

Fluid bike trainer

SLBIKEFL01

Assembly instructions



Please read all instructions thoroughly before starting assembly

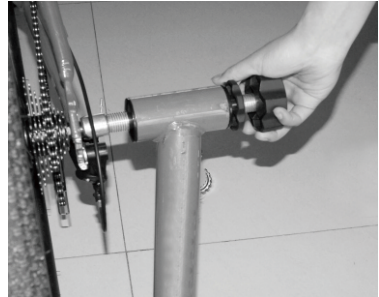
CHARLES BENTLEY

Operating instructions

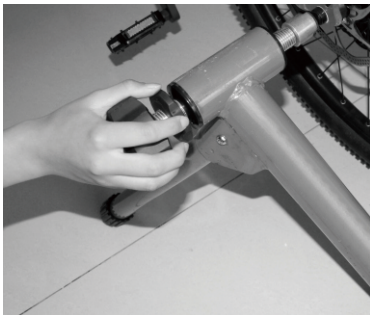


1. At this point, be sure that the resistance unit is loosely tightened and does not touch tyre.

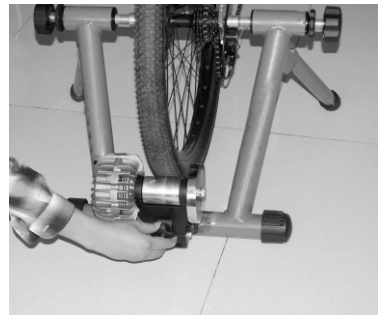
Loosen lock ring and turn the knob to centre your bike.



2. Tighten knob on quick release side of trainer until wheel is firmly centered on resistance unit roller.



3. Tighten lock ring when wheel is centred on resistance unit and bike is firmly locked in at the skewer.



4. Turn adjustment knob until roller touches tyre (this knob can also adjust resistance).

We recommend the use of a turbo trainer tyre such as schwalbe insider to improve your training experience and reduce wear on your standard tyres.



Quick release skewer (included with trainer)

Using your FluidPower trainer

The FluidPower trainer offers the user by far the closest form of resistance, apart from actually taking the bike on the road and riding it.

Its simple set up, with no need for a resistance cable, makes for easy training without leaving the comfort of your own home.

The rear wheel of the bike is simply placed onto the a-frame, the roller screwed up to the tyre and away you go.

The resistance is then created by the pedalling force of the rider - the harder you pedal - the greater the resistance! This can be increased even further by using the gears if you are on a road/hybrid or mountain bike.

Make sure that the hub connections are secure.

Always check that the front wheel is secure in the riser block before using the FluidPower trainer.

It is important to warm up properly before doing any kind of exercise and consult your doctor before starting any workout regime.

Check to make sure your bike tyres are inflated to the proper psi.

Always keep both hands on your handlebars when riding.

Maximum load: 100kgs.

Bike removal

To remove the bike properly:

1. Turn the adjustment knob on the resistance unit anti-clockwise to back the roller away from the tire until it is no longer touches.
2. Reduce axle tension by turning the right axle knob anti-clockwise, a minimum of two turns, to allow for disengagement of the quick release.
3. Firmly grasp your bike saddle to stabilize the bike.
4. Disengage the quick release on the right side of the trainer and slide the axle knob to the fully open position. the bike can now be removed from the left cone cup.

CHARLES BENTLEY

EST. 1860

Find Us On



Contact : customerservices@buydirect4u.co.uk

Please Retain Instructions For Future Use

CHARLES BENTLEY & SON LTD
NORTH ROAD, LOUGHBOROUGH, LEICESTERSHIRE, LE11 1QJ