

EN: Bicycle trainer
FR: Entraîneur à vélo
DE: Fahrradtrainer
IT: Trainer bici
ES: Rodillo para Bicicleta
PT: Rolo de treino

EN_IMPORTANT, RETAIN FOR FUTURE REFERENCE: READ CAREFULLY.

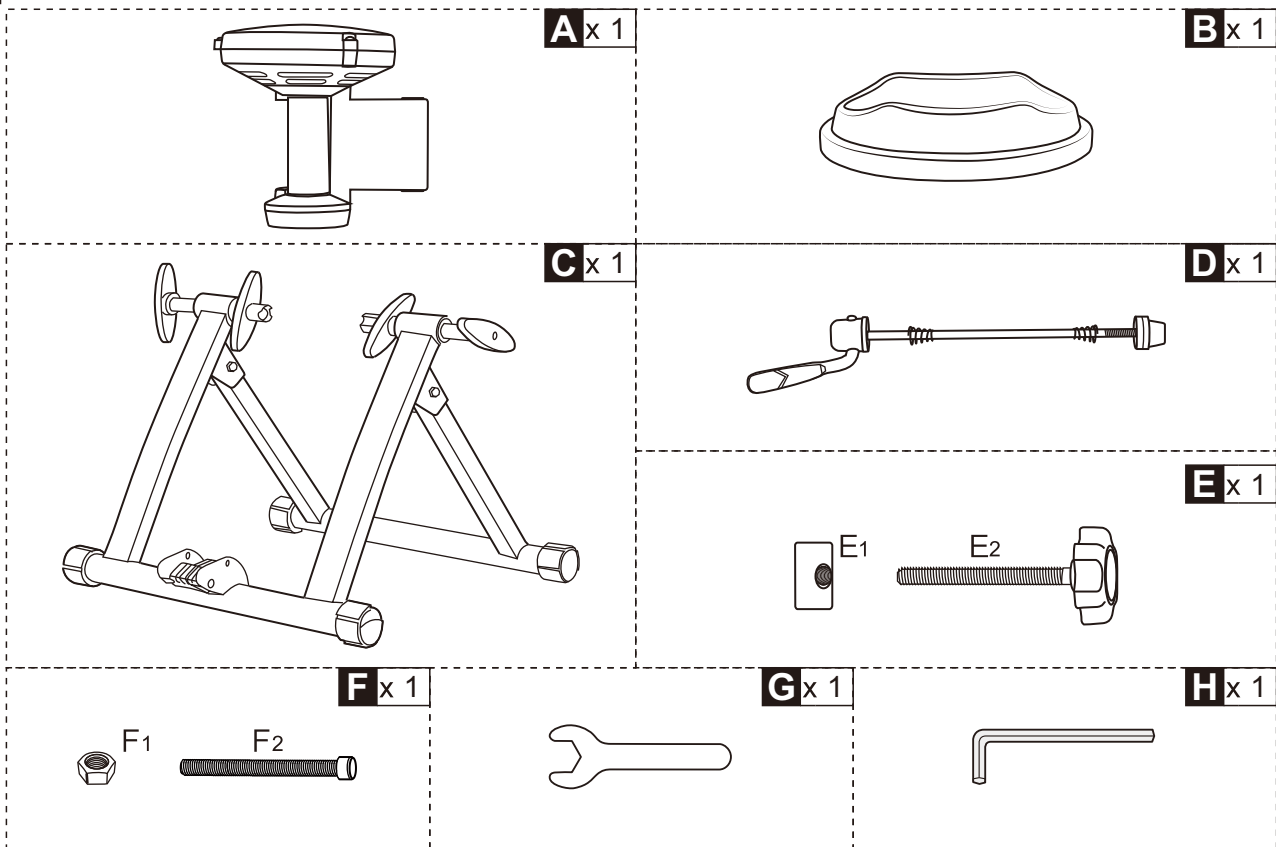
FR_IMPORTANT: A LIRE ATTENTIVEMENT ET À CONSERVER POUR CONSULTATION ULTÉRIEURE.

ES_IMPORTANTE, LEA Y GUARDE PARA FUTURAS REFERENCIAS.

PT_IMPORTANTE, RETER PARA REFERÊNCIA FUTURA: LEIA ATENTAMENTE.

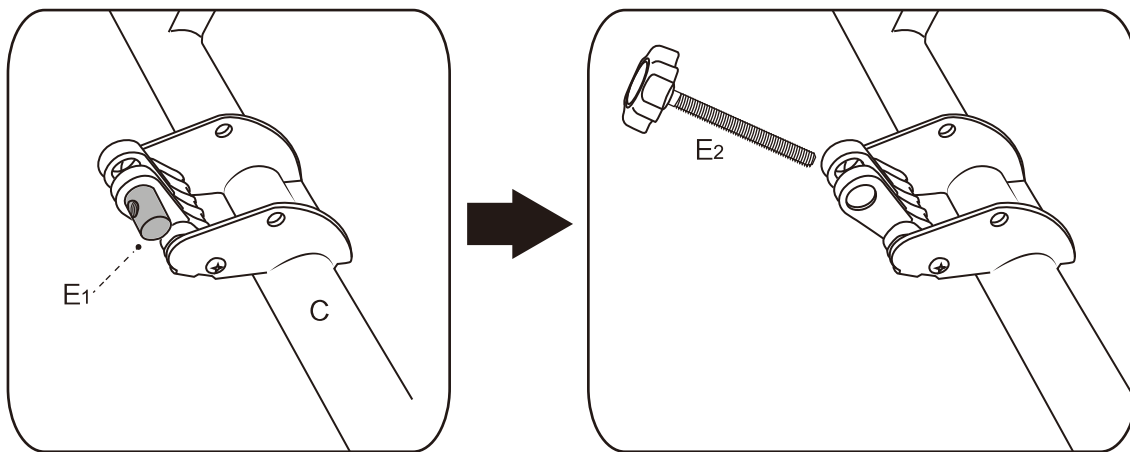
DE_WICHTIG! SORGFÄLTIG LESEN UND FÜR SPÄTER NACHSCHLAGEN AUFBEWAHREN.

IT_IMPORTANTE! CONSERVARE IL PRESENTE MANUALE PER FUTURO RIFERIMENTO E LEGGERLO ATTENTAMENTE.

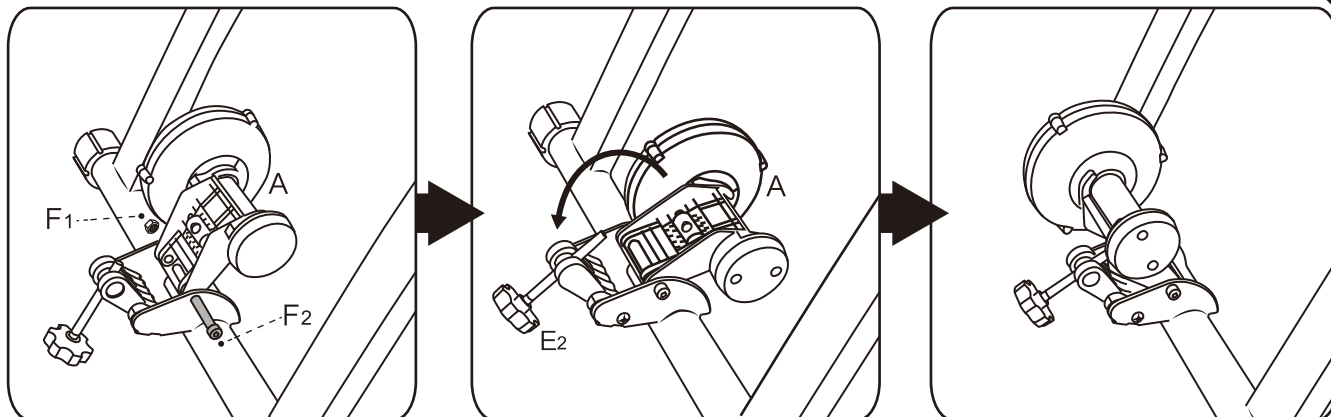


Put (E1) into the sleeve of main frame(C) , then twirl screw(E2) into the sleeve.

