



# Bicycle Trainer Stand

— User Manual —

Thank you for choosing Sportneer! Please read this manual carefully and keep it for future reference.

## **Warnings**

- Do not use the bicycle trainer stand on the uneven ground.
- Do not slam on the breaks when using the trainer stand. This places undue stress on the resistance wheel and on the bicycle tires.
- Make sure your bicycle is securely fastened before use.
- Do not touch your tires while riding.
- Make sure your tires are properly inflated.
- Do not let go of the handlebars while riding.
- Warm up before exercising to prevent injury.
- Keep the trainer stand away from pets and young children.

## **Troubleshooting**

### **How can I reduce noise when riding?**

- Change to unstriped slicks to eliminate shaking.
- Place the stand on a blanket or mat.

### **Why doesn't the resistance change when I turn the dial?**

- The resistance wheel may be too loose. Tighten the nut in the resistance wheel to increase tension.
- Resistance increases gradually. Wait for a few seconds for the resistance wheel to tighten.

## **Package Contents**

- 1 x Magnetic Resistance Bike Trainer Stand
- 1 x Replacement Skewer
- 1 x Front Wheel Block

## Description

No more rainy day excuses— take the velodrome into your living room with the Sportneer Indoor Bicycle Trainer Stand! You'll be able to feel the burn from the comfort of your own home. With a wide base, 5 adjustable rubber feet, and a low stance, this stationary bike converter offers unparalleled stability. You won't shake and wobble no matter how hard you pedal! This bicycle stand reduces noise by spinning the back wheel only. Obnoxious whirring is eliminated, much to the relief of your spouse, pets, and kids! Training for the trail? The Sportneer Indoor Bicycle Trainer Stand includes 6 remote-controlled resistance settings to help you simulate even the toughest inclines. Going on a trip? At only 22" x 18" x 6" when folded, this stand is small enough to stash in your trunk or in your suitcase.

## Features

1. Easy installation and operation
2. 6 resistance settings
3. Noise reduction
4. Suitable for 26-29 inch bicycles and 700C bicycles

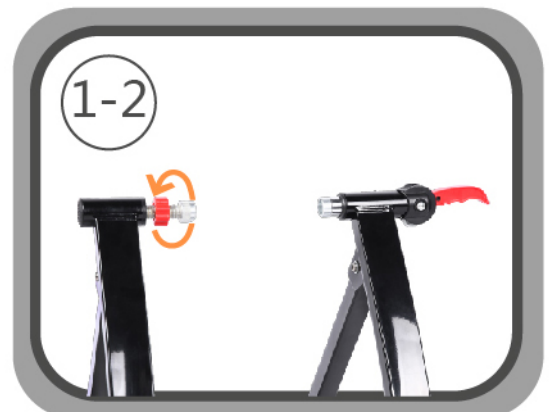
## Specifications

- Size: 16.5" x 22" x 23"
- Folded Size: 22" x 18" x 6"
- Maximum Weight: 250lbs
- Net Weight: 15lbs
- Gross Weight: 18lbs

## Instructions

How to Install Your Training Stand

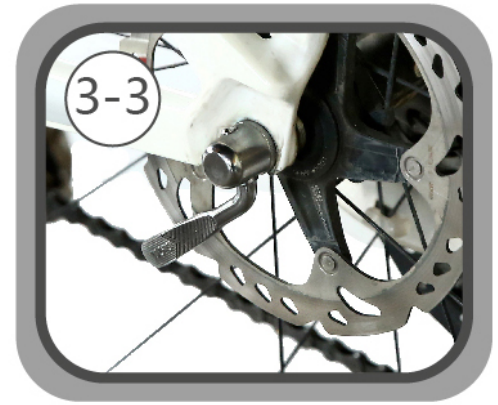
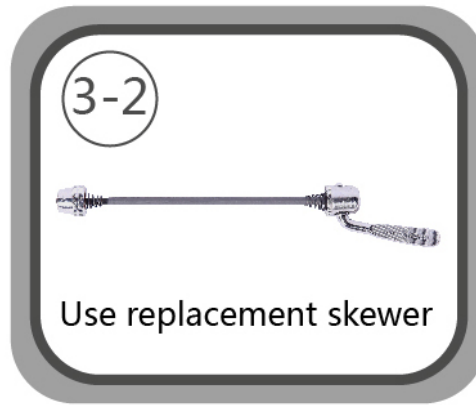
1. Unfold the trainer and twist the knob to loosen.



