

Travel Trac

FLUID-MAG FORCE



Thank you for purchasing a Travel Trac trainer. The Fluid-Mag Force Trainer provides the same speed, distance and ride time data 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 the Fluid-Mag Force Trainer!

WARNING

• 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 can 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. • Consult a physician before beginning any exercise program.

Table of Contents

I. About Your Trainer	1
II. Parts List.....	2
III. Assembly.....	2
IV. Bicycle Installation	2
V. Set-Up.....	3
VI. Using Your Trainer	3
A. Console Screens.....	3
B. Battery Life Indicator.....	4
C. Reset.....	4
D. Auto Off.....	4
VII. Troubleshooting	4
VIII. Changing Batteries.....	4
IX. Bicycle Removal.....	4
X. Specifications	5

I. About Your Trainer

The Fluid-Mag Force Trainer 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 an effective training program!

Trainer Frame

The heavy gauge steel frame provides a stable platform for any level of training and folds compactly for storage or transport. The unique gravity frame design means that the weight of the bicycle and rider automatically governs the amount of pressure between the tire and the resistance unit roller.

Resistance Unit

The Fluid-Mag resistance unit is equipped with an integrated sensor to collect ride data (displayed on the handlebar mounted computer console) and provides five ranges of smooth, quiet, progressive resistance.

Drive Roller

The Fluid-Mag Force 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 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 try to apply power more evenly when accelerating, and pedal with a smoother stroke.
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 roller may show some slight signs of wear. This is normal, and does not affect the performance of the roller.

Computer Console

The computer console conveniently mounts to the handlebar and displays critical ride data generated by the resistance unit, including speed, distance, power output, ride time and slope.

II. Parts List

Part	Part Code	Quantity
Trainer Frame.....	A.....	1
Resistance Unit	B.....	1
Base Plate.....	C.....	1
Lever Handle.....	D.....	1
Locking Ring.....	E.....	1
Left Axle Support Cup.....	F.....	1
Right Axle Support Cup.....	G.....	1
Resistance Unit Bolts and Washers.....	H.....	2 each
Base Plate Bolt, Nut, Washer.....	I.....	1 each
Quick Release (QR) Skewer.....	J.....	1
Computer Console.....	K.....	1
Shift lever and cable.....	L.....	1
5mm Hex Wrench.....	not shown	1
"AA" Alkaline Batteries.....	not shown	4

III. Assembly

1. Remove the trainer frame, resistance unit and all parts from the box. Open the frame and set it on a flat, stable surface.
2. Use the included 5mm hex wrench to attach the base plate (C) to the trainer frame (A) using the bolt, nut and washer (I) as shown in Figure 1.
3. Attach the resistance unit (B) to the base plate (C) using 2 bolts and washers (H) as shown in Figure 2. There are three sets of mounting holes in the base plate to accommodate different wheel sizes. See Figure 3. Use the appropriate set of mounting holes for your wheel size.
4. Install the batteries in the computer console (K). 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.