01



02

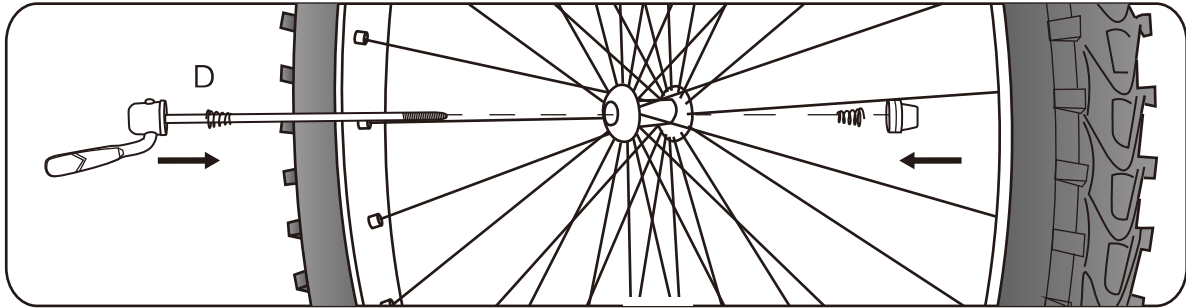


Insert the screw(F2) into the main machine(A), tighten the nut(F1) with the tools(G,H).

Turn machine(A) to another side, let knob screw(E2) insert to the circular groove on main machine(A).

Now the trainer assembling is finished.

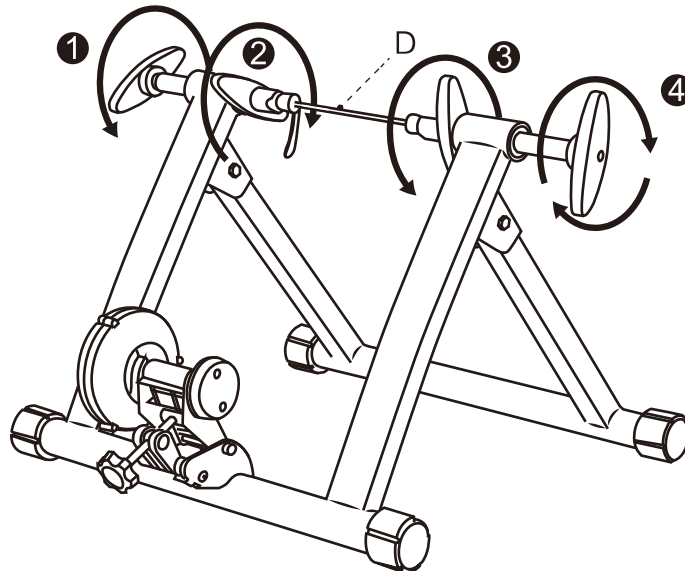
03



Use quick release bolt(D) to align the axle of the bicycle.

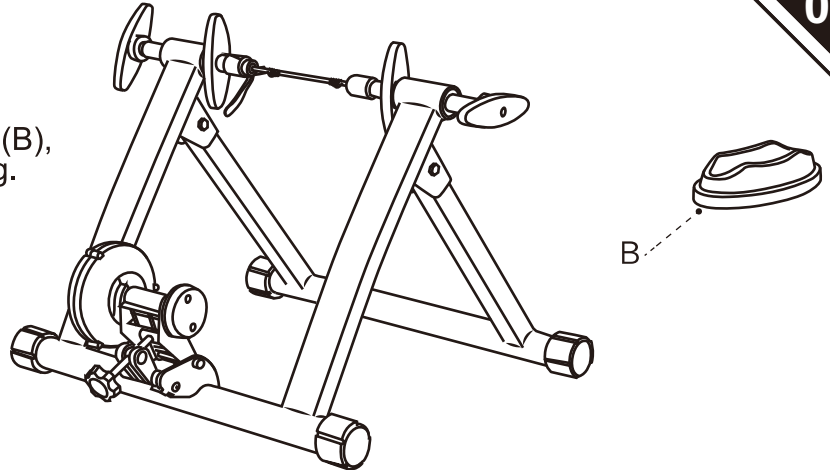
04

Tighten wheel with this 4 knobs(#1,#2,#3,#4) with correct direction as shown in image.



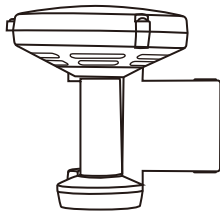
05

Put the front wheel on the rubber pad(B), now your bicycle is ready for training.



CAUTION WHEN IN USE

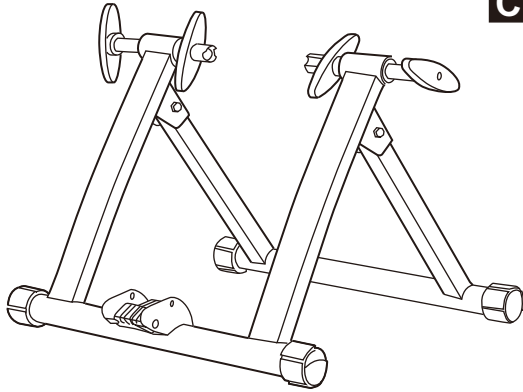
1. Please make sure your bicycle have a quick release on the rear wheel.
2. Adjust the rubber foot before using, until the entire frame not shaking.
3. Don't touch the spinning rollers and wheel in anytime.
4. Keep both of your hands on handlebars at all times.
5. Make sure all bolts and nuts are securely fastened prior using.
6. Never brake suddenly while using the trainer, this may results in unnecessary wear and tear to the rear tire.
7. Keep it away from little child.
8. Always do warm-up training before starting training.
9. When the trainer being used, the friction will cause for some noise, it's the normal phenomenon. (We suggest you choose smooth tire to Reduce noise).



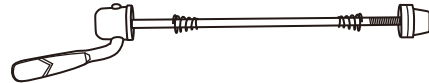
A x 1



B x 1



C x 1



D x 1



E x 1



F x 1



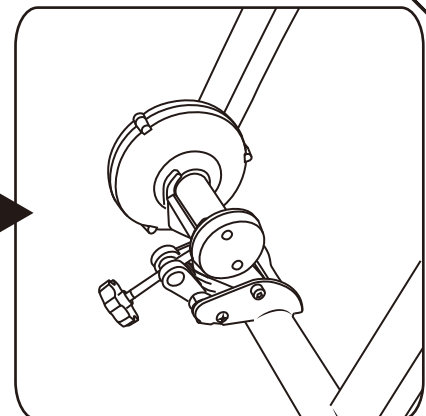
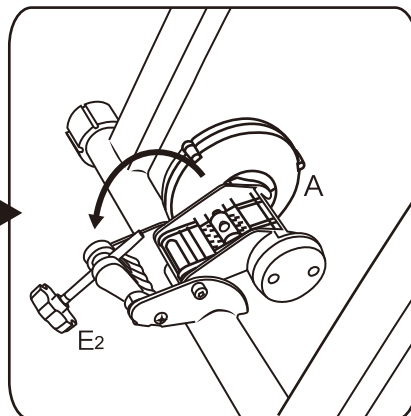
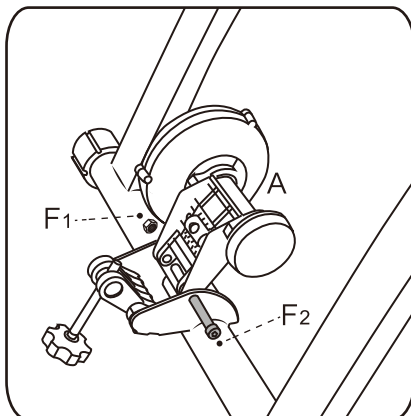
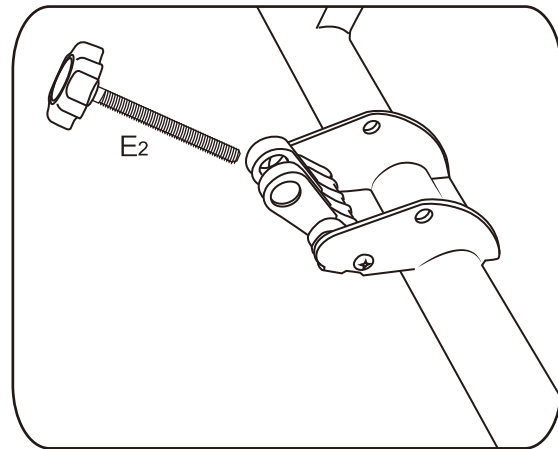
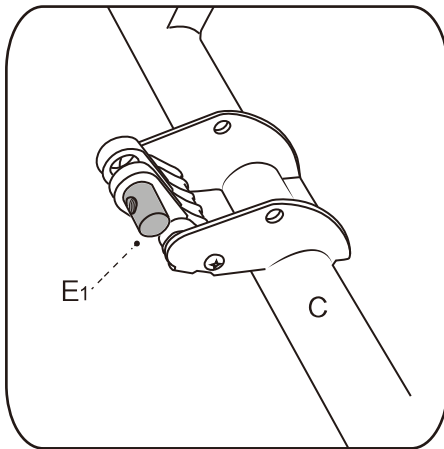
G x 1



