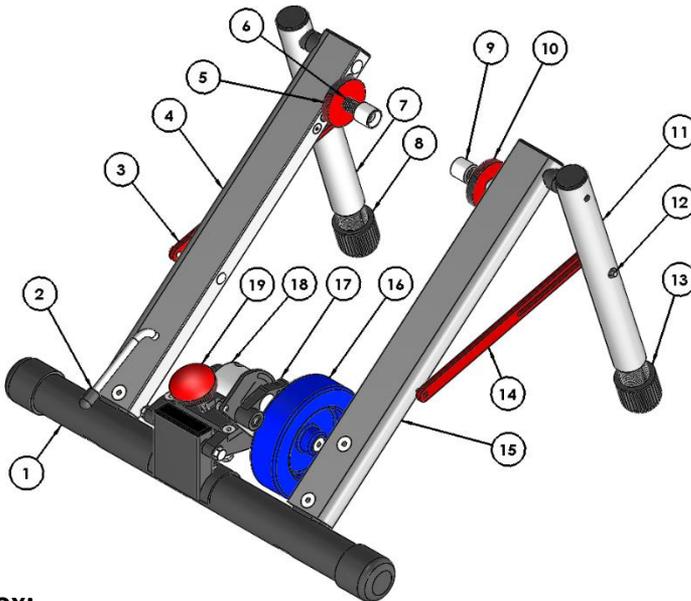


Parts List:

- | | |
|-----------------------|--|
| 1) Base | 11) Right Leg Assembly |
| 2) Cam Lever | 12) Right Strap Push Button (left not shown) |
| 3) Left Support Strap | 13) Right Leg Adjuster |
| 4) Left Upright | 14) Right Support Strap |
| 5) Left Knurled Nut | 15) Right Upright |
| 6) Left Axle Cup | 16) Flywheel |
| 7) Left Leg Assembly | 17) Magnet Lever |
| 8) Left Leg Adjuster | 18) Roller |
| 9) Right Axle Cup | 19) Tensioning Knob |
| 10) Right Knurled Nut | |

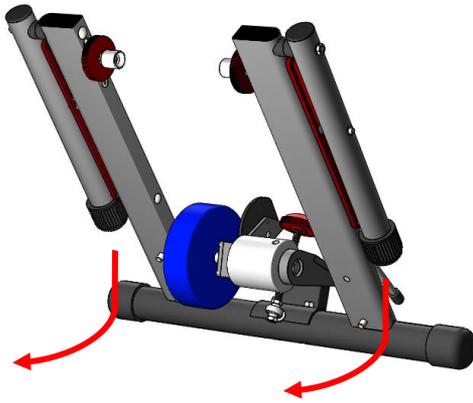


In The Box:

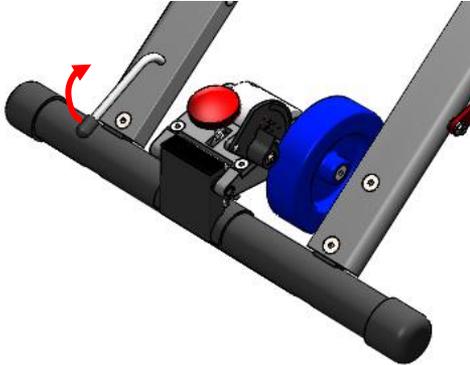
- Trainer
- Axel Skewer

INSTALLING BIKE

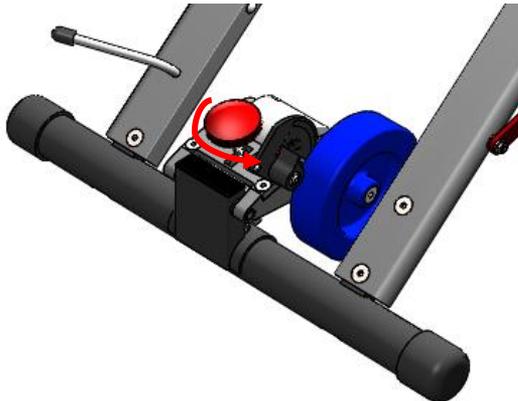
- 1) Unfold Right and Left Leg Assemblies until they reach and lock into position in Red Support Straps.



- 2) Open Left Upright by turning Cam Lever clockwise to the "nine o'clock" position.