2. Pull out the resistor wheel.



3. Detach the axle of your bicycle's back wheel. Replace the axle with the quick release.

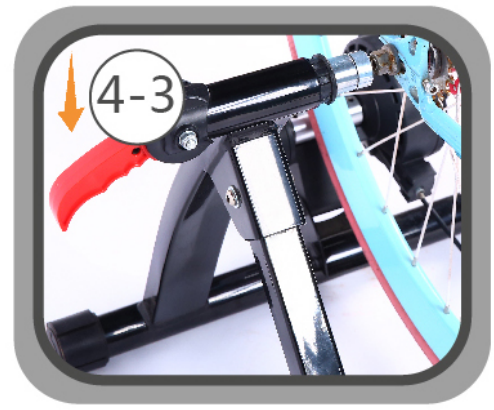
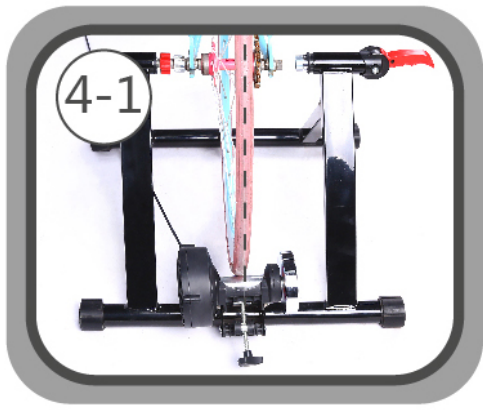


Note: Doesn't need quick release if your bike has a bolt axle. (fig.N)



4. Line up the left side of the bicycle's rear axle with the notches on the left side of the stand. Center your bicycle in the middle of the resistance wheel. Rotate the resistance wheel to fasten the roller. Press down the lever clamp on the side of the stand to secure the bicycle.





5. After fastening the back wheel of your bike, adjust the resistant wheel until it makes contact with the tire. The resistance wheel should be tight enough to provide resistance but loose enough to allow movement.
6. Place the resistance controller on your arm's touch.
7. Place the wheel pad underneath your front wheel. You're ready to ride!



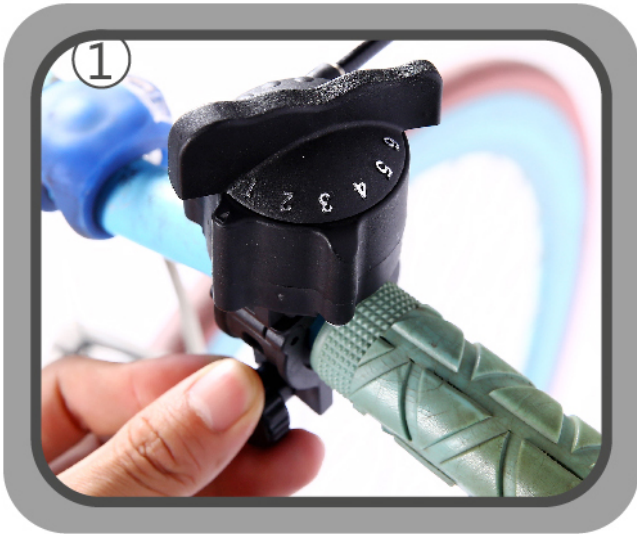
## ***How to Adjust Your Trainer Stand***

1. Before riding, make sure your tires are properly inflated.
2. Make sure the resistance wheel contacts with the tire.
3. Twist the dial on the resistance controller to switch between settings. Setting 1 provides the least resistance and setting 6 provides the most.

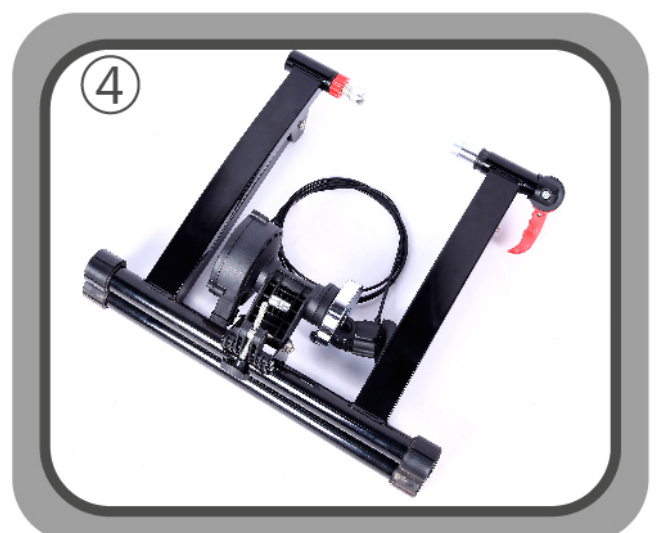


## Removing Your Bicycle

1. Remove the resistance controller and the connecting cable.
2. Pull up the lever clamp.



3. Remove your bike from the trainer stand. Hold your bicycle by the frame to prevent it from falling down. Place the back wheel on the ground and remove the front wheel pad.
4. Fold the stand and store it in the original packaging



Notes: Be careful not to pinch your fingers when folding the stand. Do not place anything on the stand. Excessive weight will cause damage.