H x 1

Mettez (E1) dans le manchon du cadre principal(C), puis tournez la vis(E2) dans le manchon.

01



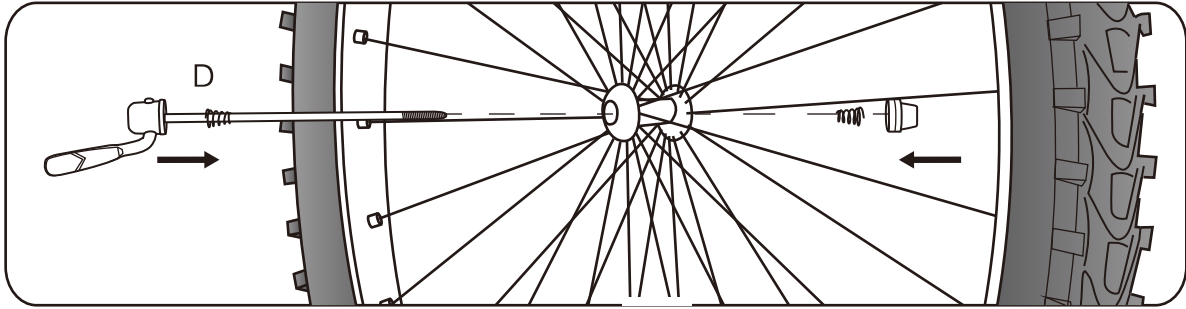
02

Insérez la vis (F2) dans la machine principale(A), serrez l'écrou(F1) avec les outils (G, H).

Tournez la machine (A) sur un autre côté, laissez la vis du bouton (E2) s'insérer dans la rainure circulaire de la machine principale (A).

Maintenant, l'assemblage de l'entraîneur est terminé.

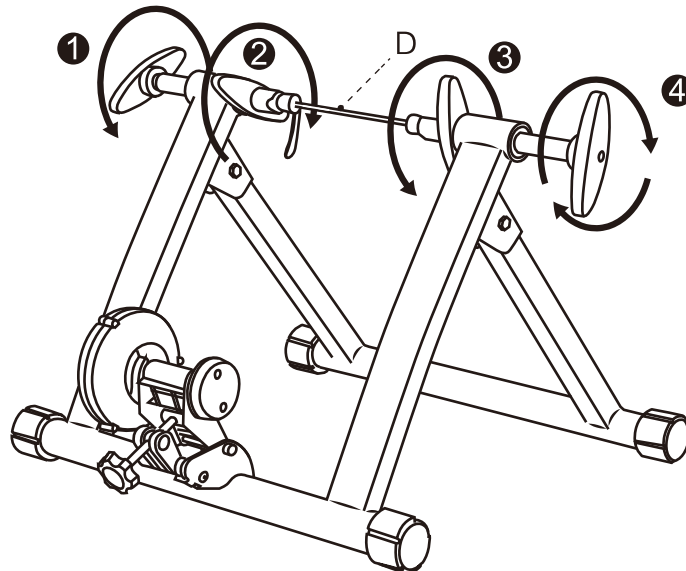
03



Utilisez le boulon à dégagement rapide (D) pour aligner l'axe du vélo.

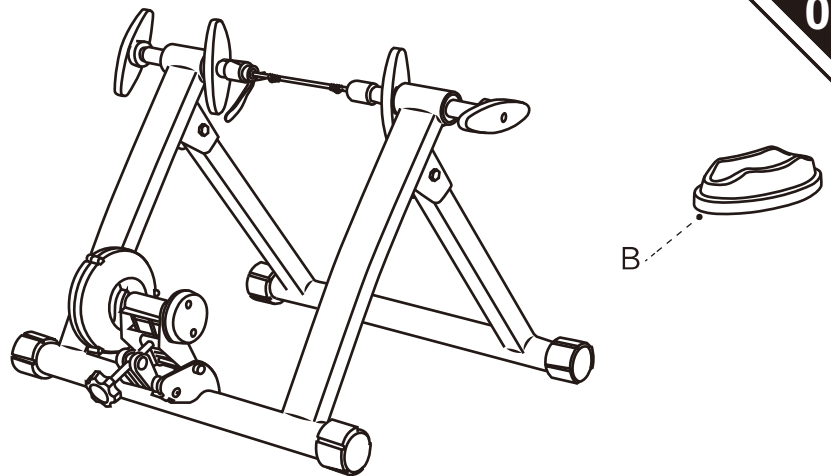
04

Serrez la roue avec ces 4 boutons (# 1, # 2, # 3, # 4) dans la bonne direction, comme indiqué sur la figure.



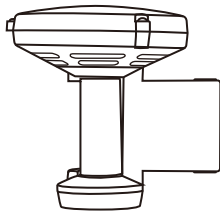
05

Placez la roue avant sur le coussin en caoutchouc (B), votre vélo est maintenant prêt pour l'entraînement.



ATTENTION LORS DE L'UTILISATION

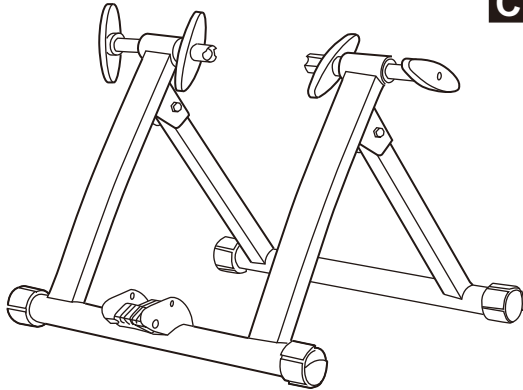
1. Veuillez vous assurer que votre vélo est équipé d'un dispositif de dégagement rapide sur la roue arrière.
2. Ajustez le pied en caoutchouc avant utilisation jusqu'à ce que le cadre entier ne tremble pas.
3. Ne touchez jamais les rouleaux de rotation et la roue à tout moment.
4. Gardez vos deux guidons pratiques en tout temps.
5. Assurez-vous que tous les boulons et écrous sont bien fixés avant utilisation.
6. Ne freinez jamais brusquement pendant l'utilisation de l'entraîneur, cela pourrait entraîner une usure inutile du pneu arrière.
7. Tenez-le éloigné du petit enfant.
8. Faites toujours un entraînement d'échauffement avant de commencer l'entraînement.
9. Lorsque l'entraîneur est utilisé, la friction provoque un certain bruit, c'est le phénomène normal. (Nous vous recommandons de choisir un pneu lisse pour réduire le bruit).