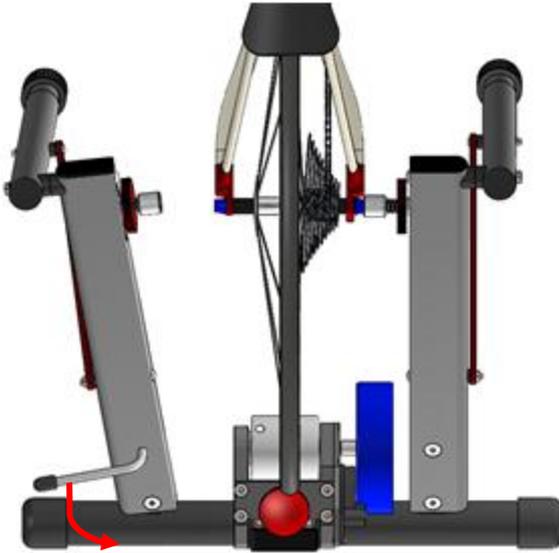


- 3) Be sure that Roller is in the lowest position by turning the Tensioning Knob counter clockwise until the Resistance Unit bottoms out.



- 4) Bring the bike into the trainer and position it so the Right Axle Cup is aligned with the quick release or axle nut of the bike. Close Cam Lever so the Left Axle Cup closes down and aligns with the opposite quick release or axle nut on the bike.

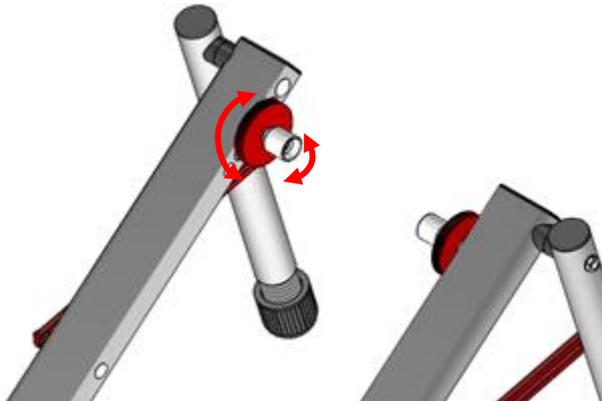
NOTE: If bike will not install because of tire/roller interference, see “ADJUSTING AXLE CUP LOCATION” (page 5).



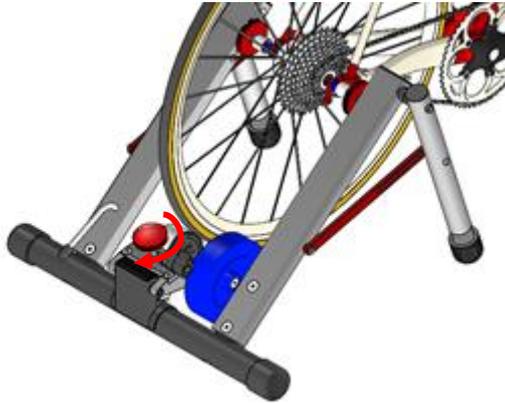
- 5) As the Cam Lever is being closed, resistance should be felt at approx. “eight o’clock”. Continue closing until the Cam Lever has reached the “six o’clock” position. Check to make sure the bike is securely mounted between the axle cups. If it is not, or if the tire alignment is not approximately centered on the roller, the Axle Cups must be adjusted.

NOTE: Be sure that excess pressure is not applied to the Left Axle Cup when closing Cam Lever. This will cause the Left Upright to misalign.

- 6) To adjust the Axle Cups, loosen the Knurled Nuts and turn the Axle Cups in or out to the appropriate position. Position the bike and mount it between Axle Cups. If new position is satisfactory and bike is mounted securely, tighten Knurled Nuts.

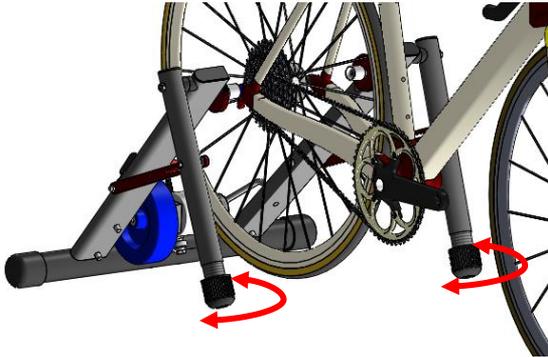


- 7) Apply Roller to tire by turning the Tensioning Knob clockwise until it makes contact with the tire. Once contact has been made, apply one and a half to two more turns to the Tensioning Knob. To check that the correct Roller/tire tension has been made, grab tire and quickly turn $\frac{1}{4}$ revolution. No slipping should be seen or heard. If slipping is apparent apply more tension by turning Tensioning Knob further.



