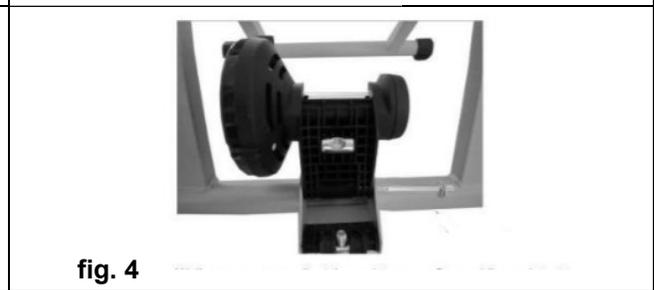
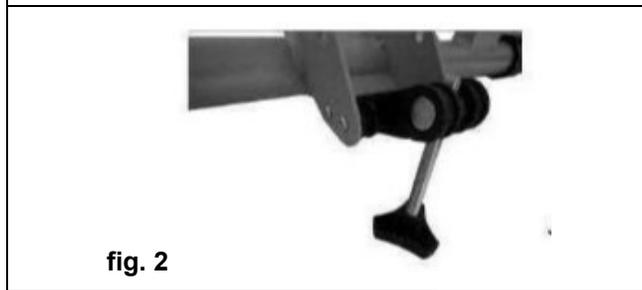
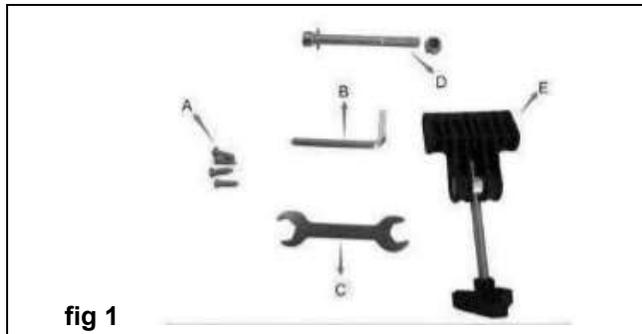




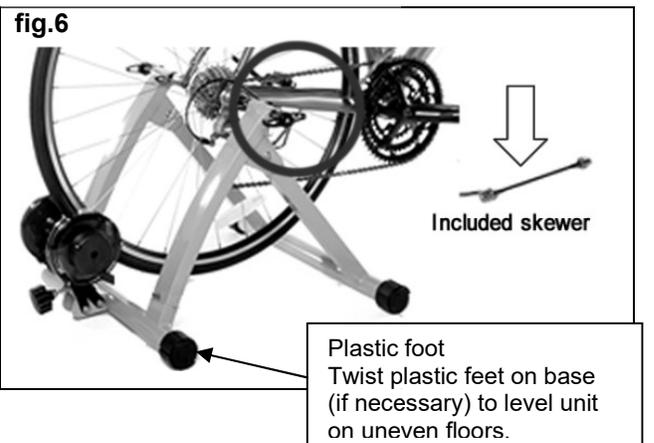
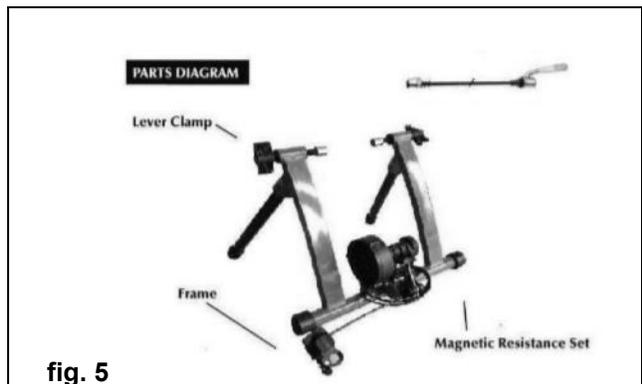
Product name: Conquer Pro Indoor Bike Trainer
Exercise Machine 5 Speed Magnetic Resistance
SKU: 530-TRNR5SPD
EMAIL: customercare@conquerequipment.com
TEL: 855-349-4327
help.ConquerEquipment.com

Trainer Setup for 26", 27" & 700C wheeled bikes w/Quick Release Wheels

- *Review and follow instructions prior to each use, and keep with trainer for future reference.
- *Use the product only as described in this manual.
- *Before each use, inspect the trainer and bicycle to ensure safety.
- *Refer to the documentation for any questions. If you are unsure of use or have warranty inquiries, please visit ConquerEquipment.com



