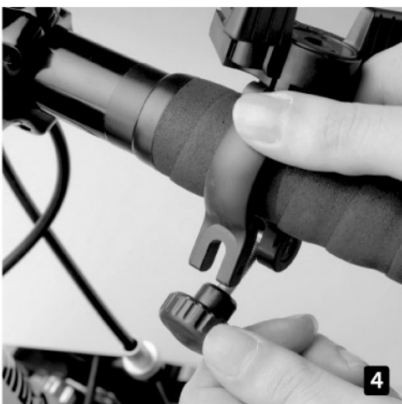


- 4** Attach the remote resistance lever to the handlebars of your bicycle ensuring that the cable is away from your pedals and rear wheel.
- 5** Place riser block under the front wheel of your bicycle to level up the bicycle and to improve the comfort level.



REMOTE RESISTANCE LEVER

The trainer has 6 stages of subtle magnetic resistance. By rotating the remote lever you can increase or decrease the resistance level during your workout. This lever along with the use of your bicycles gear system can vary your workouts.

REMOVAL OF THE BICYCLE FROM THE INDOOR BICYCLE TRAINER

1. Remove the remote resistance lever from the handlebar.
2. Wind back the adjustment knob of the resistance roller so it is no longer touching the rear tyre
3. Lift or pull the release lever on the trainer.



Please Note: If you have changed your bicycles rear axle skewer to the one provided with the trainer it is also okay to use this skewer when you are riding the bicycle on the road.

If you choose to leave your bicycle set up in the trainer it is advisable to wind back the adjustment knob of the resistance roller so it is no longer touching the rear tyre. This will avoid flat spots occurring on the tyre.



MAGNETIC INDOOR BICYCLE TRAINER

CONTENTS INCLUDED

1. A-Frame Magnetic Indoor Bicycle Trainer with remote lever
2. Replacement Rear Axle Skewer
3. Front Wheel Riser Block

WARNING

Please read all instructions before attempting to use the trainer for the first time. It is important to follow these instructions and to adhere to all warnings. Failure to do so could cause serious injury. This indoor bicycle trainer unit is only designed to be used with 26", 27" and 700c size wheel single rider bicycles. Warranty does not cover misuse or modification to the above product.

CAUTION

- Before commencing each cycling session please ensure the bicycle is securely attached to the indoor bicycle trainer unit.
- Young children and pets should be kept well away when in use.
- Use in a well ventilated area
- Do not touch resistance roller after use as it could be extremely hot.
- You should consult a physician before commencing any new exercise program

HPF[®]
PROFLEX

EN19071

MAGNETIC INDOOR BICYCLE TRAINER

QUICK START GUIDE

- 1** Unfold trainer and place on a level surface, insert rear wheel axle between clamp heads whilst the quick release lever is in the open position.



Adjust the left hand clamp head so it reaches the bicycles axle and lightly holds the bicycle upright. Make sure that the slots in the clamp head align with your quick release lever on your bicycles rear axle.

Please Note: Depending on the shape of your bicycles rear axle skewer it may be necessary to use the skewer that is provided with the trainer.

- 2** With the bicycle in position push down on the trainers release lever to clamp the bicycle securely into the trainer.



Tighten the locking ring on the left hand side clamp head to the frame of the trainer.

Please Note: The lever should feel firm to push. However it doesn't require excessive force as this could damage the lever.

- 3** Wind the knob at the back of the resistance roller until it gently touches the tyre.



It is important that you use a smooth treaded tyre and that it is inflated to the maximum tyre pressure as stated on the sidewall of your tyre.



Some experts believe the incorrect or prolonged use of almost any product could cause serious injury or death. For information that may reduce your risk of serious injury or death consult the points below and additionally, the information available at www.datastreamserver.com/safety

- Consult all documentation, packaging and product labelling before use. Note that some products feature online documentation which should be printed and kept with the product.
- Check product for loose / broken / damaged / missing parts, wear or leaks (if applicable) before each use. Never use a product with loose / broken / damaged / missing parts, wear or leaks (if applicable).
- Products must be inspected and serviced (if applicable) by a qualified specialist every 6 months assuming average residential use by a person of average weight and strength, above average technical aptitude, on a property matching average metropolitan specification. Intended use outside these guidelines could indicate the product is not suitable for intended use or may require more regular inspection or servicing.
- Ensure all possible users of the product have completed an industry recognised training course before being given access to the product.

- The product has been supplied by a general merchandise retailer that may not be familiar with your specific application or your description of the application. Be sure to attain third party approval for your application from a qualified specialist before use regardless of prior assurances by the retailer or its representatives.
- This product is not intended for use where fail-safe operation is required. As with any product (take an automobile, aircraft, computer or ball point pen for example) there is always a small chance of a technical issue that needs to be repaired or may require replacement of the product or a part. If the possibility of such failure and the associated time it takes to rectify could in any situation inconvenience the user, business or employee or could financially affect the user, business or employee then the product is not suitable for your requirements. This product is not for use where incorrect operation or a failure of any kind, including but not limited to a condition requiring product return, replacement, service by a technician or replacement of parts could cause a financial loss, loss of employee time or an inconvenience requiring compensation.
- If this item has been purchased in error considering the points above simply contact the retailer directly for details of their returns policies if required.