! WARNING

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

Travel Trac

FLUID-MAG FORCE



Fig 19

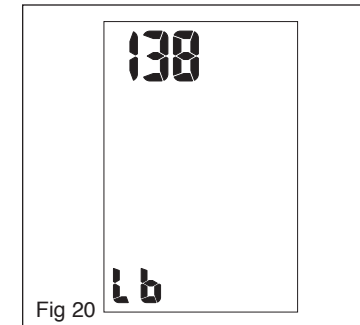


Fig 20

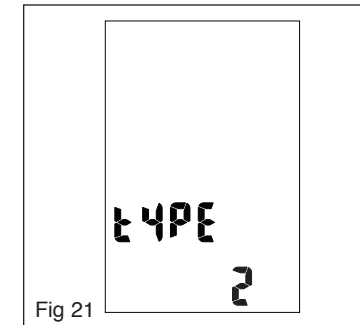


Fig 21

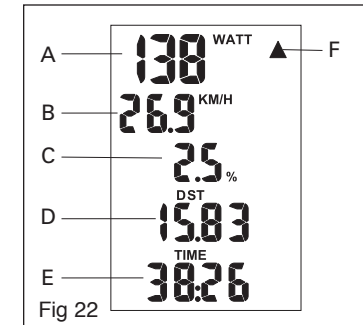


Fig 22

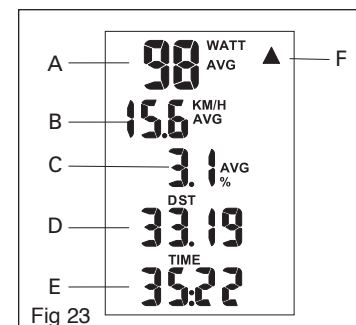


Fig 23

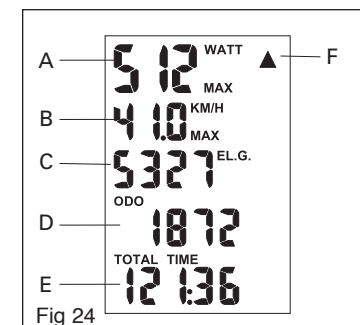


Fig 24

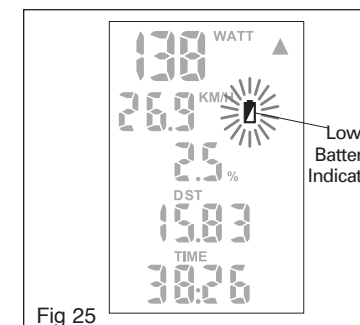


Fig 25

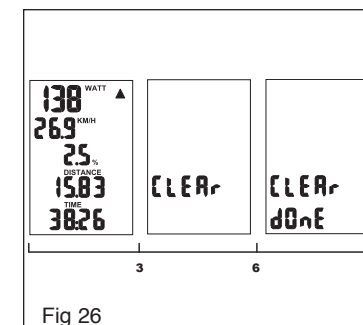
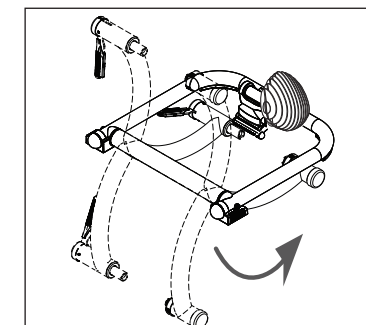
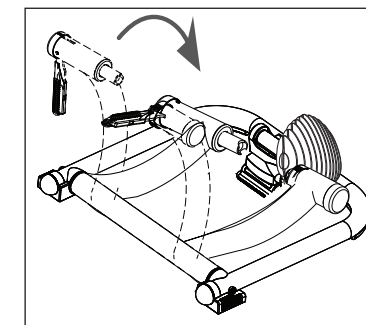
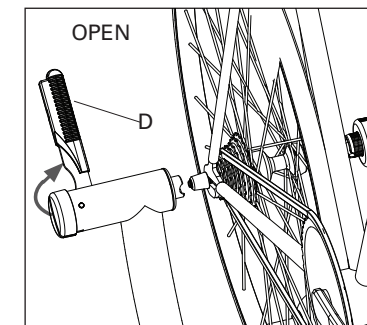


Fig 26



Notes:

2. Press either button on the computer console (SET or MODE) or begin pedaling to activate the computer. Current Speed and other data should immediately appear on the display screen.

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. For accurate Slope, Power and Elevation Gain data, remember to reset the weight value when switching riders.

3. Fluid-Mag resistance combines the power and adjustability of magnetic resistance with the smooth, progressive nature of fluid resistance. Use the handlebar mounted shift lever to choose one of five intensity ranges. Within each range of intensity, the progressive fluid resistance will increase as your wheel speed increases. Use your bicycle's gearing to vary the amount of resistance by selecting higher or lower gears—the higher the gear and the faster you ride, the more resistance the unit will produce. This fusion of fluid and mag resistance means you can always dial in the right amount of resistance for any workout—from an easy recovery spin or warm-up to an intense cardio workout or strength building session.
4. Riding on an indoor trainer may cause your rear tire to wear more quickly than riding 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 maximum recommended inflation pressure for your tire.

COMPUTER CONSOLE

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 22)

Displays current values for Power (watts), Speed, Slope, Trip Distance and Ride Time. 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 (WATT): Estimated value of power output, based on resistance level, speed and rider +bike weight
- B. Current Speed (M/H or KM/H)
- C. Slope (%): Estimated value, based on resistance level and rider + bike weight
- D. Trip Distance (DST): Distance accumulated during current ride (or since last reset)
- E. Ride Time (TIME): Time accumulated during current ride (or since last reset)
- F. Speed Comparison (▲ or ▼): Indicates whether current speed is above or below average speed

Screen 2 (Figure 23)

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

- A. Average Power (WATT AVG): Average power output for current ride (or since last reset)
- B. Average Speed (M/H AVG or KM/H AVG): Average speed for current ride (or since last reset)
- C. Average Slope (AVG %): Average slope for current ride (or since last reset)
- D. Trip Distance (DST): Same as Screen 1
- E. Ride Time (TIME): Same as Screen 1
- F. Speed Comparison (▲ or ▼): Same as Screen 1

Screen 3 (Figure 24)

Displays maximum values for Power (watts) and Speed, Elevation Gain, Total Distance (odometer) and Total Ride Time. Also displayed are the Speed Comparison arrows. The Total Distance and Total Ride Time values represent total distance and time accumulated on all rides to date, or since last full reset (see Section C, "Reset").