NOTE: Make sure the tire is filled to recommended pressure suggested by manufacturer, and that tire and roller have been cleaned of dust and debris. If roller will not contact tire, or roller is unable to apply enough roller/tire tension see “ADJUSTING AXLE CUP LOCATION” (page 5).

- 8) Adjust Right and Left Leg Assemblies by rotating the black Leg Adjusters so the bike is perpendicular to the ground and the rear tire is close to the ground but not touching.



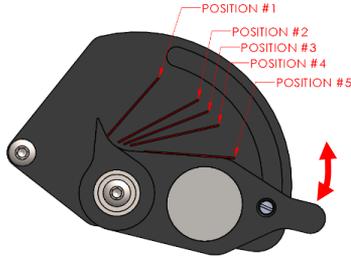
- 9) Jump on and ride!

REMOVING BIKE & COLLAPSING TRAINER

- 1) Remove roller/tire tension by turning Tensioning Knob counter-clockwise until Roller disengages tire.
- 2) Turn Cam Lever to 9 o'clock position
- 3) Remove bike
- 4) Push Right and Left Support Strap Push Buttons and fold legs into storage position.

MAGNET ADJUSTMENT

The Magnetic Resistance Trainer offers five resistance positions with Position #1 being the least resistant and Position #5 being the most resistant.

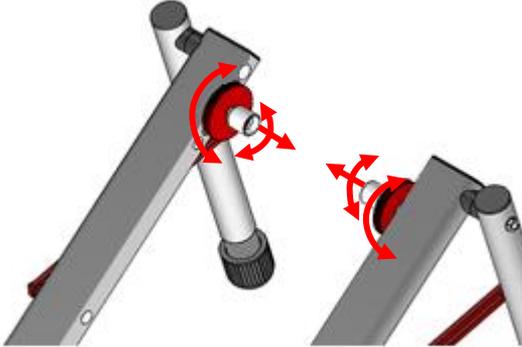


To adjust the resistance position simply rotate the Magnet Lever up or down to the desired position. Do not rotate beyond Position #1 or Position #5.

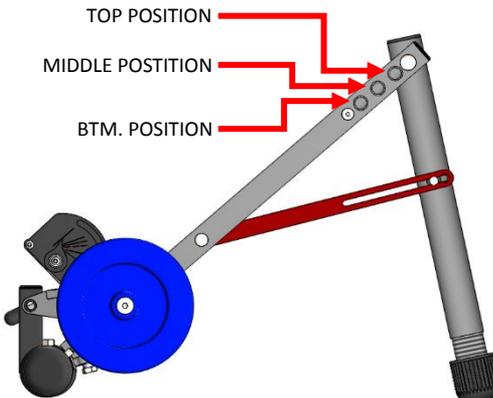
ADJUSTING AXLE CUP LOCATION

If the bike tire does not fit due to Roller/tire interference or proper Roller/tire tension is not able to be achieved, the Axle Cup locations will need to be adjusted to accommodate the tire size.

- 1) Loosen Right and Left Knurled Nuts and turn out Right and Left Axle Cup assemblies.



- 2) Relocate Axle Cup assemblies based on Tire Outside Diameter Table.



3) Reverse Step 1 and tighten Right and Left Knurled Nuts to lock Axle Cups.

<i>Tire Outside Diameter Table</i>	Min	Max
BOTTOM POSITION	23.13	25.60
MIDDLE POSITION	25.12	27.60
TOP POSITION	27.11	29.60

All dimensions are in inches.

SAFETY WARNING

- Before riding your bike, always check to verify that it is properly installed and secured in Axle Cups.
- Overtightening the Tensioning Knob may cause damage to your bike tire.
- When using trainer, keep children, pets and small items clear due to high the speed of the flywheel and tire rotation.
- Flywheel may be hot after training session. Allow time for the flywheel to cool before touching.

WARRANTY

1Up USA offers a lifetime warranty to the original owner for all material and workmanship defects.

CUSTOMER SUPPORT

If you experience issues with your 1UP USA trainer, please email our customer support team at email@1up-usa.com or call (608)568-7261.