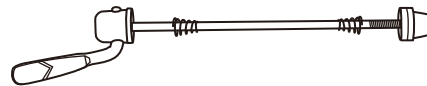
A x 1



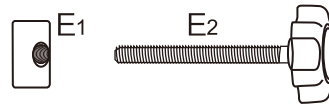
B x 1



C x 1



D x 1



E x 1



F x 1



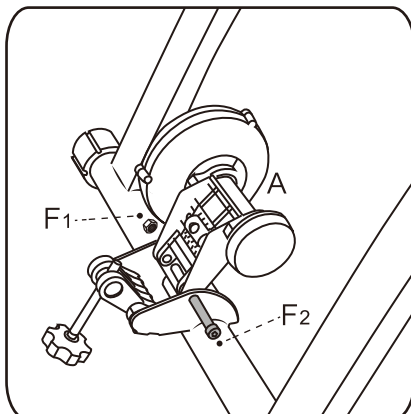
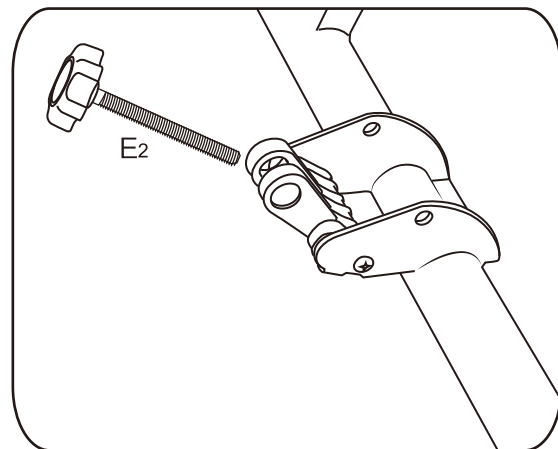
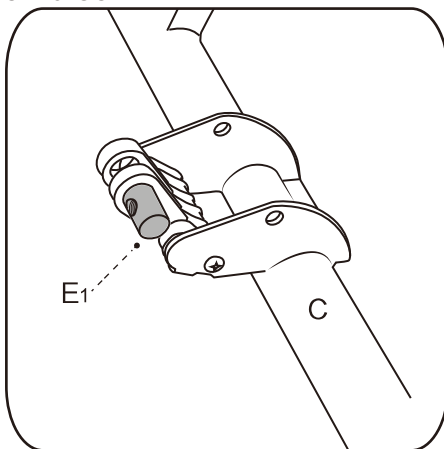
G x 1



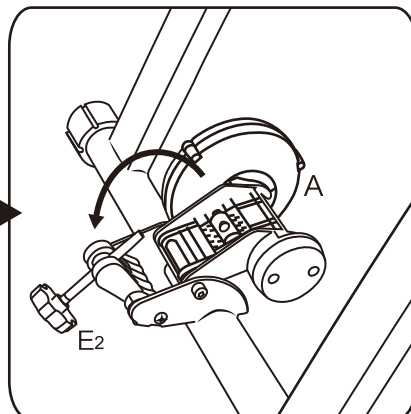
H x 1

Stecken Sie (E1) in die Hülse des Hauptrahmens (C) und drehen Sie dann die Schraube (E2) in die Hülse.

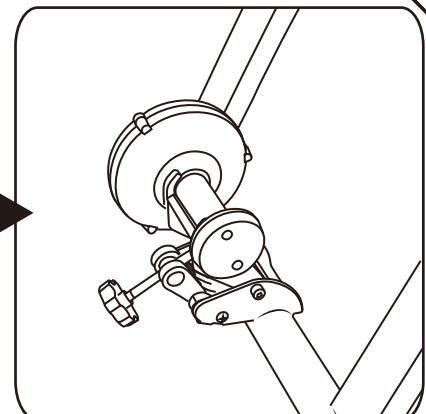
01



Führen Sie die Schraube (F2) in die Hauptmaschine (A) ein, ziehen Sie die Mutter (F1) mit den Werkzeugen (G, H) an.



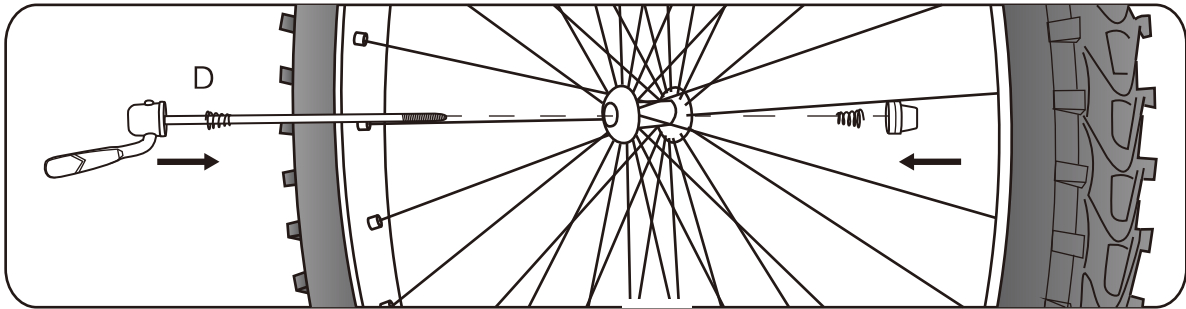
Maschine (A) auf eine andere Seite drehen, Knopf-Schraube (E2) in die kreisförmige Nut auf der Hauptmaschine (A) einführen lassen



Nun ist die Montage des Trainers abgeschlossen.

02

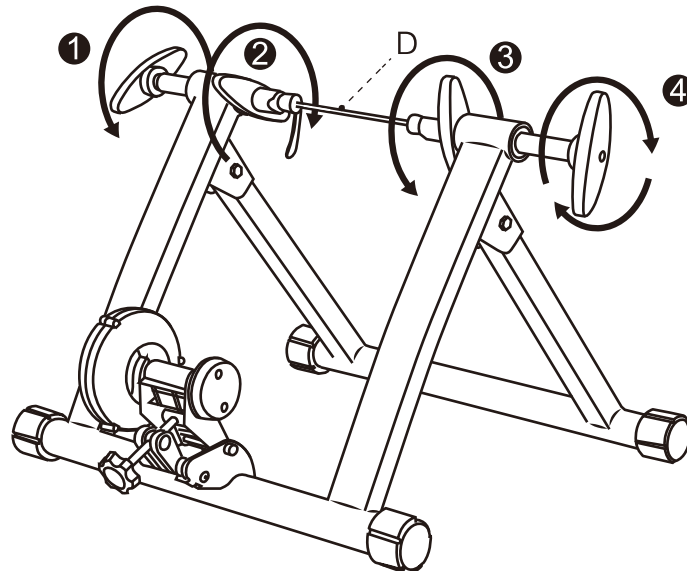
03



Verwenden Sie den Schnellspannbolzen (D), um die Achse des Fahrrads auszurichten

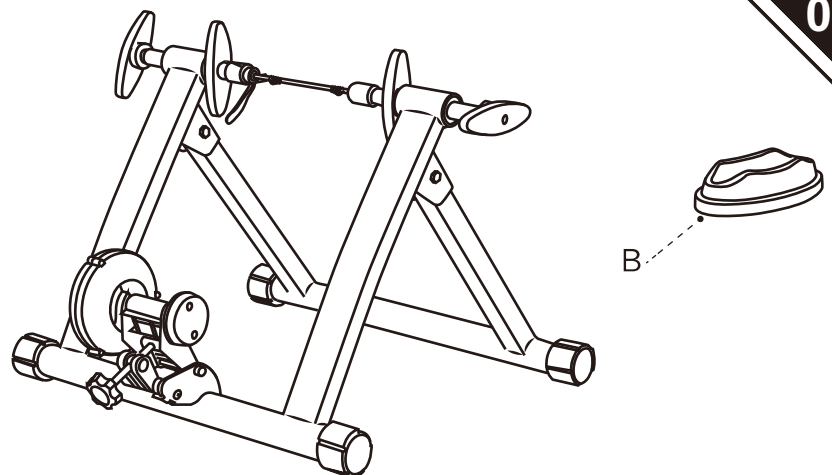
04

Ziehen Sie die Räder mit diesen 4 Knöpfen (#1, #2, #3, #4) mit der richtigen Richtung an, wie in der Abbildung gezeigt.



