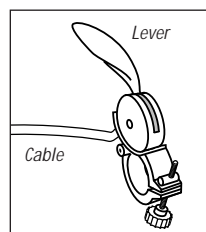
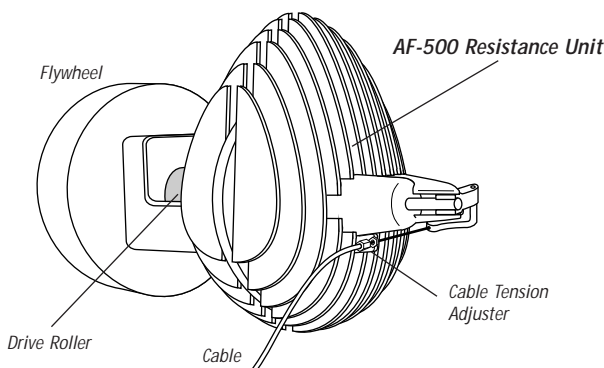


PERFORMANCE[®]



AF-500 ADJUSTABLE FLUID RESISTANCE UNIT

Thank you for your purchase of the AF-500 adjustable fluid resistance unit. When combined with either the TravelTrac™ or Peakload™ base, the AF-500 forms a quiet, versatile training system.



Detail of Handlebar
Resistance Shifting Lever

Assembly & Usage Instructions:

PLEASE READ THE INSTRUCTIONS THOROUGHLY PRIOR TO ASSEMBLY!

1. Assemble the trainer as per the trainer instructions. Do not mount your bicycle to the trainer yet. If you are installing the unit on a TravelTrac™, see steps 2-7. Otherwise, for a PeakLoad™ trainer proceed to step 8.
2. Referring to Fig 1., mount the large "O" ring over both the spring plate and the spring plate release lever. Note that the spring plate must be in the lock position.
3. Remove the spring plate locknut and washer, while keeping the bolt in place (see Fig. 2).
4. Install the "L" bracket as shown in Fig. 2. The bracket's tab is designed to fit *inside* the larger tab in the spring plate assembly base.
5. Re-install the locknut and tighten it securely. Do not reinstall the washer.
6. Remove the "O" ring and release (unlock) the spring plate. Check that the "L" bracket's tab is positioned correctly (see step 4).
7. Install the resistance unit to the spring plate with a 5mm hex wrench with the cable assembly on the left side of the TravelTrac™. Install the unit onto the spring plate with a 5mm hex wrench. Proceed to step 10.

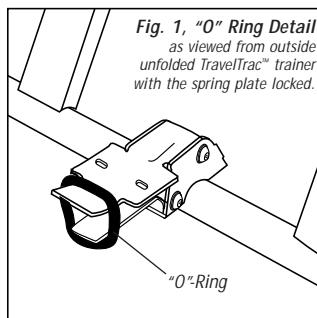


Fig. 1, "O" Ring Detail
as viewed from outside
unfolded TravelTrac™ trainer
with the spring plate locked.

Assembly & Usage (cont.)

8. Install the resistance unit assembly onto the spring plate on the trainer using a 5mm hex wrench with the cable assembly on the left side.

9. Install the cable guides provided with the PeakLoad™ trainer. The cable guides should be installed with the open side toward the ground, in the locations shown in the PeakLoad™ instructions.

10. Install the resistance shifting lever to handlebar using the rubber shim, preferably next to the stem. Use care to mount the shifter such that the cable does not interfere with the operation of the bike or the resistance unit.

11. Allow the AF-500 drive roller to optimally contact the rear tire of your bicycle, as recommended for your trainer.

12. As the lever is pulled toward the rider, the resistance level 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.

13. The cable tension on your AF-500 resistance unit has been pre-adjusted at the factory. However, if some reason adjustment is necessary, simply screw or unscrew the adjuster assembly as needed. With the lever in the forward-most position (lowest resistance) there should be no slack in the (inner) cable.

14. The lever assembly friction has also been preset at the factory. If, however, the lever wants to return to the forwardmost position on its own, tighten the bolt with a 5mm hex wrench as needed. Do not overtighten.

Tip: To make your indoor workout quieter, set the trainer up on a small section of carpet. Also, the smoother the tire's tread pattern, the quieter the workout will be.

CAUTION:

1. The AF-500 cooling fins become very hot during, and immediately after use.
2. This is a sealed unit. There are no user serviceable parts. The warranty is void if the unit is opened.

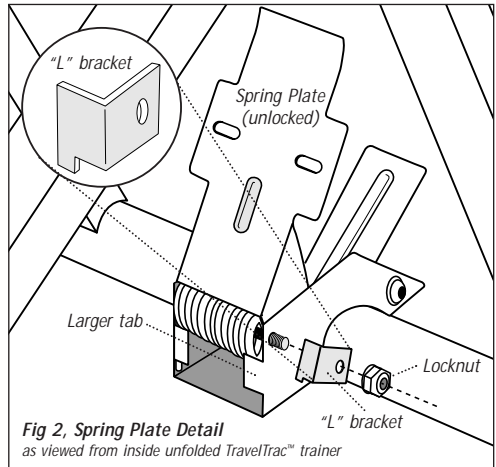


Fig 2, Spring Plate Detail
as viewed from inside unfolded TravelTrac™ trainer

For Technical Assistance Call: 1-800-553-8324



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