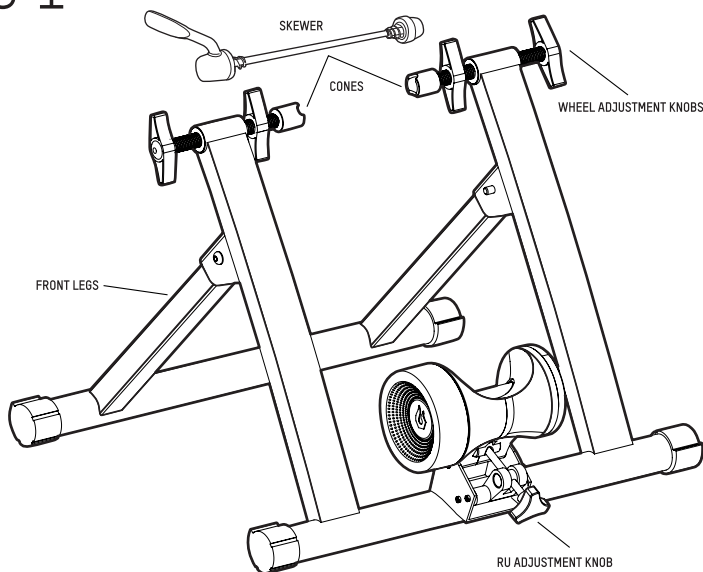
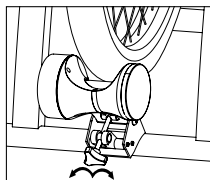
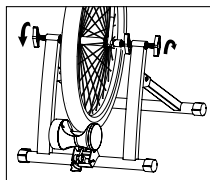


TECH MAG 1™

Trainer

Part# 7064633



STEP 1: Fold out front legs to their fully extended positions.

STEP 2: Unthread the RU Adjustment Knob until the Resistance Unit will not interfere with the bicycle wheel during installation.

STEP 3: Install supplied quick release skewer (QR) into rear wheel. Follow your bicycle/wheel manufacturer recommendations for removing and installing quick releases or have a qualified bicycle shop replace it for you.

STEP 4: Check the pressure in the tires and make sure they are at or near the maximum rating indicated on the side of the tire.

NOTE: Low tire pressure can increase tire wear and potentially cause slippage on the RU roller.

STEP 5: During shipping, the wheel adjustment knobs are fully tightened. Standing behind the trainer, first unthread the left hand adjustment knob to retract the skewer cone followed by unthreading the right hand adjustment knob to fully retract the right skewer cone.

STEP 6: Place rear wheel of bicycle into trainer with left side of QR against left cone. Rotate the cone until there is no interference with the QR lever. Turn left side adjustment knob until tire is centered over the roller of the RU. Thread inner lock nut against the trainer frame.

NOTE: Once the left cone has been positioned and locked it does not need to be adjusted again until a different bicycle is used.

STEP 7: Slowly thread the right hand adjuster to extend the right side cone and lock right side of QR into the trainer frame. Once QR is locked in place between the cones thread inner lock nut against trainer frame.

STEP 8: Before getting on the bicycle carefully check that it is securely fastened to the trainer by pushing side to side on the saddle to see if you can twist it out of the trainer frame.

STEP 9: Screw in the RU adjustment knob until the tire is slightly deformed by the RU roller. NOTE: Putting too much tension on the RU against the tire can cause premature wear of the tire and stress on the RU unit.

STEP 10: Carefully get on the bicycle and start pedaling slowly. Do not make any sudden moves until you are sure the bicycle is securely mounted in the frame, if loose repeat steps 6-10.

STEP 11: CAUTION WHEN IN USE:

- Keep both hands on handlebars at all times.
- Make sure all bolts and nuts are securely fastened prior to using.
- Never brake suddenly while using the trainer, this results in unnecessary wear and tear to the rear tire.
- Never wear loose clothing which may get caught in mechanisms. Be certain to use away from windows, and curtains.
- Keep away from small children and pets.
- Rider weight limit 330lbs / 150kg

NOTE: You are more likely to drip sweat onto your bicycle frame, components and floor while riding a trainer vs. normal riding. The use of the Blackburn Sweat Net (sold separately) can reduce the likelihood of corrosion of your bicycle and damage to your floor due to sweat build up.



WARNING: The mounting cones of your Blackburn trainer have been designed specifically to work with the supplied quick release skewer (QR). Mounting a bicycle to the trainer with any other fastening device can make it unstable or result in serious injury.

WARNING: The RU will get hot to the touch during use. Keep children or pets away from the trainer when in use and sometime afterward until it cools down.

WARNING: The use of any indoor trainer creates a hazard to others due to the number of rotating parts, etc. Be sure to always use your trainer in an open space to eliminate the possibility of contact with people or things that could be injured or damaged. Keep people or animals away from the trainer when in use.

Visit us at blackburndesign.com for product updates.

Blackburn

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**LIFETIME
WARRANTY**