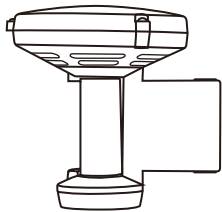
05

Setzen Sie das Vorderrad auf die Gummiauflage (B). Nun ist Ihr Fahrrad bereit für das Training.



VORSICHT BEI DER VERWENDUNG

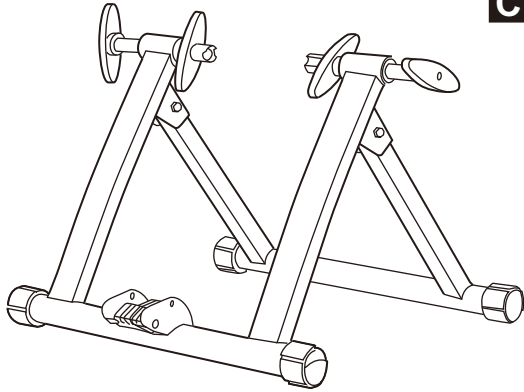
1. Bitte stellen Sie sicher, dass Ihr Fahrrad über einen Schnellspanner am Hinterrad verfügt.
2. Stellen Sie den Gummifuß vor der Benutzung so ein, dass der gesamte Rahmen nicht wackelt.
3. Berühren Sie zu keiner Zeit die sich drehenden Rollen und das Rad in irgendeiner Weise.
4. Halten Sie beide Hände immer am Lenker.
5. Vergewissern Sie sich, dass alle Schrauben und Muttern vor dem Gebrauch sicher befestigt sind.
6. Bremsen Sie während der Benutzung des Trainers niemals plötzlich, da dies zu unnötigem Verschleiß des Hinterrades führen kann.
7. Halten Sie ihn von kleinen Kindern fern.
8. Führen Sie immer ein Aufwärmtraining durch, bevor Sie mit dem Training beginnen.
9. Wenn der Trainer benutzt wird, wird die Reibung Geräusche verursachen, das ist das normale Phänomen (Wir empfehlen Ihnen, einen glatten Reifen zu wählen, um die Geräusche zu reduzieren).



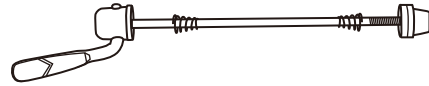
A x 1



B x 1



C x 1



D x 1



E x 1



F x 1

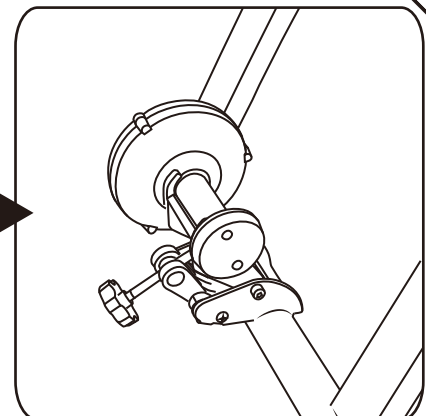
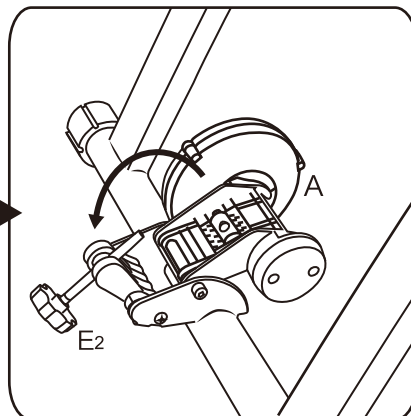
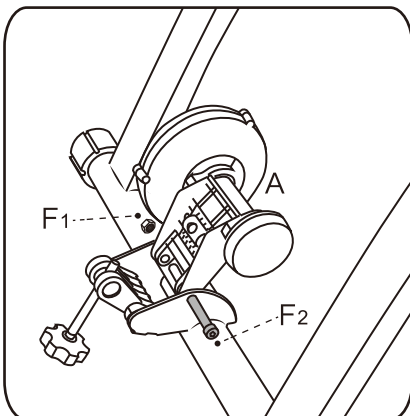
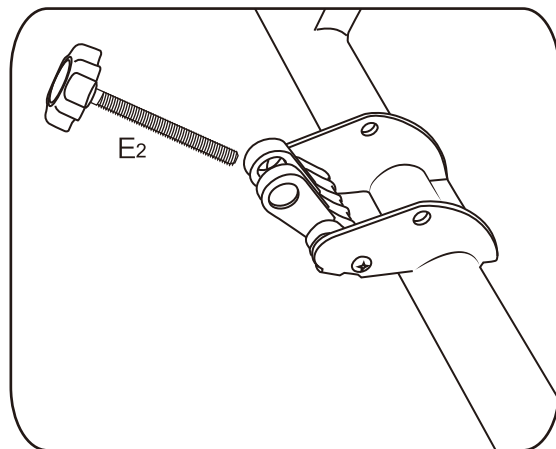
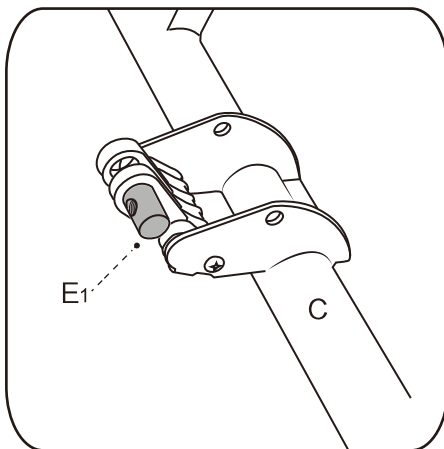


G x 1



H x 1

Inserire (E1) nell'apposito incavo del telaio principale (C), poi avvitare le viti (E2) nell'incavo. **01**

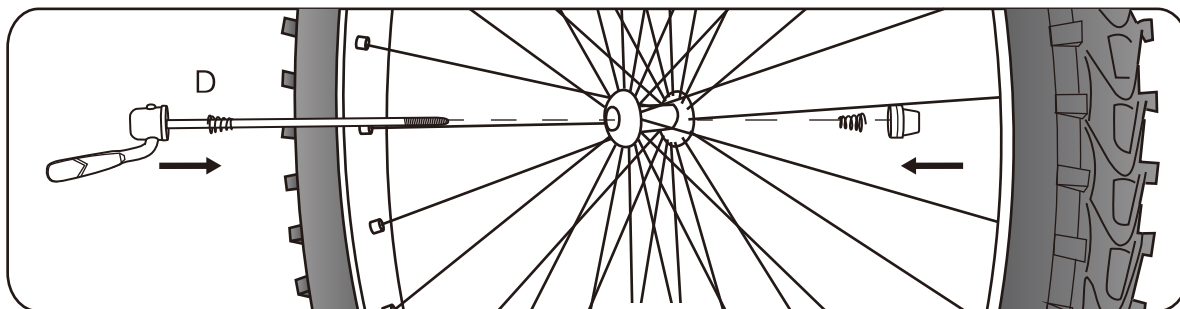


Inserire la vite (F2) nel dispositivo principale (A), stringere il dado (F1) con gli utensili (G,H).

