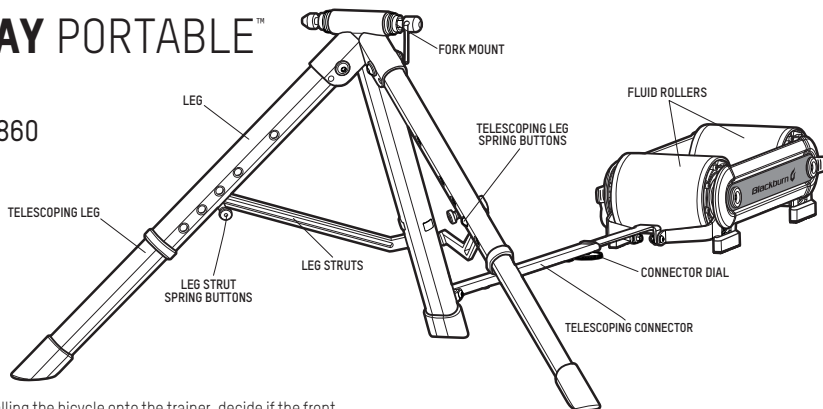


RACEDAY PORTABLE™

Trainer

Part# 7079860



STEP 1: Prior to installing the bicycle onto the trainer, decide if the front axle is a 9mm skewer, a 12mm thru axle or 15 mm thru axle.

STEP 2: You will also need to check if the front hub width is 100mm or 110mm Boost. **(Figure 2)**

STEP 3: Loosen the connector dial by turning counter-clockwise and lengthen the telescoping connector to fit the wheelbase of your bicycle. Tighten the connector dial once you have the correct extended length.

STEP 4: Pull the leg out from the base until you hear an audible "snap." The leg will be locked into place.

STEP 5: Adjust the length of the legs so the bike is as level as possible or comfortable as possible when mounted on the trainer by pushing the spring button and moving the telescoping legs up or down.

STEP 6: Place rear wheel of bicycle onto rollers. If your front axle is:
A. 9mm skewer (Figure 3A), remove the front wheel and skewer. Position the front fork of the bicycle onto the fork mount of the trainer. Attach the fork of the bicycle to the fork mount of the trainer using the included quick release skewer. Follow your bicycle/wheel manufacturer recommendations for removing and installing quick releases or have a qualified bicycle shop replace it for you.

B. 12mm thru axle - (Figure 3B). Remove quick release skewer from trainer mount. Remove the 100/110mm endcap adapters. Remove the 9mm spacer in the mount and replace with the 12mm yellow spacer (included separately in a bag). Install the 12mm yellow spacer into mount and then cap off the ends with the 100/110 adapter. Remove the front wheel of the bicycle. Position the front fork of the bicycle onto the fork mount of the trainer. Attach fork using your 12mm thru axle and tighten.

C. 15mm thru axle - (Figure 3C). Remove quick release skewer from trainer mount. Remove the 100/110mm endcap adapters from mount. Remove the 9mm spacer in the mount. Press the 100/110mm endcap adapters onto each side of the mount. Remove the front wheel of the bicycle. Position the front fork of the bicycle onto the fork mount of the trainer. Attach fork using your 15mm thru axle and tighten.

STEP 7: Carefully get on the bicycle and start pedaling slowly. Do not make any sudden moves until you are sure the bicycle is securely mounted onto the trainer.

STEP 8: When finished using trainer, fold the trainer to its smallest position by doing the following:

A. Shorten telescoping legs by pushing on the spring button and pushing the leg up close to the base of the trainer. Next, fold in the leg struts by pushing on the leg strut spring button and pushing the legs in.

B. Next, shorten the connector by turning the connector dial counter clockwise.

C. Fold the rollers up to the base for smallest footprint. **(Figure 4)**

Optional: Use rubber straps installed on trainer to secure.

FIGURE 1: ADJUSTING LENGTH

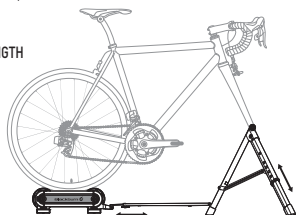
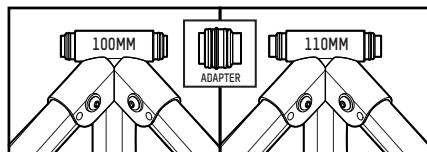
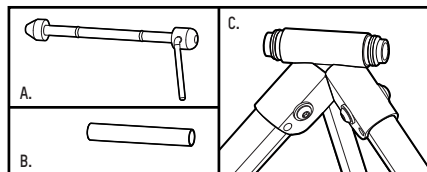


FIGURE 2: HUB WIDTH



HUB WIDTH: Your trainer has been pre-configured to accommodate a 100mm front hub width vs 110 mm hub. Most road and mountain bikes are 100mm. "Boost 110" hub configuration requires 110mm spacing. Flip adapter to change from 100 mm hub width to 110 mm.

FIGURE 3: AXLE ACCOMMODATION



THE QUICK CHANGE SPACERS ACCOMMODATE THE FOLLOWING AXLES:

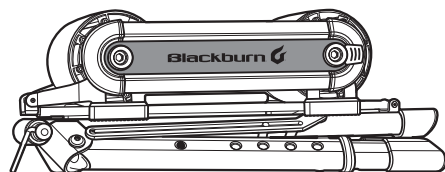
A. 9 mm quick release: 9 mm Spacer + quick release provided

B. 12 mm thru axle: 12 mm spacer + thru axle use on the bike

C. 15 mm thru axle: Thru axle use on the bike (no spacer)

NOTE: Your trainer has been pre-configured to accommodate a 9mm diameter front hub.

FIGURE 4: TRAINER FOLDING AND STORAGE



WARNING: FAILURE TO FOLLOW TRAINER SETUP AND BICYCLE INSTALLATION INSTRUCTIONS PROPERLY MAY RESULT IN POTENTIAL DANGER TO THE USER. USE TRAINER AWAY FROM CHILDREN AND PETS AS MOVING PARTS CAN BE DANGEROUS TO THEM DURING NORMAL USE.

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