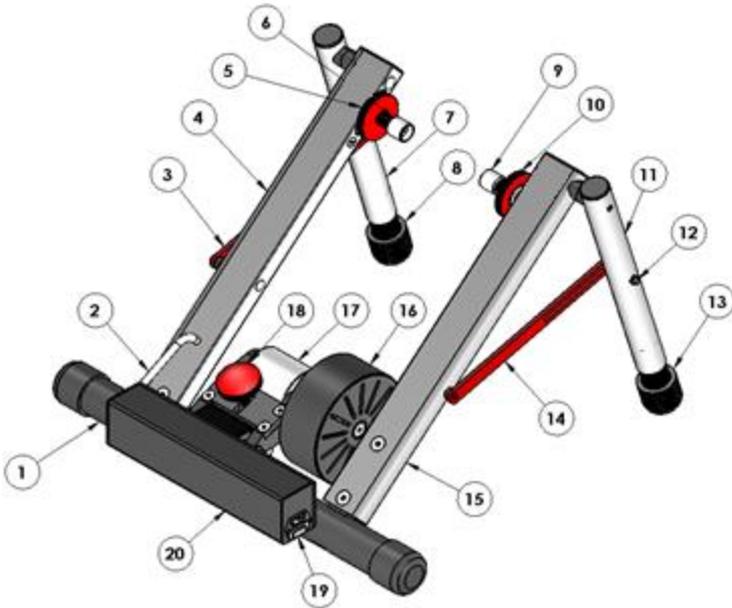


Parts List:

- | | |
|-----------------------|--|
| 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) Roller |
| 8) Left Leg Adjuster | 18) Tensioning Knob |
| 9) Right Axle Cup | 19) IEC Inlet |
| 10) Right Knurled Nut | 20) Circuit Board Enclosure |

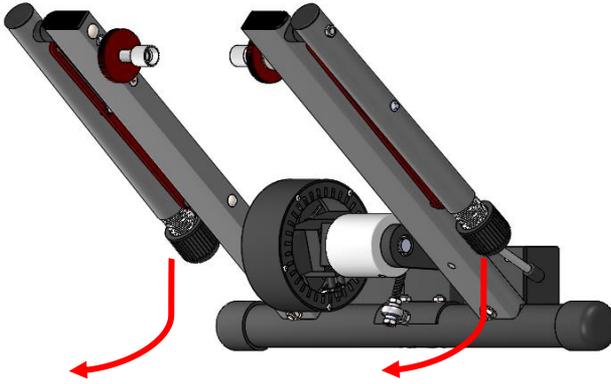


In The Box:

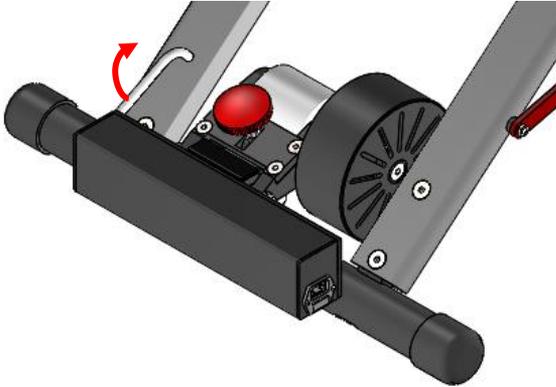
- Trainer
- Axle Skewer
- 3rd Party Software Coupon

Installing Bike

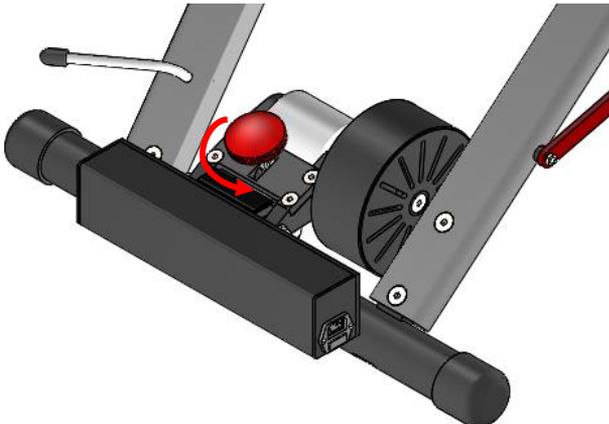
- 1) Unfold Right and Left Leg Assemblies until they reach and lock into position in Red Support Straps.



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

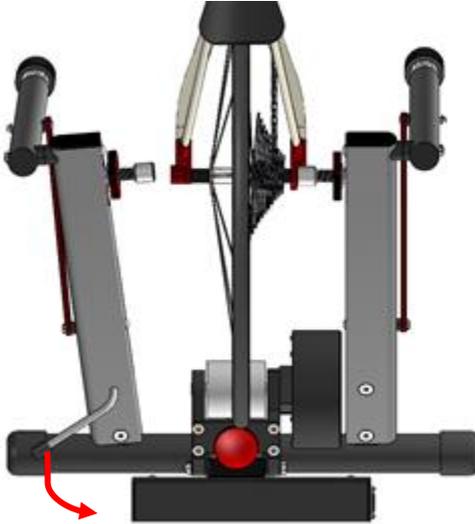


- 3) Be sure that Roller is in the lowest position by turning the Tensioning Knob counter clockwise until the Resistance Unit bottoms out.



- 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.