Ruotare il dispositivo (A) to sul lato opposto, lasciare scorrere la manopola (E2) e inserire nella scanalatura del telaio principale (A)

Il montaggio del trainer e' ora completo. **02**

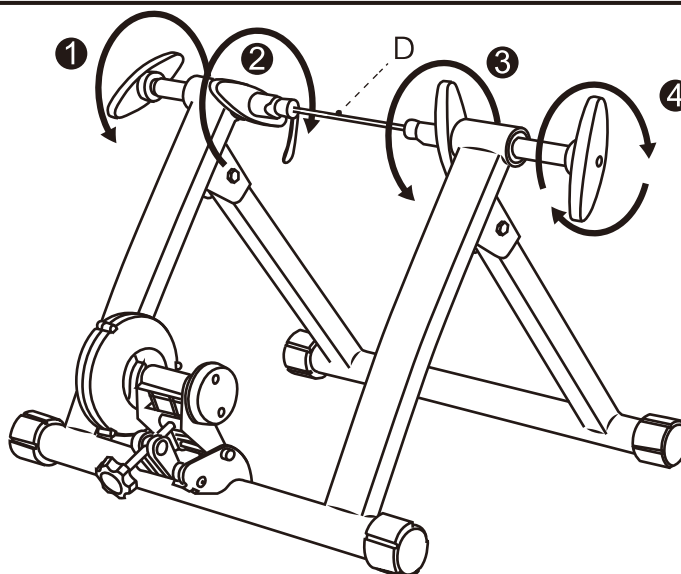
03



Usare i bulloni a rilancio rapido (D) per allineare gli assi della bici.

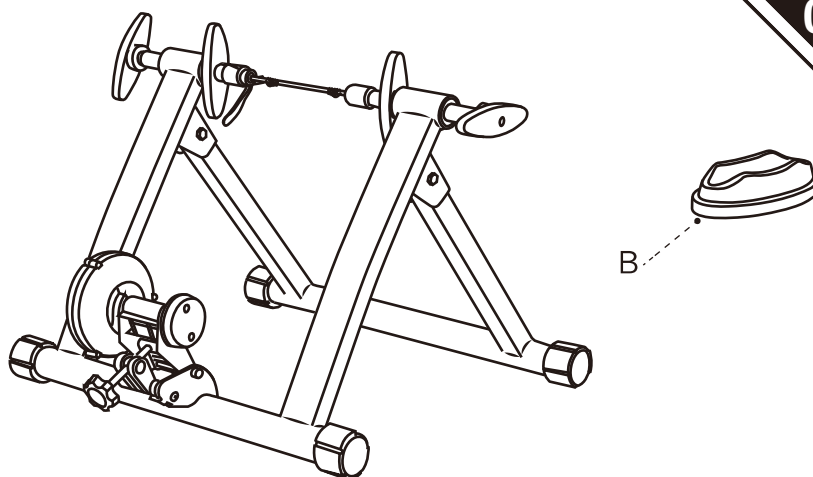
04

Stringere le ruote con queste 4 manopole (#1,#2,#3,#4) tenendo conto della direzione corretta come mostrato in figura.



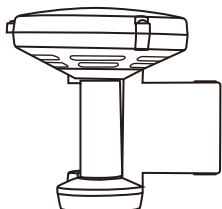
05

Infilare le ruote frontali nel cuscinetto protettivo (B), ora siete pronti ad allenarvi con la bici.



PRUDENZA DURANTE L'USO

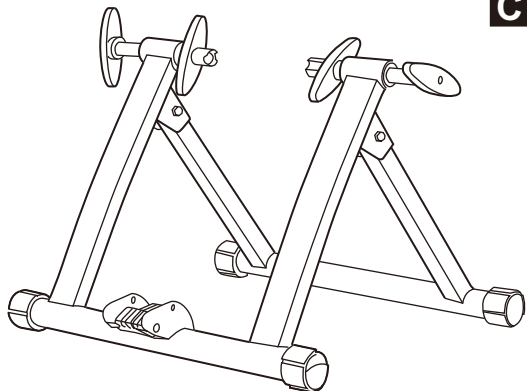
1. Assicurarsi che vi sia un perno di sgancio rapido collocato nella ruota posteriore della bici.
2. Regolare i piedini in gomma prima dell'uso, in modo che il telaio non scivoli.
3. Non toccare mai le parti mobili e la ruota.
4. Tenere sempre entrambe le mani posizionate sul manubrio.
5. Assicurarsi che tutti i bulloni e i dadi siano fissati in sicurezza prima dell'uso.
6. Non frenare improvvisamente durante l'uso del trainer, in quanto porterà ad un'usura accelerata dello pneumatico posteriore.
7. Tenere lontano dalla portata dei bambini piccoli.
8. Riscaldarsi sempre prima di iniziare ad allenarsi.
9. Quando il trainer viene utilizzato, e' normale che l'attrito causi del rumore. (Vi consigliamo di scegliere una gomma liscia per ridurre il rumore).



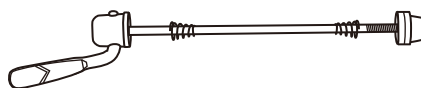
A x 1



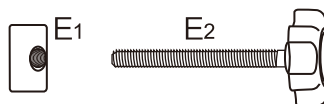
B x 1



C x 1



D x 1



E x 1



F x 1



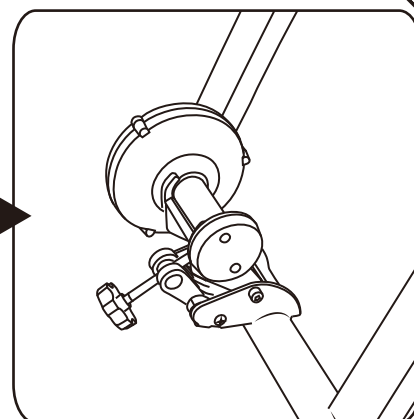
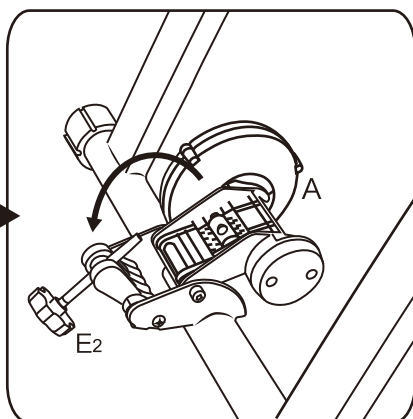
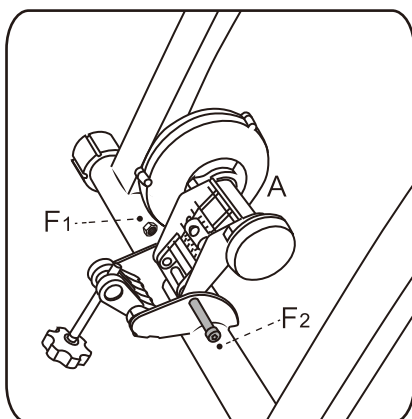
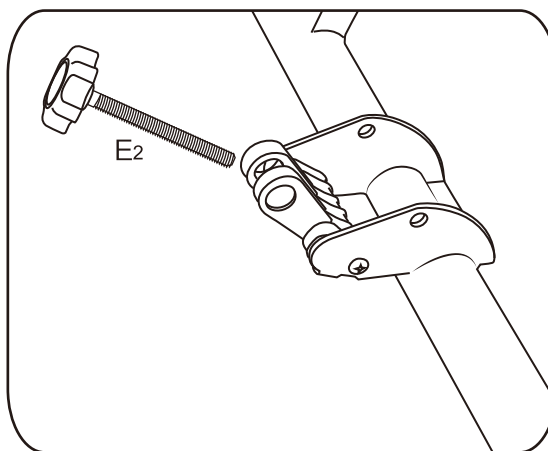
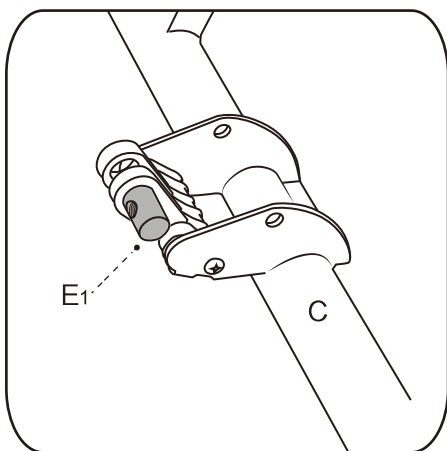
G x 1



H x 1

Coloque (E1) en la manga del cuerpo principal (C), luego gire el tornillo (E2) en la manga.

