



Thank you for purchasing **the** CASCADe FLUIDPro trainer. Please read the following directions thoroughly before use.

Model: 37300 CASCADe FLUIDPro trainer
Contents: 1 pc trainer, 1 pc riser block and 1 pc quick release skewer



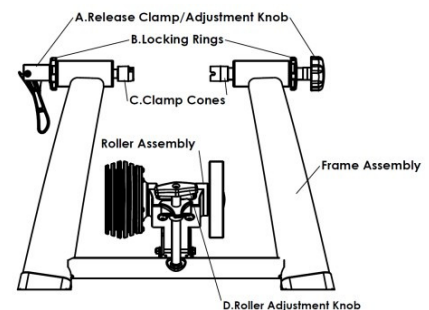
CAUTION

1. Please read and follow all instructions before using the trainer.
 2. This trainer is intended for single-rider bicycles only.
 3. Before riding make sure that both legs of the trainer are fully extended away from the frame assembly.
 4. Before riding, **be sure** the bicycle is correctly installed and securely locked into the trainer as explained in the instructions.
 5. **Do not touch** the resistance unit during use and for a period of time after use until it has had sufficient time to cool down. The resistance unit can become hot enough to cause burns.
 6. **Keep** children, pets and all items safely **away** from the trainer during use.
 7. Always use the trainer on a flat surface.
 8. Always consult a doctor before beginning any exercise routine or using any exercise or fitness product.
- Should you become ill, feel dizzy, light-headed or nauseous while riding the trainer, stop riding immediately and seek medical attention.




WARNING

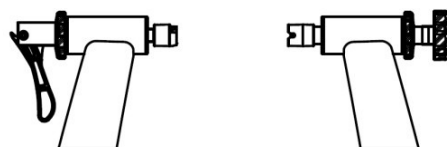
Read and follow all instructions concerning installation of the bicycle on the trainer. Failure to securely attach the bicycle to the trainer could result in serious injury to the rider or those near the trainer.




BIKE MOUNTING INSTRUCTIONS

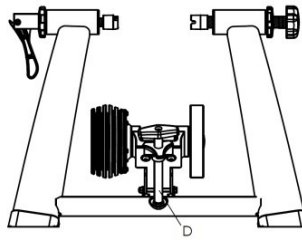
1. Replace the bicycle's rear wheel quick release (QR) skewer with the one provided. See the bicycle owner's manual for instructions on how to properly adjust the QR skewer. Make sure the QR skewer is tight and your wheel is aligned properly on the bicycle.
2. Rotate both the **Release Clamp** and **Adjustment Knob** (with the associated **locking rings**) counterclockwise, moving them away from the center of the trainer. The **release clamp** should remain in the locked position as shown in the Figure 1.

Figure 1



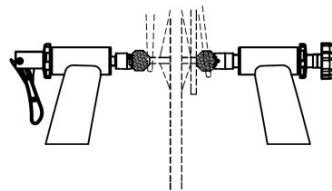
- Next rotate the **roller adjustment knob** and associated lock ring counterclockwise so that the roller assembly allows room for the rear tire to mount. Figure 2.

Figure 2



Lift the bicycle into position so that the rear QR skewer is aligned with the right and left axle clamp cones. See Figure 3.

Figure 3



- By turning both the adjustment knob and the release clamp clockwise, tighten the clamp cones until they come into contact with the bicycle's QR skewer ends. Align the QR skewer with the notch in the clamp cone.

- Tighten the adjustment knob and release clamp until the bike is securely held in place and the bicycle's rear wheel is centered on the roller assembly. Now while holding the bike frame in place test that the release clamp can be opened and closed firmly. The release clamp should close firmly by hand.

- if the lever will not open or close, loosen the adjustment knob by rotating counterclockwise.
- If the lever is too easy to open or close by hand, tighten the adjustment knob by rotating clockwise.

