

SUNLITE



IMPORTANT NOTES



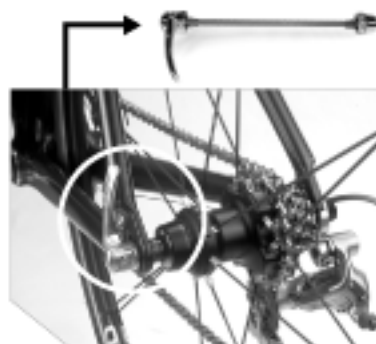
1. Read and follow all instructions carefully before use.
2. Keep this manual handy at all times.
3. Before each use, inspect the product thoroughly for loose or missing parts.
4. Always do warm-up exercises before you start training.

F-2
W / O QUICK RELEASE SYSTEM

SUNLITE**INSTALLING YOUR BIKE**

1. Unfold the frame and place it on level floor.

2. Replace the quick-release skewer on the rear wheel of your bike with the skewer **J** included with the Trainer. This assures ideal clamp fitting and stability.



3. Before placing the bike in the trainer, rotate the right side hub-clamp **D** and release the lever **A** or adjust the wing nut **A** on the left side to create a wide clearance between the couplings.



4. Install the bike's rear hub between the couplings and adjust the wing nut **F**, then lock the rear hub by pressing down the lever **A** or rotating wing nut **A**.

5. Rotate inside wing nuts **G** to fix wing nut **F** and lever **A** or outside wing nut **A**. Tighten until securely fastened, **BUT DO NOT OVERTIGHTEN**.



6. Adjust knob **I** to shift the roller tightly against the tire to prevent the tire from slipping. Make sure that the tire is well inflated (at least six atmospheres).

NOTES

➔ **Remove your bike from the trainer**

1. Firstly rotate the adjustable knob **I** to release the roller from the bicycle tire.
2. Then pull the lever **A** up or Rotate wing nut **A** and loosen the wing nuts to draw out the bicycle.

CAUTION WHEN IN USE

1. Be careful not to touch the spinning rollers and wheels at all times.
2. Keep both hands on handlebars at all times and maintain a normal riding position.
3. Check the couplings supporting the rear hub for damage and cracks. Accidents may occur from cracked or damaged couplings.
4. Keep away from small children.
5. Make sure all bolts and nuts are securely fastened prior to using.
6. Never brake suddenly while using the trainer. This results in unnecessary wear and tear to the rear tire.