01



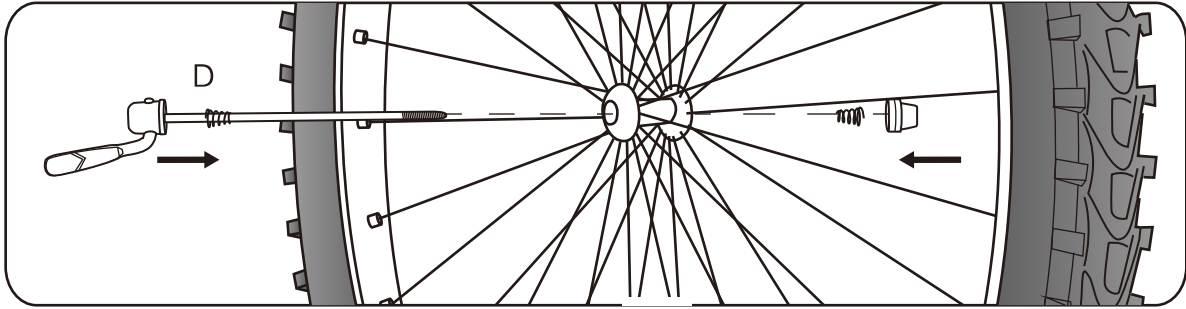
02

Inserte el tornillo (F2) en la máquina principal (A) y apriete la tuerca (F1) con las herramientas (G, H).

Aparte la máquina (A) para insertar la perilla (E2) en la ranura circular de la máquina principal (A).

Ahora el rodillo de entrenamiento está montado.

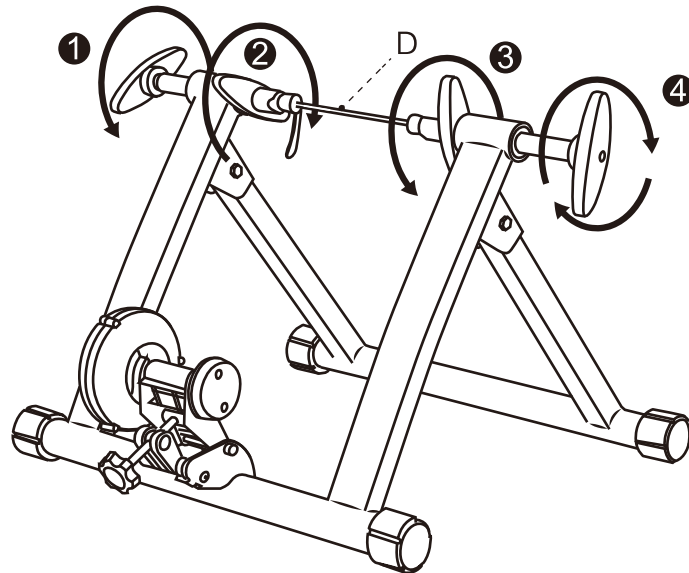
03



Utilice el perno de liberación rápida(D) para alinear el eje de la bicicleta.

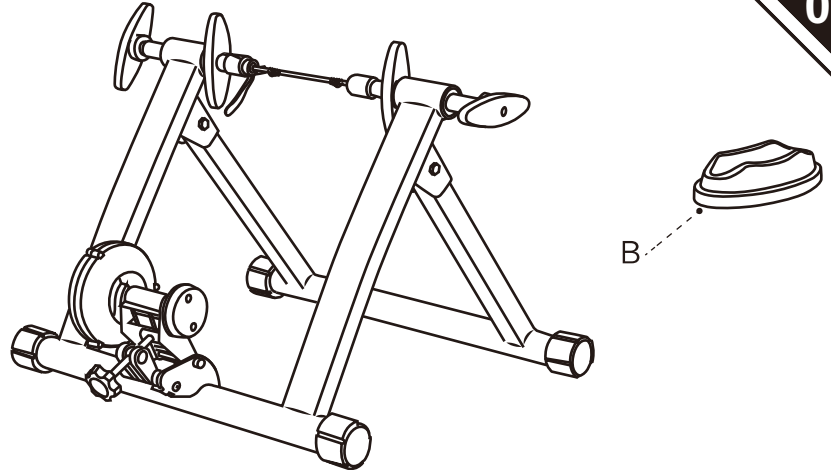
04

Apriete la rueda con las 4 perillas (1, 2, 3 y 4) en la dirección correcta como lo que se muestra en la imagen.



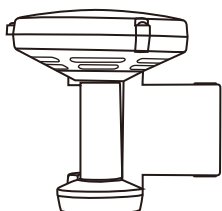
05

Coloque la rueda delantera en la almohadilla de goma (B) y su bicicleta estará lista para comenzar el entrenamiento.



PRECAUCIONES AL UTILIZAR EL RODILLO PARA BICICLETA

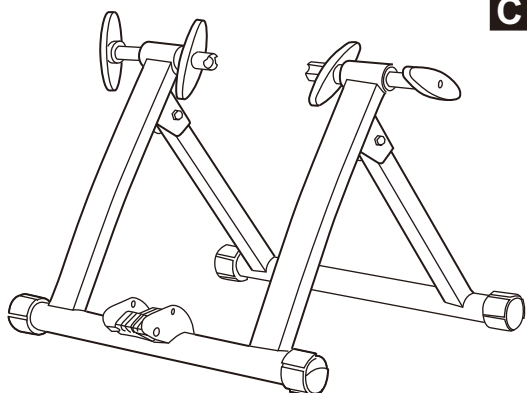
1. Asegúrese de que su bicicleta tiene un mecanismo de liberación rápida en la rueda trasera.
2. Ajuste las patas de goma antes de utilizar el rodillo para bicicleta, hasta que la estructura no tiemble.
3. No toque los rodillos giratorios y la rueda en ningún momento.
4. Mantenga ambas manos en el manillar en todo momento.
5. Asegúrese de que todos los pernos y tuercas estén firmemente sujetos antes de utilizar el rodillo para bicicleta.
6. Nunca frene repentinamente al utilizar el rodillo, eso puede causar un desgaste innecesario del neumático trasero.
7. Mantenga el rodillo alejado de los niños pequeños.
8. Haga siempre ejercicios de calentamiento antes de empezar a entrenar.
9. Cuando se utiliza el rodillo, la fricción causa algo de ruido, es algo normal. Le recomendamos un neumático liso para reducir el ruido.



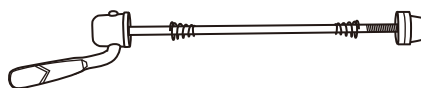
A x 1



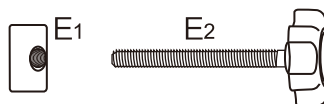
B x 1



C x 1



D x 1



E x 1



F x 1



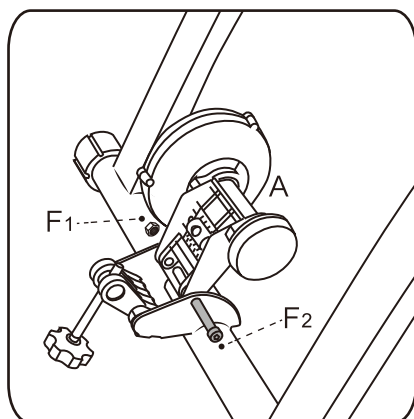
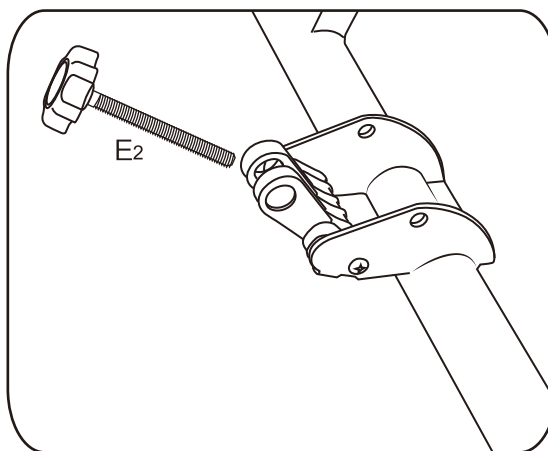
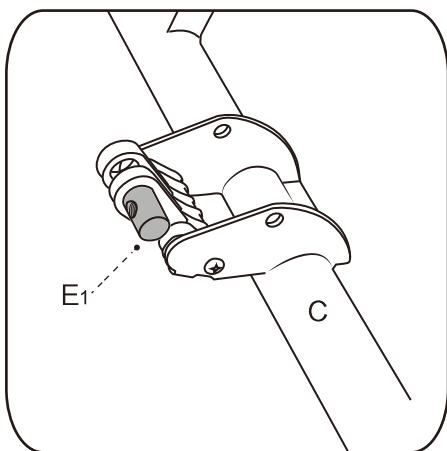
G x 1



