

Travel Trac™ **Millennium** FLUID+

**adjustable
fluid/mag
trainer**

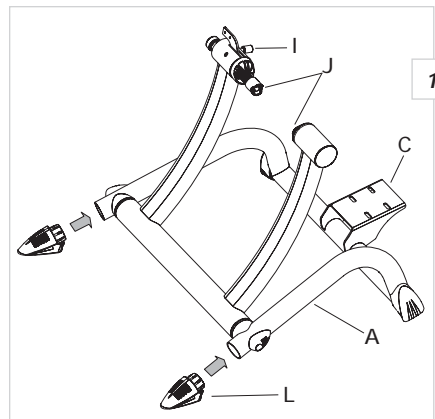


Thank you for your purchase of a Travel Trac™ trainer. Your new trainer has been designed to provide maximum stability and ease of use in a convenient, portable folding trainer.

⚠ CAUTION

- 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



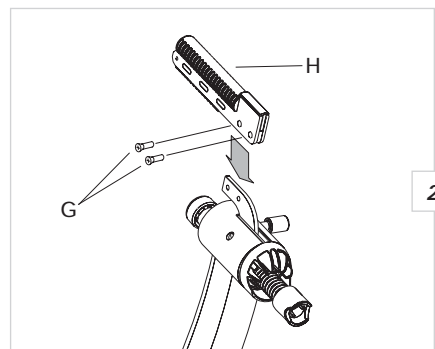
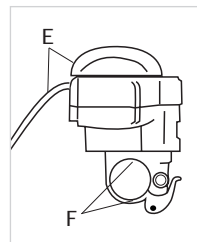
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Your Millennium Fluid+ trainer offers many features which make it an excellent choice for indoor training:

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

I. Parts List

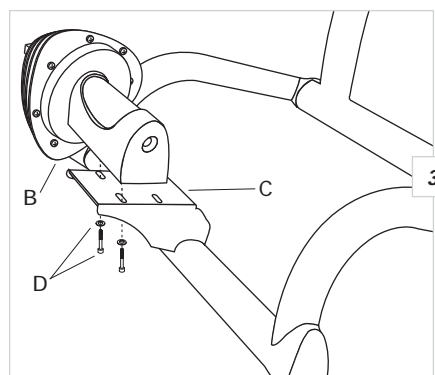
Part	Part Code	Quantity
Trainer Base	A	1
Resistance Unit	B	1
Resistance Unit Mounting Plate	C	1
Hex Bolts and Washers	D	2 each
Shift Lever and Cable	E	1 each
Shims for Shift Lever	F	2
Handle Attachment Bolts	G	2
Handle	H	1
Safety Knob	I	1
Axle Support Cups	J	2
Axle Support Knob	K	1
Feet	L	2
Quick Release (QR) Skewer	(not shown)	1
5mm Hex Wrench	(not shown)	1



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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 front feet (L) 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 trainer as shown in Figure 2. Remove the attachment bolts (G) from the handle post, fit the handle onto the post, and secure it with the attachment bolts.
4. Attach the resistance unit (B) to the mounting plate (C) using the hex bolts and washers (D) as shown in Figure 3. There are two sets of holes in the mounting plate. Attach the resistance unit to the plate using the rear set of holes.



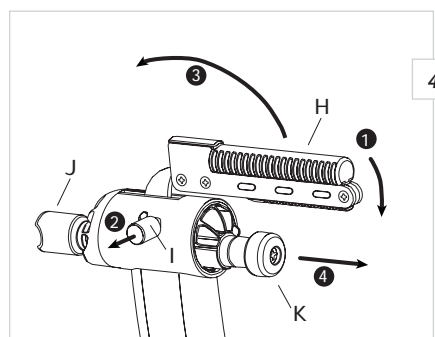
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⚠ WARNING

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 open position. To do so, push the handle down slightly; pull the safety knob (I) all the way out and lift the handle to the open position. See Figure 4.
4. Slide the right side axle support cup (J) all the way to the right by pulling the axle support knob (K) away from the trainer frame.
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. See Figure 6A and 6B.
6. Slide the right side axle support cup (J) against the QR skewer nut on the right side of the wheel by pushing the axle support knob (K) toward the bike. Once



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contact is made, push the handle (H) down to the fully closed position to firmly clamp the QR skewer between both axle support cups. You should here a "CLICK" as the safety knob (I) snaps into place. See Figure 5.

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.

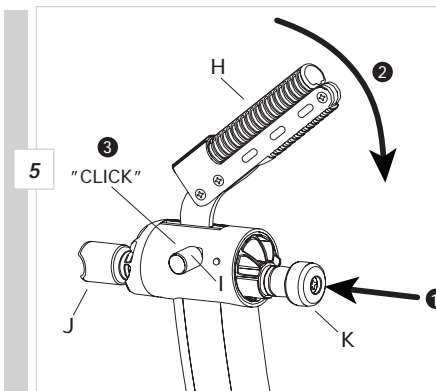
IV. Using Your Trainer

1. 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 resistance unit.

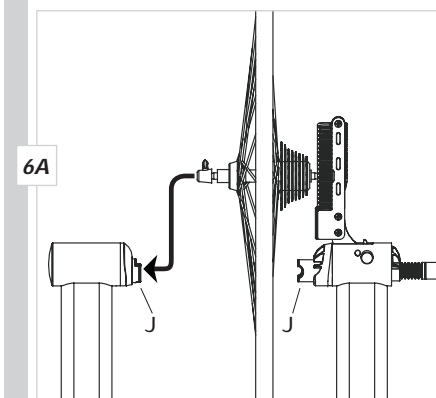
⚠ CAUTION

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

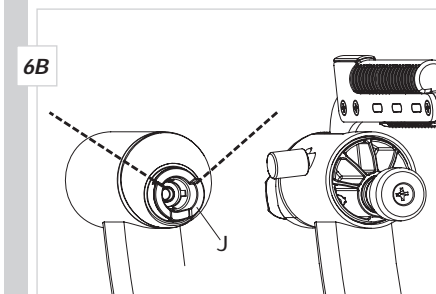
2. The Fluid+ resistance unit offers five resistance settings to vary the intensity of your workout. As the lever is rotated from level 1 to level 5, the resistance will increase. Middle range settings simulate level road conditions, lower settings are useful for warm-ups or high cadence training, and the higher settings approximate hill climbing conditions.
3. 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.
4. 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 mounting plate (C) through the forward set of mounting holes. (See page 2, "Assembly" and Figure 3.)
 - 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.
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.



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6A



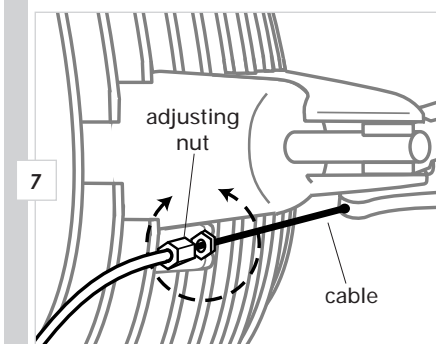
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V. Bicycle Removal

1. Remove the shift lever assembly from the handlebar.
2. Raise the handle (H) to the fully open position. To do so, push the handle down slightly; pull the safety knob (I) all the way out and lift the handle to the open position. See Figure 4.
3. Slide the right side axle support cup (J) all the way to the right by pulling the axle support knob (K) away from the trainer frame.
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.

VI. Travel and Storage

Fold the frame legs, and the trainer is ready for transport or storage. Fold the legs gently to avoid striking the resistance unit and be careful to avoid pinching your fingers.



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