



INSTRUCTIONS FOR: PRO TRAINER - BICYCLE MODEL NO: BC301

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 the Pro Trainer 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 Pro 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. Features a magnetic flywheel unit with seven resistance settings, foldable frame, non-slip feet and quick release levers. Includes replacement hub skewer and front wheel block.

3. SPECIFICATION

Model No: BC301
Wheel Sizes: 26" and 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 Pro Trainer make sure the resistance is set to not touch the tyres.

4.1 Assembly

- 4.1.1. The Pro 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 and replace the axle with the Tightening Rod supplied with the Pro Trainer (see fig.1). Tighten it the appropriate amount.
NOTE: Ensure the tapered end of your bike's tightening rod engages with the tapered holding cup on the Axle Quick Clamp, when you fit the bike to the Pro Trainer.
- 4.1.3. Use the spanners and hex key to adjust the magnetic resistance set. When the screw is in position A it is suitable for 700c wheels. When in position B it is suitable for 26" wheels, (see fig.2).
NOTE: To adjust from one wheel size to another, move the screw first, then the hex head screws, DO NOT undo both at once.
- 4.1.4. Offer the bike to the Pro Trainer and hold the Tightening Rod level with the Axle Quick Clamp. Firmly, but gently close the clamp, onto the Tightening Rod. Tighten the screw on the opposite side and secure the lock nut, (see fig.1).
- 4.1.5. Gently but firmly push the Rake Quick Clamp on the rear of the Magnetic Resistance Set down to engage it with the rear wheel, (see fig.1).
- 4.1.6. Thread the cable for the handlebar resistance controls around your bike and mount the resistance control to the handlebars. Make sure it is in easy reach of the handlebars, and make sure the cable is clear of the wheels and pedals.
- 4.1.7. Place the anti-slip levelling stand under the front tyre.

4.2 Operation

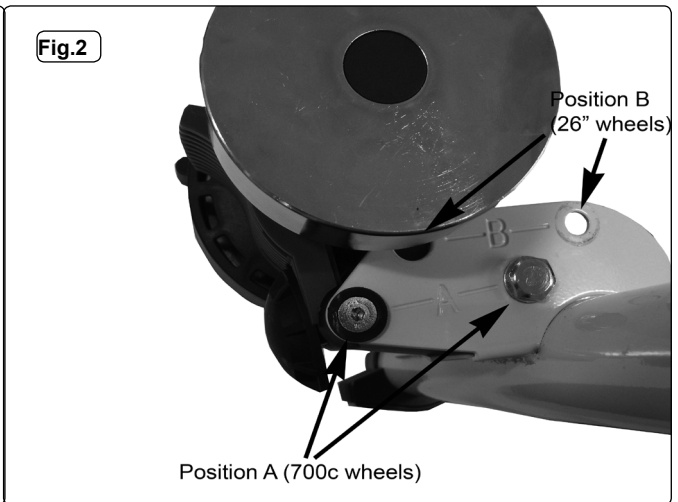
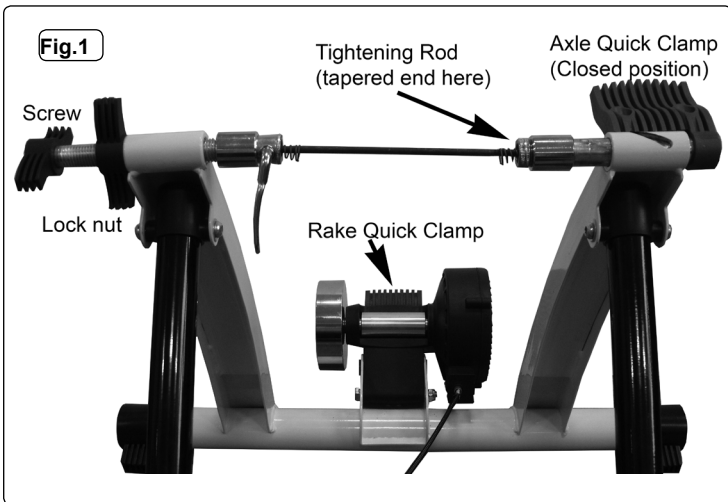
Use the bike's own gears and the seven resistance settings of the Pro Trainer to achieve your desired level of resistance.

4.3 Removal

- 4.3.1. Remove the resistance controller from the handlebars.
- 4.3.2. Open the Axle Quick Clamp on the top of the trainer by pressing up firmly yet gently, then loosen the securing nut on the opposite side. Remove the anti-slip levelling stand.
- 4.3.3. The bike can now be removed.

4.4 Storage

To store, fold your Pro 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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