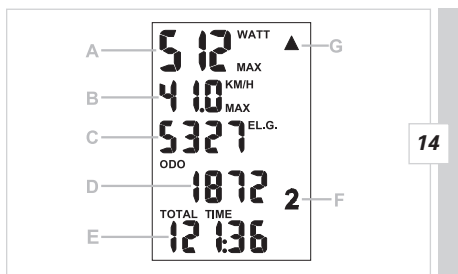
- A. Current Power
- B. Current Speed
- C. Slope
- D. Trip Distance
- E. Ride Time
- F. Resistance Level
- G. Speed Comparison

Screen 2 (Figure 13)

Displays average values for Power (watts), Speed and Slope. Also displayed are Trip Distance, Ride Time, resistance level setting and Speed Comparison arrows.

- A. Average Power
- B. Average Speed
- C. Average Slope
- D. Trip Distance
- E. Ride Time
- F. Resistance Level
- G. Speed Comparison





Screen 3 (Figure 14)

Displays maximum values for Power (watts) and Speed, Elevation Gain, Total Distance (odometer) and Total Ride Time. Also displayed are resistance level setting and Speed Comparison arrows. The Total Distance and Total Ride Time values represent total distance and time accumulated on all rides to date, and will not be reset when the data screens are cleared (see Section C, "Reset").

- A. Maximum Power
- B. Maximum Speed
- C. Elevation Gain
- D. Total Distance
- E. Total Ride Time
- F. Resistance Level
- G. Speed Comparison

B. Battery Life Indicator

When battery life is low, a battery icon will flash in the display screen to indicate only a few hours of battery life remain. See Figure 15. When the battery icon appears, replace the batteries as soon as possible.

C. Reset

At the beginning of each ride you'll want to perform a reset to clear from memory the data from your previous ride.

1. To clear the data, press and hold the SET button. After 3 seconds, "CLEAR" will be displayed (at this point no data has been deleted). Continue to hold the SET button and in another 3 seconds "DONE" will appear, indicating that all accumulated data (except Total Distance and Total Ride Time) has been cleared from memory. See Figure 16.
2. To reset Total Distance and Total Ride Time (as well as all other data), press and hold both the SET and MODE buttons. After 8 seconds "CLEAR" will be displayed (at this point no data has been deleted). Continue to hold the SET and MODE buttons, and in another 2 seconds "DONE" will appear, indicating that all accumulated data has been cleared from memory.

D. Auto Off

SYMBOL	SCREEN	INFO
WATT	1	Current Power
KM/H- M/H	1	Current Speed
%	1	Slope (% Grade): A function of the resistance level and the rider + bike weight
DST	1-2	Trip Distance: Distance accumulated during current ride (or since last reset)
TIME	1-2	Ride Time: Time accumulated during current ride (or since last reset)
①②③④⑤	1-2-3	Indicates Resistance Level (1-5)
▲▼	1-2-3	Speed Comparison: Indicates whether current speed is above or below average speed
AVG WATT	2	Average Power developed for current ride (or since last reset)
AVG KM/H-M/H	2	Average Speed for current ride (or since last reset)
% AVG	2	Average Slope for current ride (or since last reset)
MAX WATT	3	Maximum Power: Indicates maximum wattage attained during current ride (or since last reset)
MAX KM/H	3	Maximum Speed: Indicates highest speed attained during current ride (or since last reset)
ELV.G	3	Elevation Gain: Indicates total elevation climbed during current ride (or since last reset)
ODO	3	Total Distance: Indicates total distance accumulated on all rides to date.
TOTAL TIME	3	Total Ride Time: Indicates total ride time accumulated on all rides to date.
⚡	1-2-3	Low Battery Indicator: Indicates batteries should be replaced

After 2 minutes of inactivity (no pedaling or button presses) the system will automatically switch off to prolong battery life. Current values will be maintained. To turn the system back on press either button (SET or MODE) or begin pedaling.

E. Summary List of Ride Data

VII. Troubleshooting

- 1. Display not working**
 - a. Check cable connections to the computer console.
 - b. Replace the batteries in the computer console. See section VIII, "Changing the Batteries."
- 2. Resistance level indicator stays on level 1**
 - a. Check cable connection between the computer console and the shift lever.
- 3. Data Values Erratic**
 - a. Check cable connections to the computer console.
 - b. Replace the batteries in the computer console. See section VIII, "Changing the Batteries."
- 4. Low Battery Indicator Appears**
 - a. Replace the batteries in the computer console. See section VIII, "Changing the Batteries."

Note: The resistance unit and the computer console contain no user-serviceable parts.

VIII. Changing the Batteries

The computer console uses 2 "AA" batteries. When the low battery life indicator appears in the display, or if the display is erratic, faint or disappears altogether, new batteries are needed.

1. To replace the batteries, remove the battery cover from the underside of the computer console.
2. Remove the used batteries and dispose of properly.
3. Install fresh batteries according to the diagram inside the battery compartment, and replace the cover.

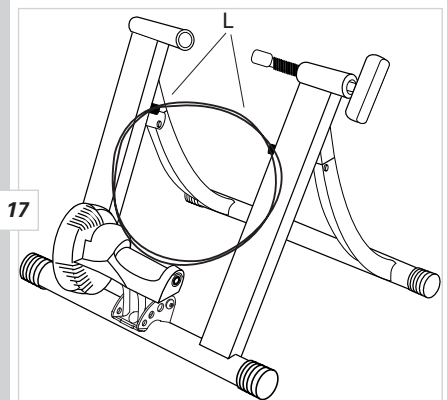
Note: During a battery change, current data and set-up values will be retained in memory.

IX. Bicycle Removal

1. Remove the shift lever assembly from the handlebar.
2. Push the spring plate (C) 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 (H) by sliding it all the way to the right until it contacts the handle (G). See Figure 3.
4. While supporting the bicycle, loosen the right side axle support cup by spinning the handle (G) counterclockwise, until the rear wheel axle is free of the support cups.
5. Carefully release the spring plate.
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.

CAUTION

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



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