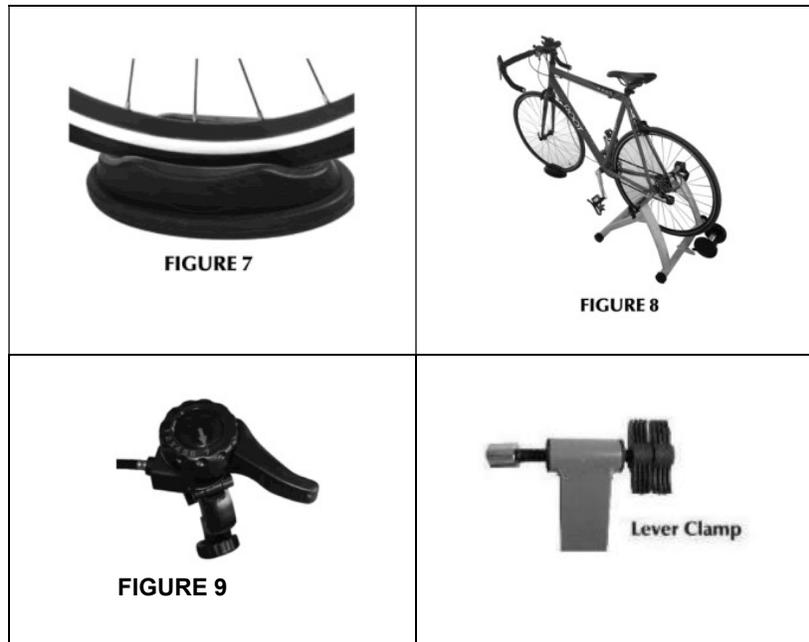
1. Remove all packaging unfold the trainer's frame, and place on a level floor (fig. 5 below). Twist plastic feet (numbered 1-5) to level trainer frame with floor, if necessary (fig. 6).
2. Line up holes, then use screws (A) and Allen wrench/screwdriver (B) pictured in fig. 1 to attach resistance knob assembly (E) to bracket on frame (fig. 2).
3. Use nut and bolt (D in fig. 1) to affix magnetic resistance unit (fig. 3) to bracket/frame (fig. 4).
4. Replace rear wheel skewer on bike with included skewer (fig. 6). This is to make your bike fit in the trainer properly, for stability and for safety.
5. Install the bike's rear hub between the lever clamps/couplings (fig. 6), and adjust wing nuts to lock the rear hub within couplings. Do not over tighten.





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6. Ensure that tension knob (E) is fitted correctly through the barrel bolt on the magnetic resistance unit. Adjust tension knob (E) to seat the roller tightly against rear tire (to prevent the tire from slipping). Be sure bike tire is inflated to the proper PSI.
7. Affix remote resistance shifter (fig. 9) to bike handlebar. Be sure cable is clear of obstruction.
8. Place the enclosed riser block under your bike's front wheel (fig. 7).
9. Bike is now ready to ride (fig. 8). Use remote shifter to adjust resistance (fig. 9) without dismounting bike. You may also adjust resistance knob for more or less resistance. Also, use the gears of the bike for more or less resistance. Start training!
10. There will be some noise associated with riding your bike indoors on a cycling trainer. Sound acts differently off walls/ceilings than it does on the road in an open, outside environment. To reduce noise, consider using a slick tire on the rear wheel, or an exercise mat beneath the trainer.
11. To remove your bike from the trainer, rotate and loosen the adjustable tension knob to release the roller from the bicycle. Rotate and loosen the wing nuts/lever clamps, then remove the bicycle. Replace trainer skewer with the bike's skewer for riding outdoors. Fold trainer flat for storage, if desired.



SAFETY WARNINGS:

1. NEVER use trainer on uneven surfaces. Always set up your trainer on a flat, even surface.
2. HARD BRAKING during use of the trainer may cause excessive wear on bike tire and the trainer.
3. ALWAYS make sure parts are tightened and that all equipment is in good working condition. Inspect trainer and bike before each use.
4. KEEP PETS AND CHILDREN CLEAR of trainer when in use.
5. NEVER touch wheels or roller mechanism when they are in motion.
6. ALWAYS make sure bike tires are secure and properly inflated before attaching to trainer.
7. NEVER let go of the handlebars while riding your bike.
8. ALWAYS warm up properly before working out. Consult your physician prior to starting any workout regimen.

We appreciate your feedback! We hope this exceeded your expectations. If you enjoyed our product, feel free to leave us a positive product review. If you need help or have questions, please email us at customercare@conquerequipment.com and we will do everything in our power to be sure you are happy!