V. Bicycle Removal

1. 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.
2. Raise the handle (F) to the fully opened position. See Figure 3A. Depress the release button (G) and, while supporting the bicycle, pull the handle away from the trainer frame to slide the axle support cup (H) all the way to the right, until the rear wheel axle is free of the support cups.
3. 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.
4. 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 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.

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

Made in China

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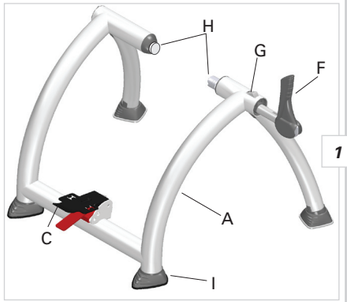
Travel Trac™ Millennium V i-FORCE INERTIAL

inertial trainer

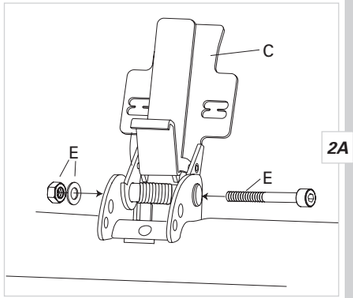
Thank you for your purchase of a Travel Trac™ trainer. Your new trainer has been designed to provide maximum stability and ease of use in a convenient, portable folding trainer.

⚠ CAUTION

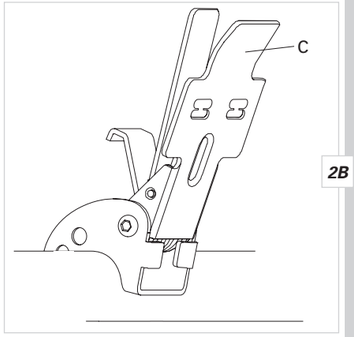
- Read and follow all instructions.
- This trainer is intended for single-rider bicycles only.
- Before beginning each workout, be sure bicycle is securely attached to the trainer.
- During use, resistance unit may become hot. Do not touch resistance unit during or after use, until it has had sufficient 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.



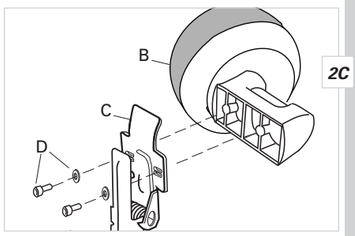
1



2A



2B



2C

This trainer offers many notable features which make it an excellent choice for indoor training:

- Extremely stable and rigid design
- Inertial 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 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
Hex Bolts and Washers	D	2 each
Pivot Bolt, Washer, Nut	E	1 each
Handle	F	1
Release Button	G	1
Axle Support Cups	H	2
Rubber Feet	I	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 (I) 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 (E) 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 the hex 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. 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 (F) to the fully opened position. See Figure 3A. Depress the release button (G) and pull the handle away from the trainer frame to slide the axle support cup (H) all the way to the right.
4. Push the spring plate(C) 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 install the bicycle.

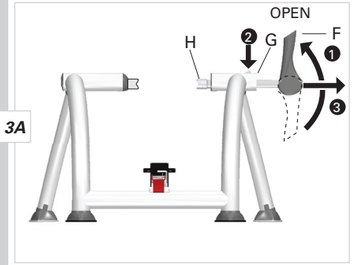
⚠ CAUTION

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.

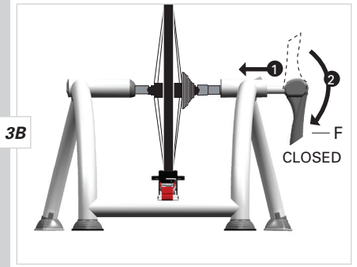
5. Lift the bicycle into position, and fit the QR skewer lever on the left side of the wheel into the left axle support cup. Rotate the support cup as necessary, until the notch in the cup is aligned with the QR skewer lever.
6. Push the handle (F) toward the trainer frame to slide the right side axle 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.
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

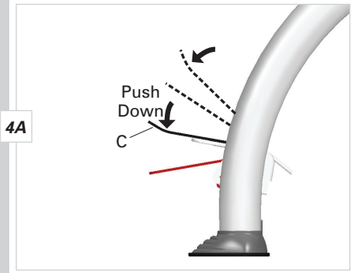
1. Release the spring plate by pushing down on the top of the spring plate with the palm of your hand, and then pulling up on the red spring plate release lever with your fingers. Carefully allow the spring plate to rotate upwards until the resistance unit roller makes contact with the bicycle's rear tire. See Figure 4B.
2. Inertial resistance provides naturally progressive resistance that varies based on your wheel speed. The i-Force resistance unit offers adjustable inertial resistance which includes two selectable resistance levels to vary the intensity of your workout. Since inertial resistance is progressive, you can always vary the resistance within each setting by changing your gearing and wheel speed.
3. To select the resistance setting, use the tab on the resistance unit housing to rotate the housing forward to the high setting or rearward to the low setting. See Figure 5.
4. The unique SofTrac drive roller 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:
   a. 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.
   b. Allowing the tire to slip against the roller will also accelerate roller wear. If you notice the tire slipping regularly during use, you should:
      1. Try to apply power more evenly when accelerating, and pedal with a smoother stroke.
      2. Attach the resistance unit to the spring plate through the lower set of mounting slots (see page 2, "Assembly" and Figure 2C).
   c. Use a smooth tread tire at least 23mm in width.
   d. Maintain the recommended maximum inflation pressure for your tire.
   e. Over time the SofTrac roller may show some slight signs of wear. This is normal, and does not affect the performance of the roller.
   f. Keep in mind that riding on an indoor trainer will cause your rear tire to wear more quickly than it would on the road. The above tips will also help minimize tire wear.
5. 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.



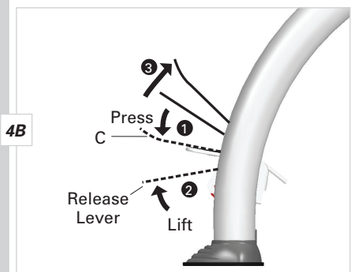
3A



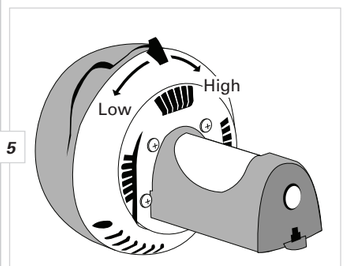
3B



4A



4B



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