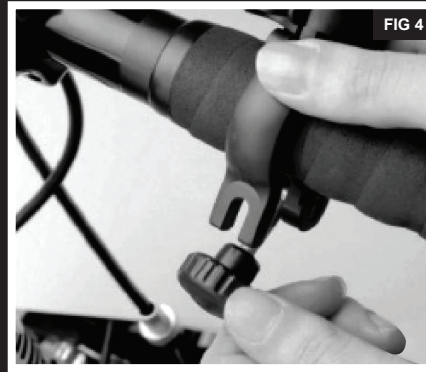


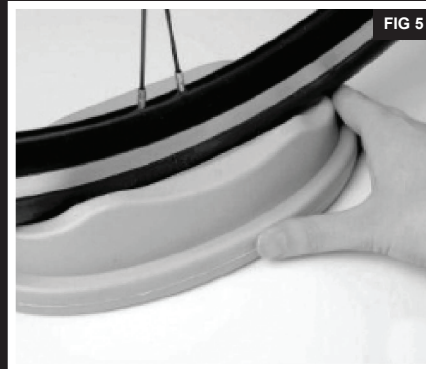
**VARYING THE RESISTANCE**

The TT-01 trainer has 6 stages of magnetic resistance. Rotate the remote lever to switch between resistance settings [FIG 6]. Use the resistance settings in conjunction the gears on the bike to set and vary the resistance according to the intensity of your training.



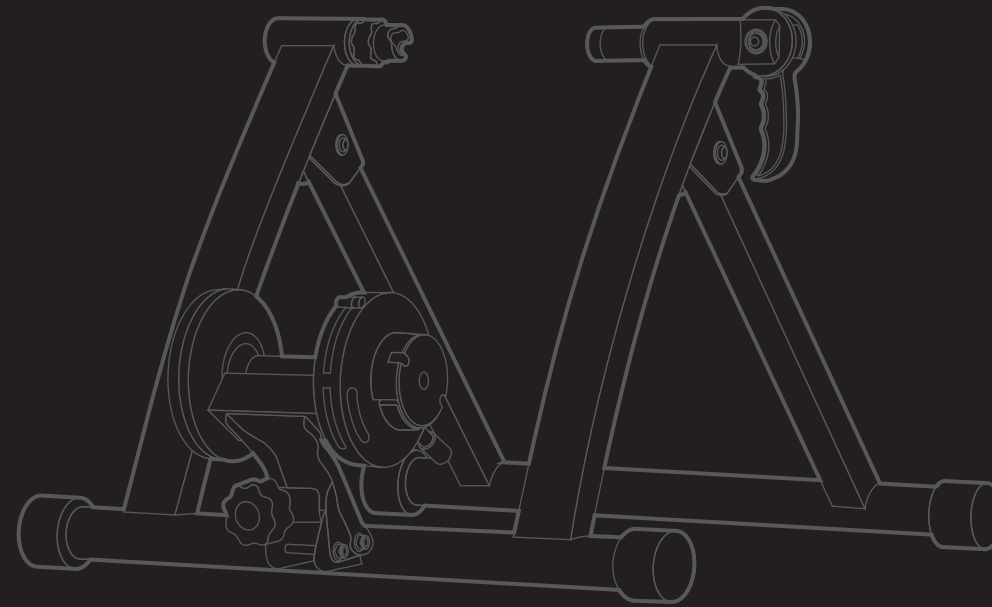
**REMOVING THE BIKE FROM THE TRAINER**

Remove the resistance remote lever from the handlebar and move the cables clear of the bike. Rotate the dial on the resistance roller assembly until the roller is clear of the tyre. Hold the bike steady and open the clamp lever. Lift the bike clear of the trainer and riser block.



**CAUTION**

- Inspect the bike and ensure it is functioning correctly before mounting it into the trainer. Check that the center of tyre tread is fully slick and there are no irregularities.
- The LifeLine Magnetic Indoor Cycle Trainer is designed to be used with conventional bicycles with 26", 27.5"/650B or 700C wheel sizes only. Do not attempt to fit alternative bicycle styles. Do not modify this product.
- Do not apply the rear brake when the roller is in motion, this could cause damage to the tyre and roller. Let the wheel come to a stop naturally.
- Ensure that young children or pets are kept away when the trainer is in use, the rear wheel becomes a trapping hazard when in motion and could cause severe injury.
- Do not simulate sprinting with a swinging motion on the handlebars, this could cause the bike and trainer to fall and cause serious injury to the rider. Ensure that all four contact points of the trainer remain on the floor at all times.
- Ensure your bike is set up to fit you correctly. If you experience pain or discomfort when training for long periods, consult a bike fitting specialist.



**MAGNETIC INDOOR CYCLE TRAINER**



**BACK COVER**

**FRONT COVER**

210mm

1cm<sup>2</sup>



Date Created: 10/02/17	Date Revised: 06/04/17	Artwork ID: LL-TT01 INSTRUCTIONS	Print: 2 Colour
Page: 1 of 1	Revision No: 1	Artwork Description: Instructions for LL-TT01 Magnetic indoor cycle trainer	Bleed: 3mm
Scale: 1:1	Page Size: A3	Barcode: 5055995064006	Artwork Trim: -
		Project Catagory: LifeLine: Indoor Trainers	Artwork Bleed: -

Artwork Palette:

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Sample: Arial

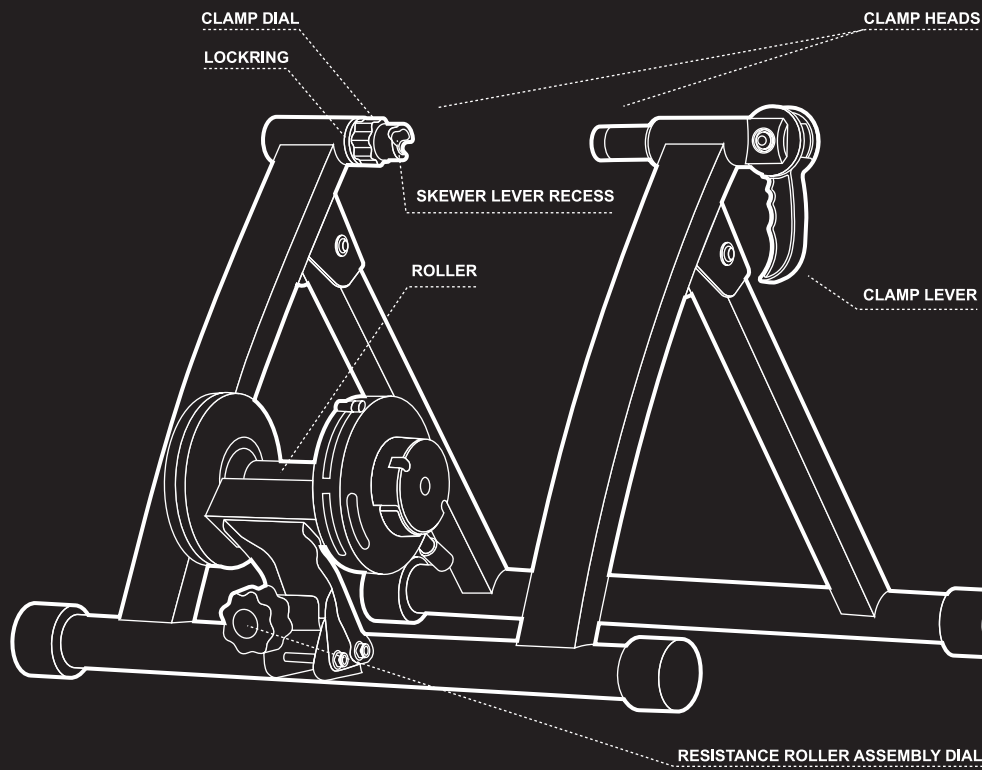
Notes:

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# LIFELINE

## MAGNETIC INDOOR CYCLE TRAINER

ID:LLTT01MTTIR



210mm

### PACK CONTENTS:

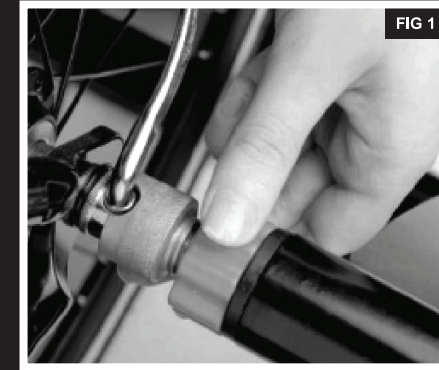
- A-frame magnetic trainer with remote lever
- Quick release skewer with oversize end caps
- Riser block

### QUICK START GUIDE

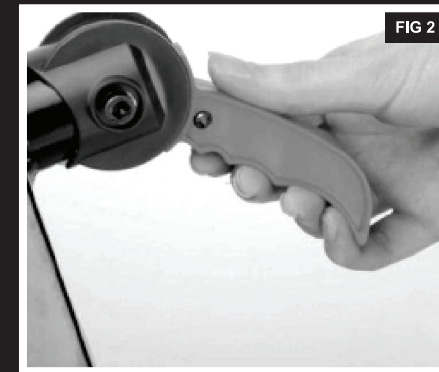
#### MOUNTING A BIKE IN THE TRAINER

Unfold the trainer and place it on a flat, level surface. A training mat is recommended to avoid sweat or debris marking the floor.

Remove the skewer from the rear wheel of your bike and install the training skewer. Thread the retaining nut onto the skewer and tighten it until it reaches the dropout before closing the lever. This should require a considerable effort. If the lever closes too easily, open it and tighten the retaining nut further. Ensure that the wheel is fitted securely.



Position the bike with the rear wheel between the clamp heads, align the slots in the left clamp head to accommodate the skewer lever. Adjust the clamp dial until the ends of the skewer are seated in the recesses securely enough to hold the bike upright [FIG 1].



With the bike in position, close the clamp lever [FIG 2]. This should also take considerable effort, however, excessive force should not be required as this may damage the trainer. Tighten the locking on the left hand clamp head against the frame of the trainer.

Wind the dial at the rear of the resistance roller assembly until the roller makes contact with the tyre [FIG 3]. The tyre must have a slick centre tread and be inflated to the maximum pressure stated on the side wall.



#### MOUNT THE REMOTE RESISTANCE LEVER TO THE HANDLEBAR

Seat the clamp onto the handlebars, wind the dial out and press it into the slot in the opposing jaw [FIG 4]. Tighten the dial to secure the lever in place.

Ensure the cable is routed safely away from the wheels and chainset, and does not form a trip hazard.

Place the riser block underneath the front wheel so the bike is level. Ensure the bike is completely secure before mounting it [FIG 5].

### INNER PAGES

1cm<sup>2</sup>



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Artwork Palette:

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Fonts:  
Arial Regular  
Sample: Arial

Notes:

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