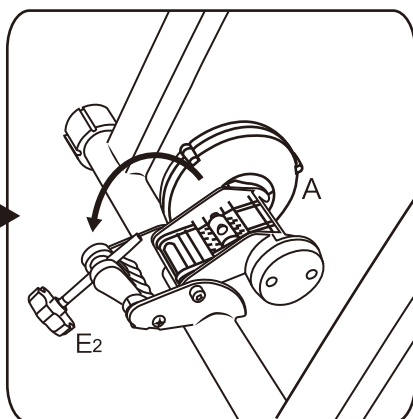
H x 1

Coloque (E1) na abertura da estrutura principal (C), depois rode o parafuso (E2) na mesma.

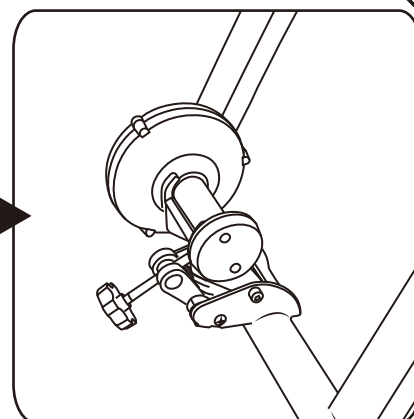
01



Introduza o parafuso (F2) na estrutura principal (A), aperte a porca (F1) com as ferramentas (G, H).



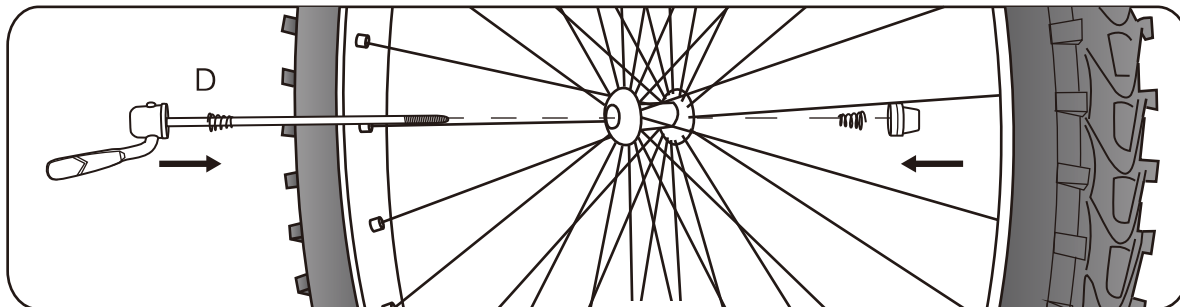
Rode a máquina (A) para o outro lado, permita que a peça (E2) seja inserida na ranhura da máquina principal (A).



Depois, a montagem do rolo está pronto.

02

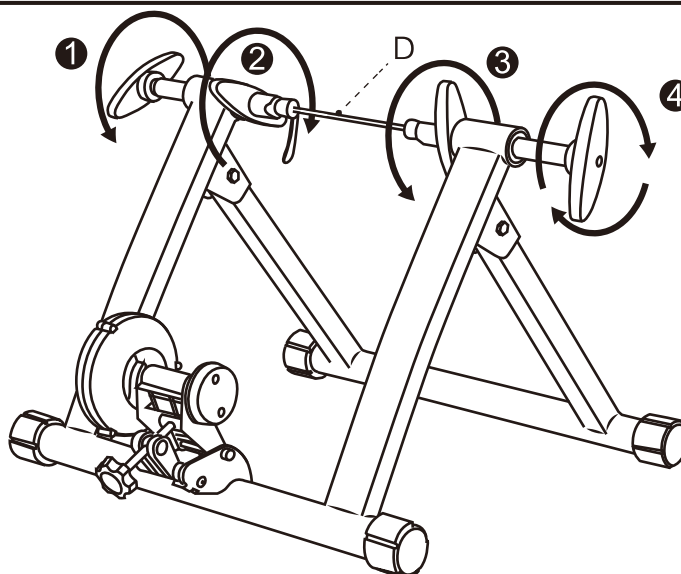
03



Use o parafuso de liberação rápida (D) para alinhar o eixo da bicicleta.

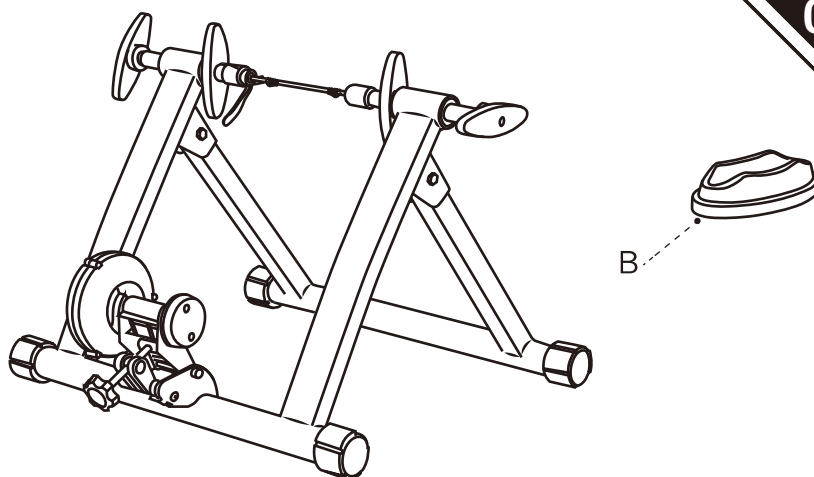
04

Aperte a roda com os 4 botões (#1, #2, #3, #4) na direção correcta, como mostra a figura.



05

Coloque a roda dianteira sobre a almofada de borracha (B), depois a sua bicicleta estará pronta para começar o treino.



PRECAUÇÃO AO UTILIZAR O ROLO DE TREINO

1. Certifique-se de que a sua bicicleta tem uma libertação rápida na roda traseira.
2. Ajuste o pé de borracha antes de utilizar o rolo de treino, até o quadro inteiro não tremer.
3. Não toque nos rolos giratórios e roda em momento algum.
4. Mantenha ambas as mãos no guidador em todas as ocasiões.
5. Assegure-se de que todos os parafusos e porcas estão bem apertados antes de utilizar o rolo de treino.
6. Nunca trave subitamente ao utilizar o rolo, isto pode causar um desgaste desnecessário do pneu traseiro.
7. Mantenha o treinador afastado das crianças pequenas.
8. Faça sempre exercícios de aquecimento antes de começar a treinar.
9. Ao utilizar o rolo, o atrito causa algum ruído, é o fenómeno normal. (Sugerimos que escolha pneus lisos para reduzir o ruído).

UK

If you have any questions, please contact our customer care center.

Our contact details are below:



0044-800-240-4004



enquiries@mhstar.co.uk

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ES

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atencioncliente@aosom.es

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