- A. Maximum Power (WATT MAX): Maximum power output achieved for current ride (or since last reset)
- B. Maximum Speed (M/H MAX or KM/H MAX): Maximum speed attained during current ride (or since last reset)
- C. Elevation Gain (EL.G.): Estimated value of total elevation gained during current ride (or since last reset), based on trip distance and slope
- D. Total Distance (ODO): Total distance accumulated on all rides to date (or since last full reset)
- E. Total Ride Time (TOTAL TIME): Total time accumulated on all rides to date (or since last full reset)
- F. Speed Comparison (▲ or ▼): Same as Screen 1

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 25. When the battery icon appears, replace the console batteries as soon as possible.

C. Reset

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

1. Partial Reset:

To clear the ride 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 26.

2. Full Reset:

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

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

VII. Troubleshooting

1. If the console display screen remains blank (no data appears while riding), or if data values are erratic, check the cable connections to the computer console (see Figure 17 and Figure 18) and consider replacing the batteries in the computer console.
2. If the low battery indicator appears in the display screen, replace the batteries in the computer console.

VIII. Changing 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.

To replace the console batteries, remove the battery cover from the underside of the computer console. Remove the used batteries and dispose of properly. 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. While supporting the bicycle, open the lever handle (D) and lift the rear wheel up and forward to remove the rear axle from the axle support cups. See Figure 27.
2. **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.
3. To fold the trainer for transport or storage, lower the upright frame legs carefully against the resistance unit (Figure 28), or fold the them 360 degrees against the underside of the frame base tubes (Figure 29).

X. Specifications

Battery Type:

