



INSTRUCTIONS FOR:
TRAINER - BICYCLE
MODEL NO: **BC300**

Thank you for purchasing a Sealey product. Manufactured to a high standard this product will, if used according to these instructions give complete satisfaction.



IMPORTANT: PLEASE READ THESE INSTRUCTIONS CAREFULLY. NOTE THE SAFE OPERATIONAL REQUIREMENTS, WARNINGS & CAUTIONS. USE THE PRODUCT CORRECTLY AND WITH CARE FOR THE PURPOSE FOR WHICH IT IS INTENDED. FAILURE TO DO SO MAY CAUSE DAMAGE OR SERIOUS PERSONAL INJURY AND WILL INVALIDATE THE WARRANTY. PLEASE KEEP THESE INSTRUCTIONS SAFE FOR FUTURE USE.

1. SAFETY INSTRUCTIONS

- ✓ Maintain the trainer in good condition, Replace or repair damaged parts. Use recommended parts only. Non authorised parts may be dangerous and will invalidate the warranty.
- ✓ Before use ensure that all nuts and bolts are tight and that moveable and clamping parts are in good working order.
- ✓ Place stand on a sound level surface offering adequate working clearance for its function. Keep area clean, tidy and free from unrelated materials. Ensure there is adequate lighting.
- ✓ Remove ill fitting clothing. Remove ties, watches, rings, and other loose jewellery, and contain long hair.
- ✓ Keep children, pets and unauthorised persons away from the working area.
- X Hard braking whilst using the Trainer may cause excessive wear on bike tyres and the trainer.
- X Never touch the wheels whilst they are in motion.
- X Never let go of the handlebars.
- ✓ Always properly warm up before working out. Consult your physician before starting any exercise regime.
Note this Pro Trainer is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities or lack of experience and knowledge, unless they have been given supervision or instruction concerning the use of the appliance by a person responsible for their safety. Children should be supervised to ensure they do not play with the appliance.
- ✓ When not in use store the stand in a safe, dry, child proof area.
- ▲ **DO NOT** exceed maximum load of 150kg.

2. INTRODUCTION

Perfect for beginners or professionals who want to train all year round. Converts outdoor bicycle into an indoor trainer. Converts outdoor bicycle into an indoor trainer. Features a low resistance fan flywheel unit, foldable frame and non-slip feet. Includes replacement hub skewer and front wheel block.

3. SPECIFICATION

Model No: BC300
Wheel Sizes: 26", 700c
Max Load: 150kg

4. ASSEMBLY / OPERATION

NOTE: For best results make sure that your tyres are inflated to the maximum pressure allowed for your tyre.

NOTE: To avoid unnecessary wear and tear on your bike tyres, when not using your Trainer make sure the resistance is set to not touch the tyres.

4.1 Assembly

- 4.1.1. The Trainer comes fully assembled in the folded position. Unfold it and place on a flat level surface.
- 4.1.2. Release the quick release lever on the back wheel of your bike, remove the axle rod and replace with the Tightening Rod supplied with the trainer. Tighten it the appropriate amount, (see fig.3).
NOTE: Ensure the tapered end of the Tightening Rod engages with the tapered cup on the Trainer.
- 4.1.3. Before placing the bike in the Trainer, adjust the hub clamps to ensure there is enough clearance for the bike, (see fig.1)
- 4.1.4. Install the bike's rear hub between the hub clamps and adjust the screws to lock onto the bike's Tightening Rod. Then adjust the wing nuts back to tighten against the trainer, (see fig.1). **DO NOT OVER TIGHTEN.**
- 4.1.5. Visually check that the bike is securely fitted and all fastenings are secure.
- 4.1.6. Adjust knob, (see fig.2) so that the roller sits tightly against the tyre, to prevent it from slipping. Ensure the tyre is correctly inflated.

4.2 Operation

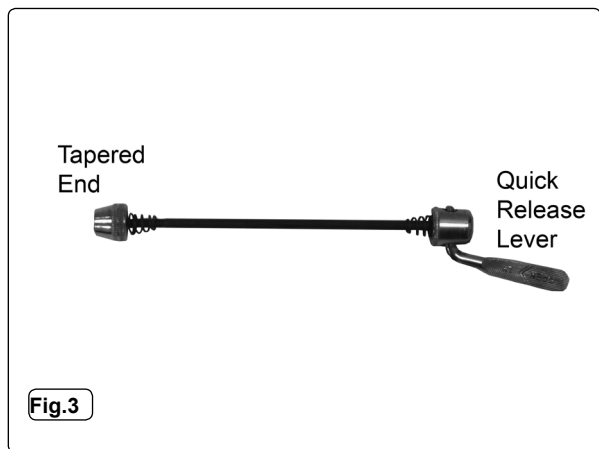
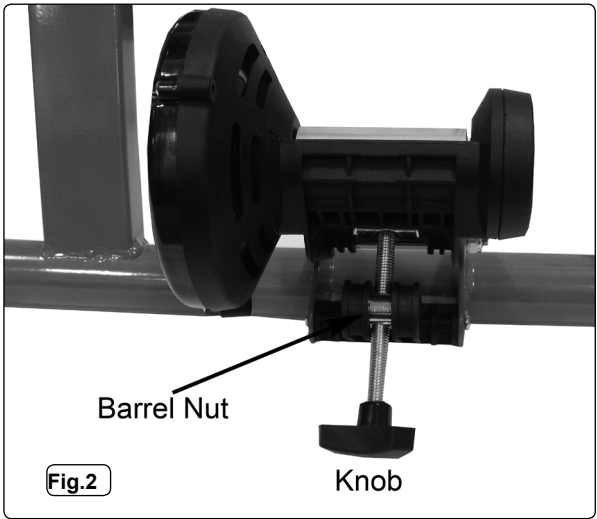
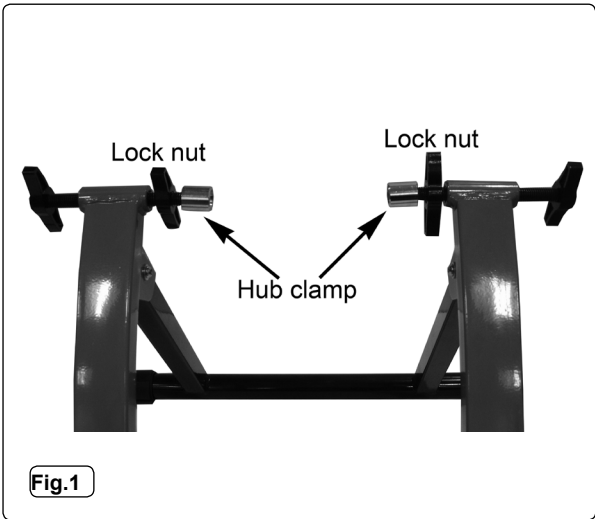
Use the bike's own gears to achieve your desired level of resistance.

4.3 Removal

- 4.3.1. Rotate Knob, (see fig.2) to release the roller from the bicycle tyre.
- 4.3.2. Loosen the wing nuts and wind back the screws to remove the bicycle.

4.4 Storage

To store, fold your Trainer, be careful to avoid pinching your fingers, and avoid storing other equipment on top of it.



NOTE: It is our policy to continually improve products and as such we reserve the right to alter data, specifications and component parts without prior notice.

IMPORTANT: No liability is accepted for incorrect use of this product.

WARRANTY: Guarantee is 12 months from purchase date, proof of which will be required for any claim.

INFORMATION: For a copy of our latest catalogue and promotions call us on 01284 757525 and leave your full name and address, including postcode.



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