V. 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 17.
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.

VI. Travel and Storage
1. To fold the trainer for transport or storage, lower the upright frame legs carefully against the resistance unit (Figure 18), or fold them 360 degrees against the underside of the frame base tubes (Figure 19).

Thank you for purchasing a Travel Trac™ fluid trainer. Your new trainer provides remarkably smooth and quiet fluid resistance to meet the demands of any workout.

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.
I. Parts List

<table>
<thead>
<tr>
<th>Part</th>
<th>Part Code</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Trainer Frame</td>
<td>A</td>
<td>1</td>
</tr>
<tr>
<td>Resistance Unit</td>
<td>B</td>
<td>1</td>
</tr>
<tr>
<td>Base Plate</td>
<td>C</td>
<td>1</td>
</tr>
<tr>
<td>Lever Handle</td>
<td>D</td>
<td>1</td>
</tr>
<tr>
<td>Locking Ring</td>
<td>E</td>
<td>1</td>
</tr>
<tr>
<td>Left Axle Support Cup</td>
<td>F</td>
<td>1</td>
</tr>
<tr>
<td>Right Axle Support Cup</td>
<td>G</td>
<td>1</td>
</tr>
<tr>
<td>Resistance Unit Bolts and Washers</td>
<td>H</td>
<td>2 each</td>
</tr>
<tr>
<td>Base Plate Bolt</td>
<td>I</td>
<td>1</td>
</tr>
<tr>
<td>Quick Release (QR) Skewer</td>
<td>J</td>
<td>1</td>
</tr>
<tr>
<td>5mm Hex Wrench</td>
<td>not shown</td>
<td>1</td>
</tr>
</tbody>
</table>

**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.

II. Assembly (Note: In this manual, “Left” and “Right” are from the perspective of a rider seated on the bicycle.)

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 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.

III. 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 7. 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 4 and Figure 5.
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 6.
5. Orient the axle support cup so the notch in the cup is at the top and aligned with the lever. See Figure 6.
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. You can use your bicycle’s gearing the same way you would on the road—lower gearing will generate less resistance (suitable for a warm-up or light recovery riding) while higher gearing will generate more resistance and a more intense workout.
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.

**WARNING**

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

IV. Using Your Trainer

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.
2. Fluid resistance provides smooth, naturally progressive resistance that varies according to your wheel speed. You can use your bicycle’s gearing the same way you would on the road—lower gearing will generate less resistance (suitable for a warm-up or light recovery riding) while higher gearing will generate more resistance and a more intense workout.
3. To make your indoor workout as quiet as possible, set the trainer on a trainer mat and use a rear tire with a smooth tread pattern.
4. Ridding 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.