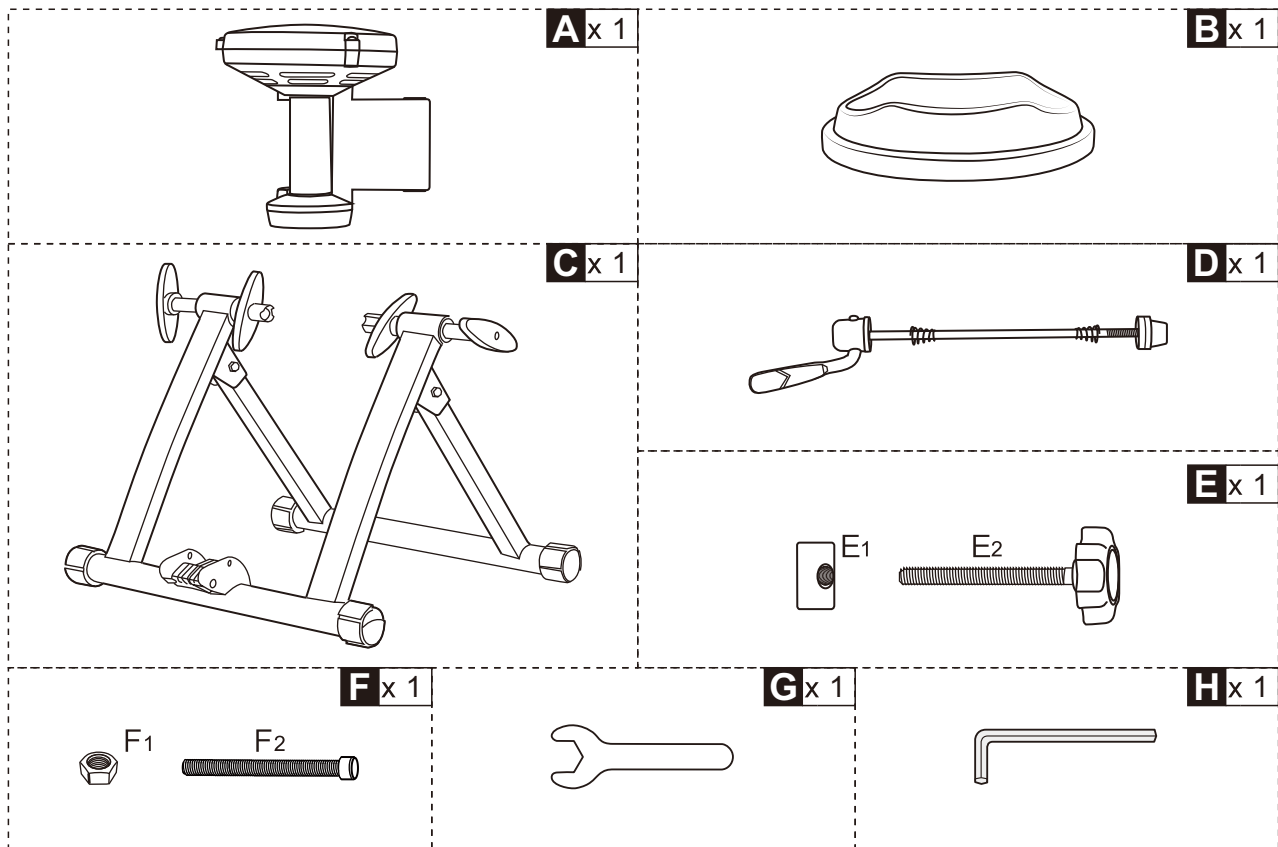


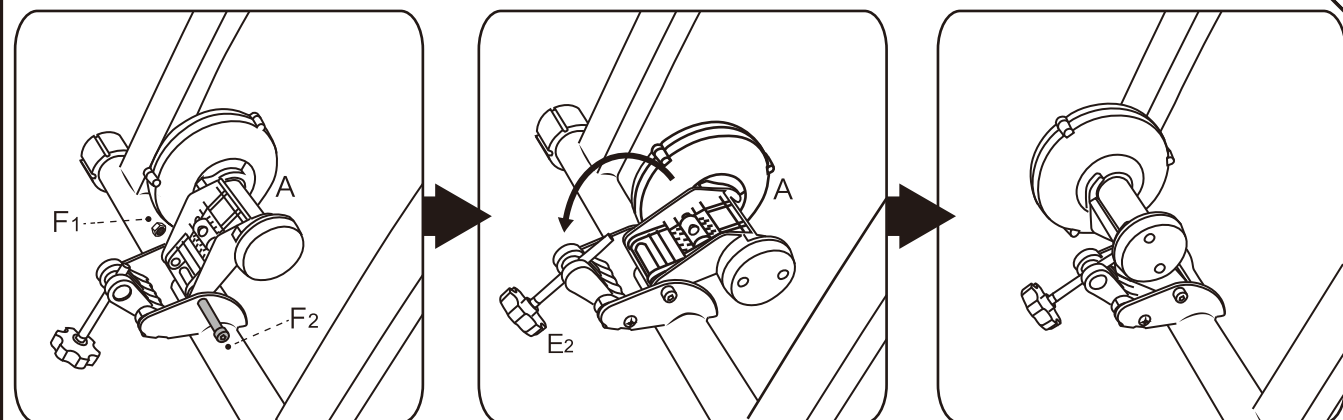
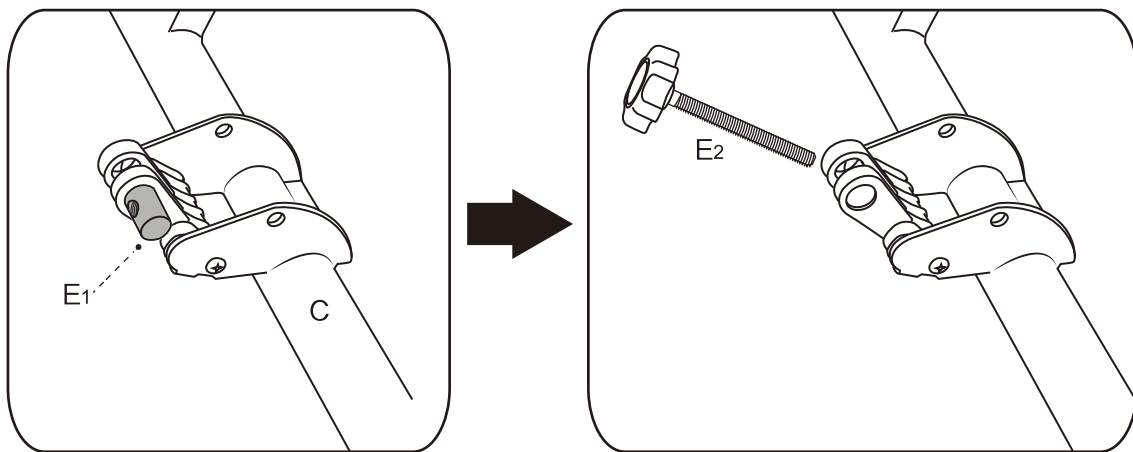
## Bicycle trainer installation instructions

