



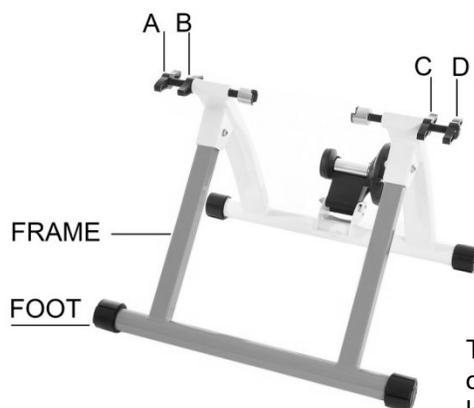
Product name: Conquer Indoor Bike Trainer
SKU: 530-TRNTWHT
EMAIL: customercare@conquerequipment.com
TEL: 855-349-4327
help.ConquerEquipment.com

Trainer Setup for 26", 27" & 700C wheeled bikes

- *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 frame, and place on a level floor. Twist plastic feet (numbered 1-5) on ends of base to desired level; adjust as necessary for uneven floor.
2. If bike does not have quick release skewer, proceed to step 4.
3. If desired, replace your bicycle's rear wheel quick-release skewer with the skewer included with the trainer.
4. **IMPORTANT:** Before placing your bike in the trainer, rotate the couplings and release wing nut A or adjust the wing nut B on the left side to create a wide enough clearance in between the couplings. Install the bike's rear hub between the couplings, and adjust wing nuts A and D to lock the rear hub. Then adjust wing nut B and C to lock against the trainer. **DO NOT OVERTIGHTEN.**

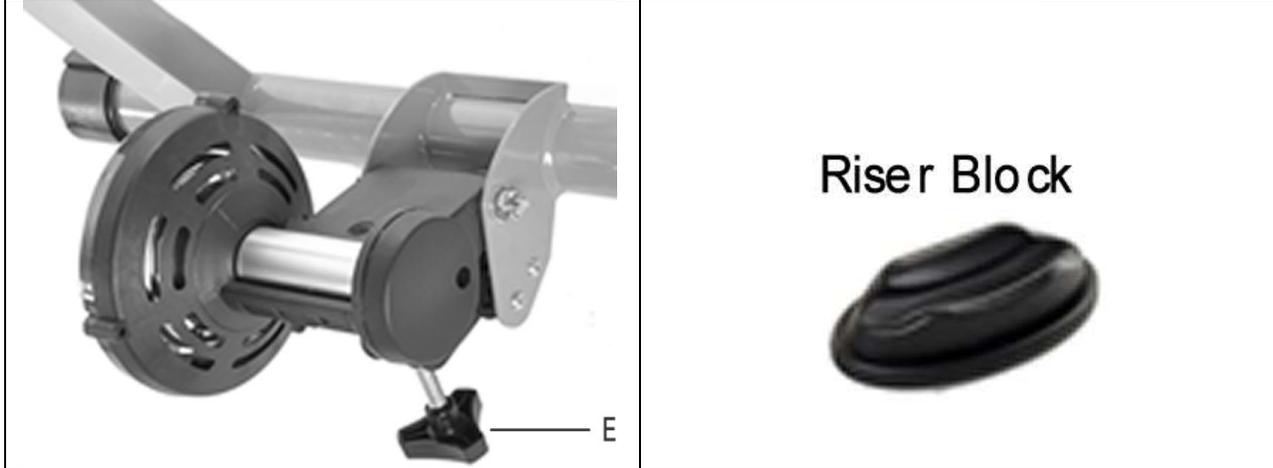


Twist plastic feet on base of frame (if necessary) to level unit on uneven floors.





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5. Ensure that tension knob E is fitted correctly as shown through the barrel bolt found on the underside of the roller. Adjust knob E to set the roller tightly against the tire to prevent the tire from slipping. Be sure bike tire is inflated to the proper PSI.
6. Place the riser block under your bike's front wheel.
7. Adjust the tension knob E for more or less resistance. You may also use the gears of your bike for more or less resistance.
8. To reduce noise, consider using a slick tire on the rear wheel, or an exercise mat beneath the trainer.
9. To remove your bike from the trainer, rotate the adjustable tension knob E to release the roller from the bicycle. Rotate wing nuts and loosen to remove the bicycle.

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. Visually 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 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!