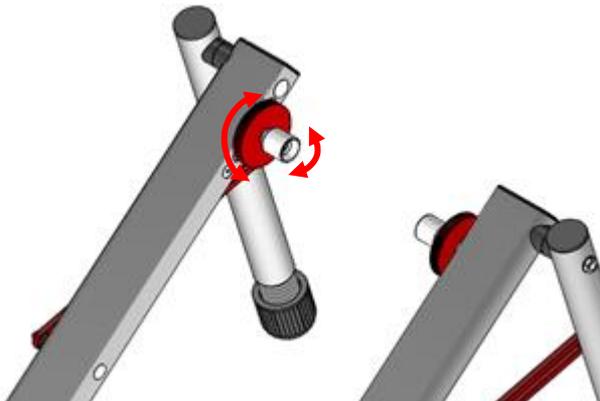
NOTE: If bike will not install because of tire/roller interference, see "ADJUSTING AXLE CUP LOCATION" (page 5).



- 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.

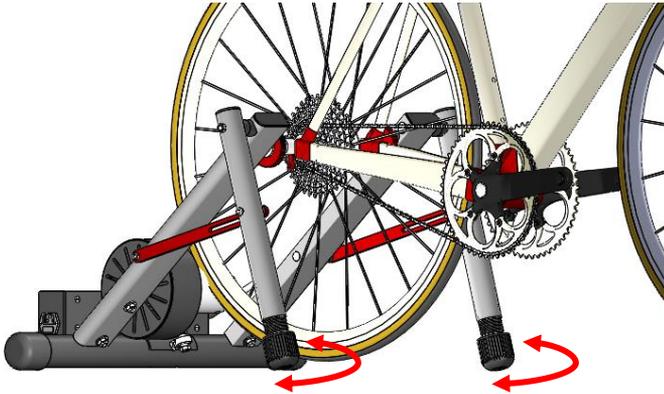


- 7) Apply Roller to tire by turning the Tensioning Knob clockwise until it makes contact with the tire. Once contact has been made, apply 1.25 turns to the Tensioning Knob. After warm up, no slipping should be seen or heard. If slipping is apparent, more tension may be applied turning Tensioning Knob further in small increments. To cross-check, a roll-down may be performed from 21 MPH after a 5 minute warm up: pedal up to 21 MPH, as indicated on a bike computer or app, stop pedaling, and time the roll-down to zero (0) MPH (i.e. rear wheel stops moving). Acceptable roll-down times are 12.5 to 15 seconds.

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!

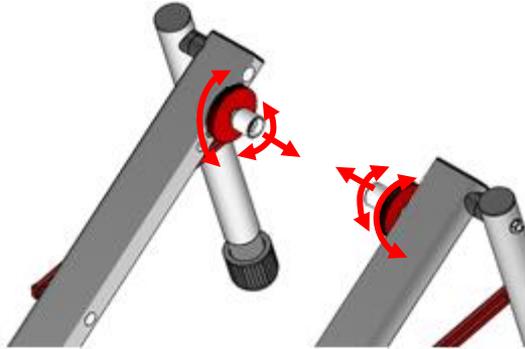
Removing Bike & Collapsing Trainer

- 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.

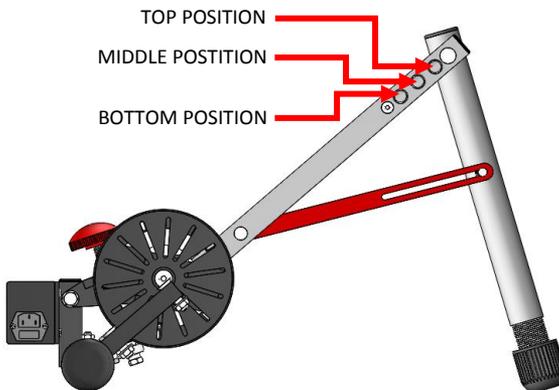
Adjusting Axle Cup Location

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 table below.



- 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.

Pairing to Mobile Device or Computer

Required Equipment:

- Computer with ANT USB stick or Bluetooth capability. Requirements vary with the App.
 - Or, a mobile device with Bluetooth and/or ANT capability, or a mobile device with ANT dongle. Requirements vary with the App.
- 1) Download/Install application or software to device.
 - 2) Make sure your mobile or computer device has Bluetooth or ANT turned ON and the app is open.
 - 3) Plug trainer into wall power. Trainer will automatically transmit wireless signals.
 - 4) In app, scan for trainers or sensors.

Note: When using ANT, the Trainer may show up as "FEC xxx" or "Controllable Trainer". When using Bluetooth, the Trainer may show up "1UpUsa xxx". You may need to select secondary sensors such as Power Meter/Source, Speed, or Cadence.

Use with Garmin or Other Bike Computer

The 1up eSmart Trainer can be used with a Garmin or similar Bike Computer. For use with a Bike Computer, set the tire circumference to 2105mm in the profile used with the trainer. This will display the most accurate speed on the Bike Computer. 2105mm corresponds to the circumference of a tire/wheel size of 700 × 25C. If a different tire/wheel size is on the bike, the circumference should still be set to 2105mm.

ERG Mode Operation Suggestions

In ERG mode, use the small chainring on a road bike (e.g. 39t, 36t, or 34t) with either 16t or 17t sprockets on rear cassettes. Begin with one of these combinations, then adjust gears up or down to obtain a straight chain line and then to your individual preference for how the trainer feels while riding. For other types of bikes such as mountain bikes, use a 2.25 ratio of chainring teeth to sprocket teeth, e.g. 36t/16t = **2.25**. Begin with this combination then adjust gears up or down slightly to obtain a straight chain line then to your individual preference for how the trainer feels while riding.

Safety Warnings

- Always consult a physician before beginning any exercise program.
- 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 wheel or tire.
- When using trainer, keep children, pets, loose clothing, and small items clear due to high the speed of the flywheel, roller, and tire rotation.
- Flywheel may be hot after training session (do not touch). Allow time for the flywheel to cool before touching.

Questions or comments? Contact our support team via email at email@1up-usa.com