READ AND SAVE THIS INSTRUCTION FOR FUTURE USE

**ASSEMBLY INSTRUCTION**



Put (E1) into the sleeve of main frame(C) , then twirl screw(E2) into the sleeve. **01**

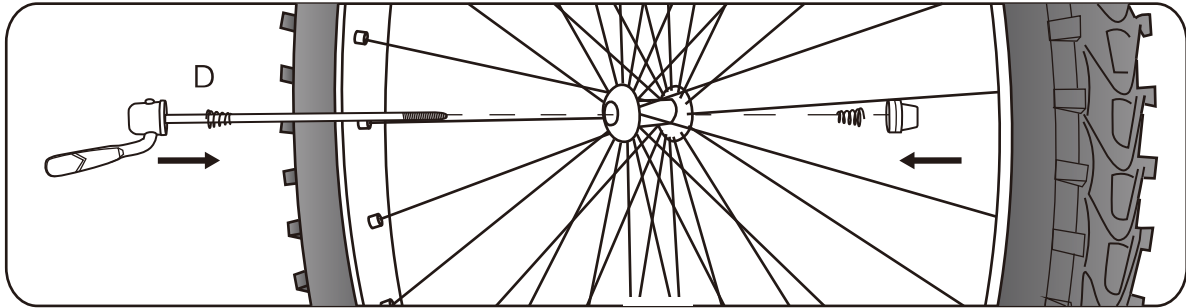


Insert the screw(F2) into the main machine(A), tighten the nut(F1) with the tools(G,H).

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. **02**

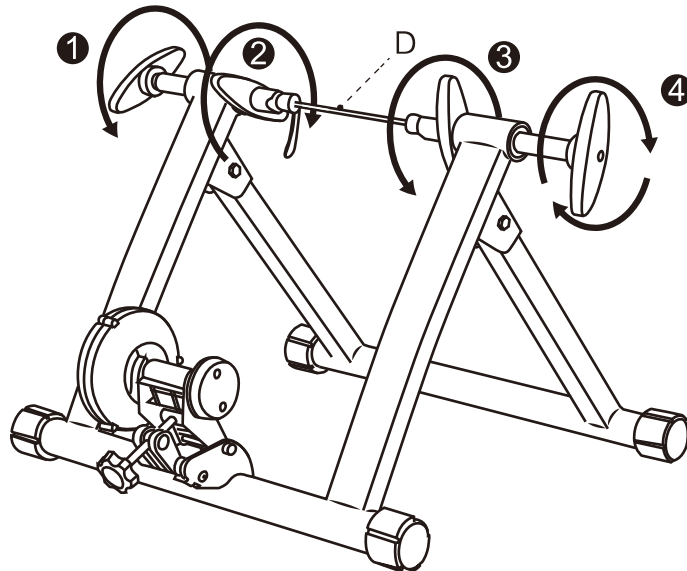
03



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

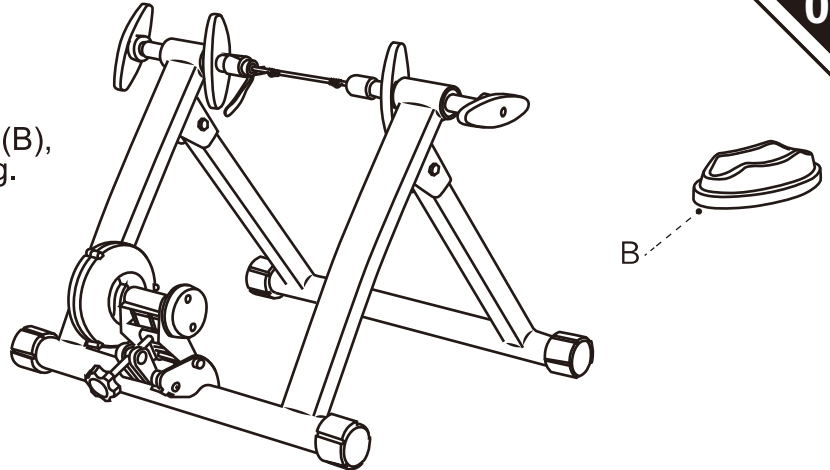
04

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).

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