

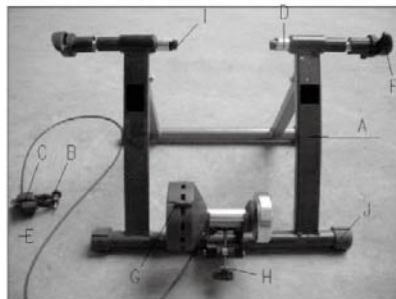
Bike Trainer with Magnetic Resistance

INaaa026V01_UK_AA0-080

- Please read this Owner's Manual completely
- before assembling or operating this product
- For best results use smooth or universal tread tyres
- Max User Weight.135KG (including bicycle)



Part List



- A. Main frame
- B. Handlebar clamp
- C. Resistance lever
- D. Couple
- E. Control cable
- F. Adjustment handle
- G. Magnetic set
- H. Adjustable knob
- I. Plastic bush
- J. Rubber feet

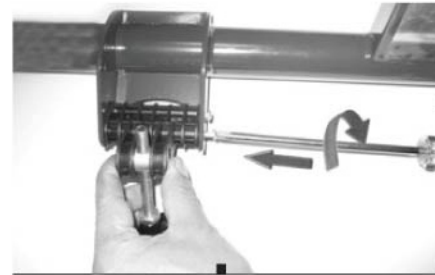
Installing your bike

1. Unfold the frame and place it on level floor



INSTALLING BIKE

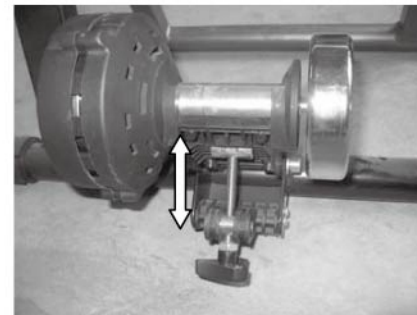
2. To fasten the plastic parts with the four screws of M5x25



3. To fasten the magnetic wheels with the given tools



- 4 To change the height of magnetic wheel by adjusting the knob after assembling the magnetic so as to fit different sizes of bikes.

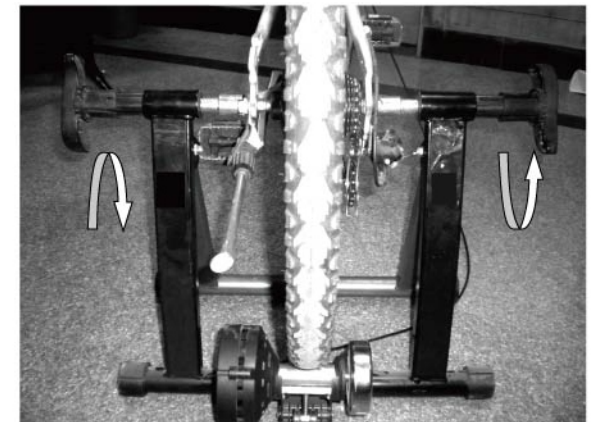


5. Before placing the bike in the bike trainer rotate the

Adjustable handle (F) on both sides
This will create a wide gap between the couplings.

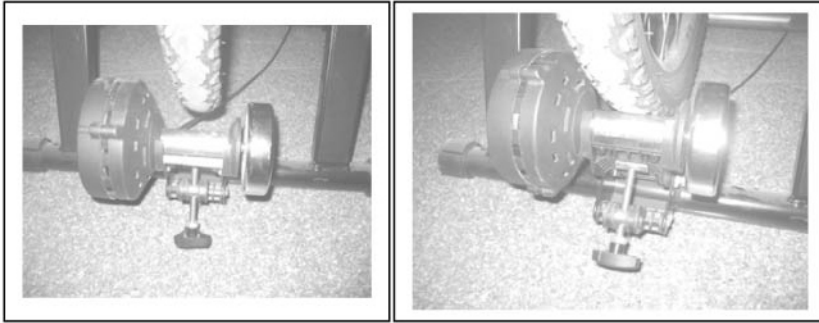


6. Place the rear wheel of the bike onto the bike trainer, ensuring that the rear hub of the bike is between The couplings. Adjust the adjustable handle (F) so it is over the rear hub, then lock into place by rotate the Adjustable handle (F). Tightening until securely fastened, but do not over tighten



NOTE

7. Adjusting the magnetic wheel to the correct



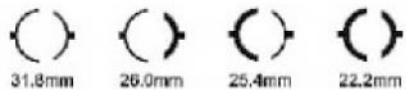
The bike trainer can be adjusted to fit wheel sizes from 66cm to 700C (69cm). Turn the adjustment knob (H) so that the wheel is touching the bike trainer.

Please ensure that the tyres are firmly inflated.

8. The bike trainer is supplied with rubber bushes to ensure a good fit with our handle bars.

Please measure the diameter of your handle bar and select the correct rubber bushes and insert into the control clamp (C)

Install the control clamp on the handle bar and tighten handlebar nut (B) securely.



J1 is suitable for the diameter of handlebar in 31.8mm

J2 is suitable for the diameter of handlebar in 26.0mm

J3 is suitable for the diameter of handlebar in 25.4mm

J4 is suitable for the diameter of handlebar in 22.2mm



0044-800-240-4004
enquiries@mhstar.co.uk

NOTE

Increasing/Decreasing Resistance



To increase the load force, turn the lever on your handle bar towards the “H” symbol

Remove your bike from the trainer

1. Firstly rotate the adjustable knob H to release the roller from the bicycle
2. Secondly rotate the adjustable handle F to release the bike from the trainer.

Effective Training Instruction.

1. Consult your physician or qualified persons before using this product.
2. Effective training requires some load resistance. A gradual increasing of the load force is better for your muscles and a more effective form of training.
3. By changing the load force and your bicycle gears, you can get your preferred level of resistance.

CAUTION WHEN IN USE

1. Make sure the trainer is located at a level surface before using
2. Users should do necessary exercises to warm up properly before using
3. Be careful not to touch the spinning rollers and wheels at all times
4. Keep both hands on handlebars at all times and maintain a normal riding position
5. Check the couplings supporting the rear hub for damage or cracks
6. Keep children away from product
7. Make sure all bolts and nuts are securely fastened prior to using
8. Never brake suddenly while using the trainer. This results in unnecessary wear and tear to rear tyre and machine
9. Please do not use this product for any purpose other than intended.