2 "AA" 1.2V 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

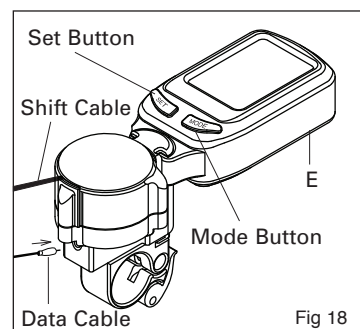
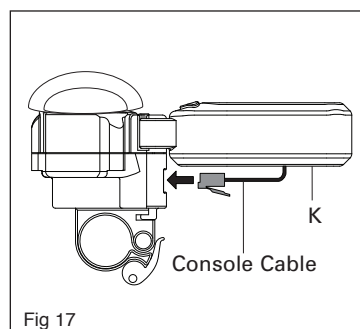
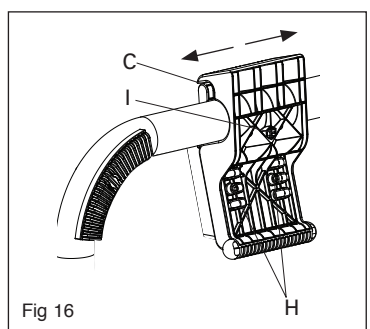
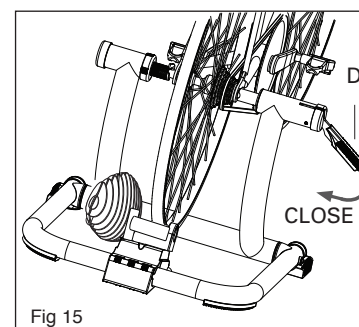
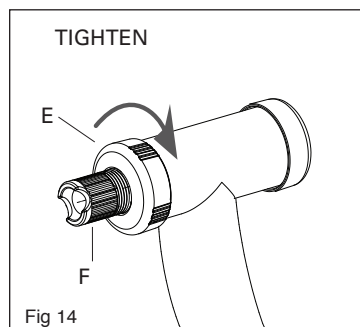
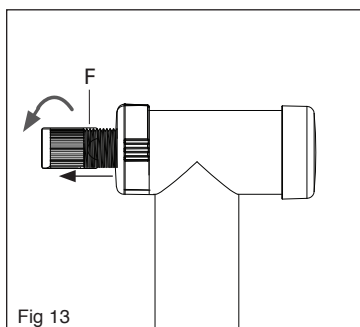
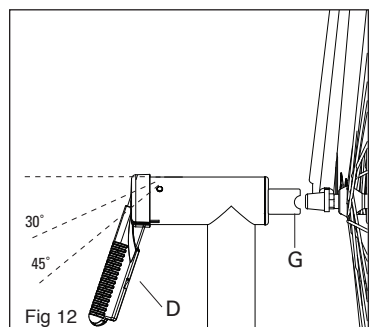
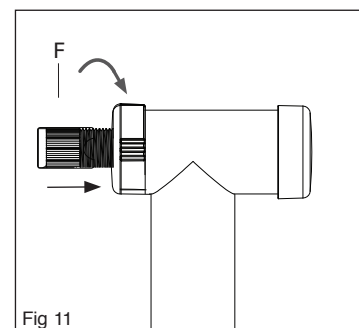
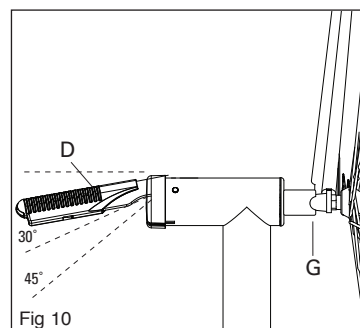
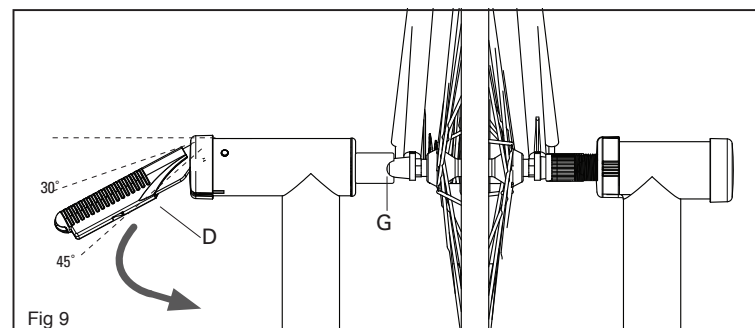
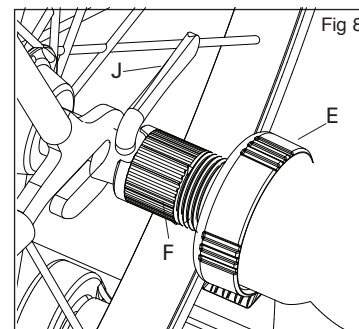
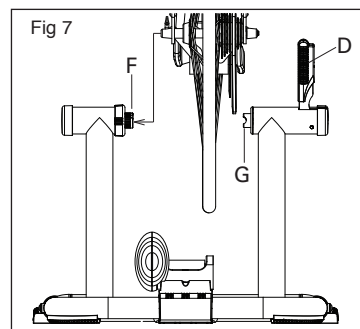
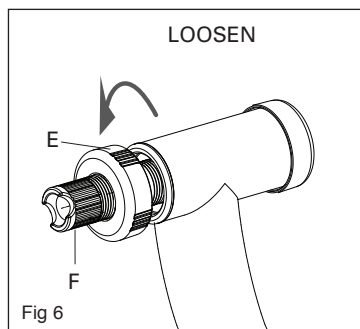
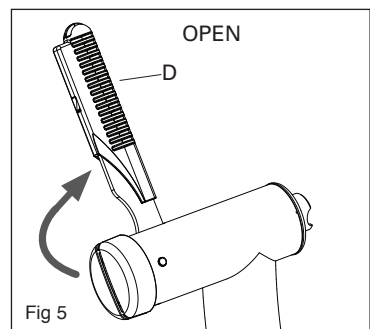
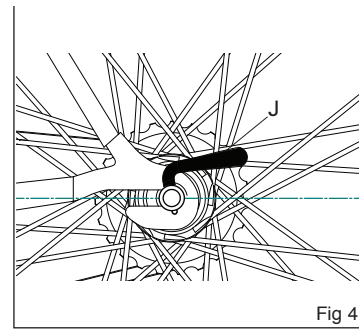
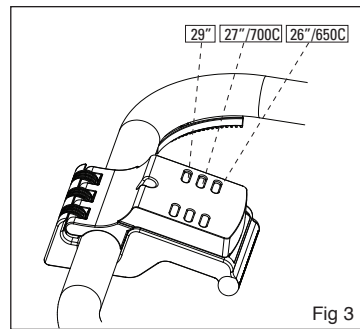
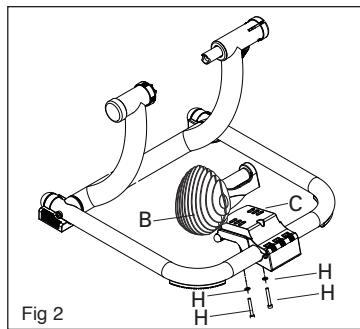
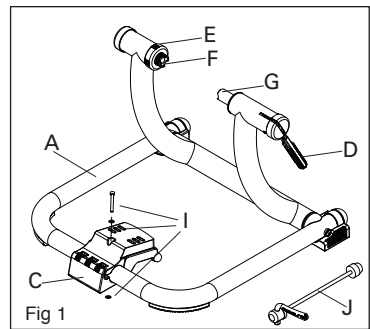
Weight Input Field:

