



Indoor Bike Trainer

USER MANUAL Model No: 3076

Safety Instructions

Notice: Ensure you read and fully understand instructions before use

While every attempt is made to ensure the highest degree of protection in all equipment, we cannot guarantee freedom from injury. The user assumes all risk of injury due to use. All merchandise is sold on this condition, which no representative of the company can waive or change.



- This product contains small parts that could be a choking hazard if swallowed. Keep these items away from children.
- If at any time during activity you feel faint, dizzy or experience pain, stop and consult your physician or doctor.
- Make sure all fastenings are tightly in place and that everything is in order before using the product. This should be checked periodically by an adult.
- Unpacking, installing and fixing the parts are to be completed by an adult.
- This product is intended for indoor use only.
- This product is not a toy, and is only to be used for its designated purpose.
- Do not carry out alterations or modifications to this product.
- Clean only with a damp cloth. Do not use strong industrial cleaning substances.
- Leaving the product outside exposed to weather, especially direct sun and rain, will speed the weathering process. This can be slowed by removing the product from these conditions.
- Pinch points can cause personal injury.
- This product is not suitable for use by children.
- Only use this product on stable and level ground.
- Do not discard any of the packaging until you have checked that you have all of the parts and fitting required.
- Use the correct fixings as indicated. Do not tighten any of the nuts until the unit is completely assembled, then finish by tightening all nuts. All nuts must be tightened before use.
- Consult your physician before starting this or any exercise program.
- Always do warm-up exercises before you start training.
- Be careful not to touch the wheels and surrounding areas at all times while this product is in use.
- Keep both hands on the handlebars at all times and maintain a 'normal' riding position.
- Do not brake suddenly while using this trainer. This results in unnecessary wear and tear to the rear tyre.
- Do not attempt to move the product when it is connected to the bike.
- If the product is damaged or has any defects, please contact cservice@oypla.com

Assembly Instructions

Parts List:

If you are missing any of the below parts please contact cservice@oypla.com

Please be aware that you will be referring to this parts list throughout the assembly process.

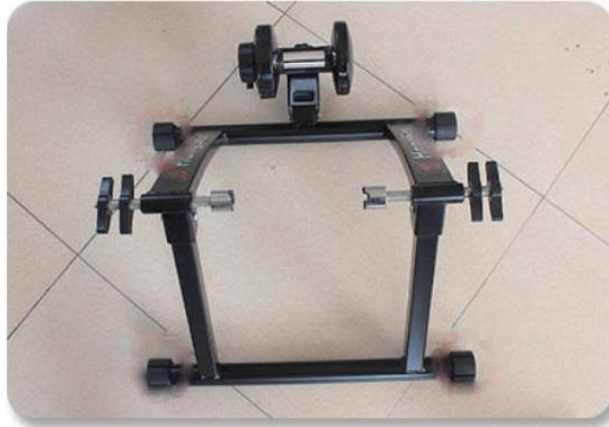
	
Bike Trainer 1pcs	Tyre Pressure Screw 1pcs

Directions for Use:

Firstly, put the tyre pressure screw into the holes that are located on the bike trainer as shown below.



Expand the bike trainer so that it is in a stable position.



Use the tyre pressure screw to adjust the magnetic resistor by turning it anti-clockwise as shown below.



Put the rear axle of the bike on the left side of the bike trainer. Then also do the same on the right side of the bike trainer as shown below.



Once the left and right sides are locked well onto the rear axle, you can rotate the locking handles towards the bike trainer. Once this is tightened, the handles will not need to be adjusted any further.



Now you should tighten the magnetic resistor to contact the tyre by again twisting the tyre pressure screw. You should turn it in a clockwise direction. Once it is in contact with the tyre, you can now decide the resistance that you would like to have. The tighter you turn the tyre pressure screw; the more resistance you will feel.



HAVE A QUESTION ABOUT YOUR PURCHASE?

OUR DEDICATED CUSTOMER SERVICES TEAM ARE HAPPY TO HELP
CONTACT THEM VIA:

TELEPHONE: 020 3600 2255

EMAIL: cservice@oypla.com

LIVE CHAT: www.oypla.com

PLEASE RETAIN A COPY OF THESE INSTRUCTIONS FOR FUTURE CONSULTATION

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