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



IV. Bicycle Installation

1. Replace the bicycle's rear wheel quick release (QR) skewer with the one provided with the trainer. Orient the QR skewer lever (J) so it is horizontal and pointed toward the rear of the bike. See Figure 4. 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.
2. Set the trainer on a flat, stable surface.
3. Open the lever handle (D) and loosen the locking ring (E). See Figure 5 and Figure 6.
4. Lift the bicycle into position and fit the QR lever on the left side of the wheel into the left axle support cup (F). See Figure 7.
5. Orient the axle support cup so the notch in the cup is at the top and aligned with the lever. See Figure 8.
6. Close the lever handle (D), making sure that the right side axle support cup (G) begins pressing against the QR skewer nut within the 30 to 45 degree working range of the handle as shown in Figure 9.
7. If the axle support cup begins pressing against the QR skewer nut too soon (see Figure 10), adjust the extension length of the left side axle support cup (F) by threading it further into the frame (so that less of it is exposed). See Figure 11.
8. If the axle support cup does not begin pressing against the QR skewer nut soon enough (see Figure 12), adjust the extension length of the left side axle support cup by unthreading it further from the frame (so that more of it is exposed). See Figure 13.
9. Once the extension length of the left side axle support cup is adjusted correctly, make sure it is still oriented with the notch at the top (to accommodate the QR skewer lever—see Figure 8) and set your bicycle aside. While holding the left axle support cup so it doesn't spin, fully tighten the locking ring (E) as shown in Figure 14.
10. Now lift the bicycle into place again, fitting the QR skewer lever into the left side axle support cup. Close the lever handle (D) with the palm of your hand so that the right side axle support cup presses against the QR skewer nut, clamping the bicycle in place. See Figure 15. Make sure the QR skewer lever and QR skewer nut are fully seated in the axle support cups.
11. Check that the bicycle is securely attached to the trainer by pushing or pulling on the bicycle's top tube or seat.
12. 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 lever handle is in the closed position.

WARNING

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

13. Check the position of the rear wheel on the resistance unit roller. While it is not necessary for the rear tire to be perfectly centered on the roller, you may encounter a clearance issue between the tire and resistance unit if the wheel is not centered (particularly when using wider tires). To center the wheel on the roller, loosen the resistance unit attachment bolts (H), slide the resistance unit left or right as necessary, and re-tighten the bolts. See Figure 16.
14. If further adjustment is required to center the wheel, the entire base plate (C) can be adjusted left or right as necessary. Loosen the base plate attachment bolt (I), slide the base plate left or right as necessary and re-tighten the bolt. See Figure 16.
15. Attach the computer console (K) and shift lever (L) to the handlebar, preferably close to the stem. Make sure the shift lever cable does not interfere with the operation of the bike or the resistance unit. For smoother shifting, avoid kinks or sharp bends in the shift lever cable. It may be necessary to remove one or both of the rubber shims from the mounting bracket in order to fit larger diameter handlebars.
16. Connect the computer console cable and the data cable to the shift lever body as shown in Figure 17 and Figure 18.

V. Setup

Data generated by the Fluid-Mag Force 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 adjust the weight setting (see below).

1. To enter the set-up screens, press and hold the right (MODE) button for 4 seconds.
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 19. 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 20. 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 confirm the value 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.
4. The correct Type setting for the Fluid-Mag Force is Type 2. See Figure 21. Press the SET button until "type 2" is displayed. Press the MODE button to confirm your selection and exit the set-up screens.

VI. Using Your Trainer

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

1. The weight of the bicycle and rider automatically governs the amount of pressure between the tire and the resistance unit roller, so there's no need for an adjusting knob or other device to adjust the pressure.