- Rotate the locking rings clockwise until they are firm against the frame. Verify the bicycle is securely mounted to the trainer.

- Tighten the roller adjustment knob clockwise until the roller contacts the rear tire. Then tighten the knob an additional $1\frac{1}{2}$ to 2 full turns. The roller needs to provide only enough pressure to prevent the rear tire from slipping while in use. Test tire friction by quickly moving the tire a $\frac{1}{4}$ turn back and forth. Apply another $\frac{1}{4}$ turn on roller adjustment knob if needed. Allowing the tire to slip against the roller while riding will accelerate tire wear. If you notice the tire slipping regularly during use, tighten the roller adjustment knob by an additional $\frac{1}{4}$ turn as necessary to reduce slipping. Do not over-tighten the roller adjustment knob. Over-tightening will cause both tire and unit damage. Tighten only enough to avoid tire slippage. Use a smooth tread tire at least 23mm in width and maintain the maximum recommended inflation pressure for your tire. Once this is set properly tighten the lock ring to the frame.



Riser Block



Use the included riser block to raise the front of the bicycle by putting the riser block under the front wheel.



USING YOUR TRAINER

- To minimize the noise from your trainer during your workout, set the trainer on a floor mat or small section of carpet and use a rear tire with a smooth tread pattern.
- The fluid resistance unit provides smooth, naturally progressive resistance that varies based on your wheel speed. Use your bicycle's gearing to vary the level of resistance.

BIKE REMOVAL

1. Loosen the **roller adjustment knob** so the roller no longer touches the tire. Allowing more space between the roller and tire can make removing the bike easier.
2. Firmly grasp your bicycle and open the **release clamp**. Carefully, remove the QR skewer side from the clamp cone first and then remove the bike.
3. The QR skewer provided with the trainer can be used when riding the bicycle off the trainer as well. If you choose to reinstall your bicycle's original skewer, refer to your bicycle owner's manual for instructions on properly adjusting the skewer. Before riding, ensure the quick release skewer is tight.
4. To store or transport your trainer, grab the trainer frame by the adjustment knob, lift and fold the legs in towards the frame.

WARRANTY

Cascade Health and Fitness offers the original owner a lifetime warranty against manufacturing defects and/or normal wear and tear for both the trainer frame and the resistance unit. This warranty is not applicable to damage caused by misuse, abuse, neglect, accident or unauthorized modification of materials or parts. If the unit is disassembled by the consumer, this warranty is void. There are no other warranties, expressed or implied.

It is the responsibility of the purchaser to file a warranty card via mail or on-line with Cascade Health and Fitness in the event that repairs are needed. It is also the responsibility of the purchaser to retain receipts for proof of purchase in the event that repairs are needed. No warranty repairs will be accepted without the warranty registration and the serial number of the trainer located on the resistance unit.

WARRANTY CARD/PRODUCT REGISTRATION

Please complete the warranty page with the information requested and return it within 30 days of purchase. You can also go to www.cascadebiketrainers.com and fill out the warranty information online.

Record the serial number of your trainer in the box below:

WARRANTY CLAIMS

If you experience problems with your trainer, please call 425-402-4062 or email us at info@cascadebiketrainers.com. To help us handle your call as efficiently as possible, please have your trainer's serial number ready to give to the customer service representative.

WARRANTY REGISTRATION

PLEASE REGISTER YOUR PRODUCT FOR WARRANTY

Thank you for purchasing a Cascade Health and Fitness bike trainer. To validate your product warranty, please complete the following information and return to Cascade Health and Fitness within 30 working days from the date of equipment purchase.

You may register your product via our online registration at www.cascadebiketrainers.com, fax it (425-402-4063) or mail it to:

Cascade Health and Fitness
PO BOX 1318
Woodinville WA 98072
P 425-402-4062
F 425-402-4063

Name: _____

Address: _____

City/State/Zip: _____

Email/Phone: _____

Purchased at: _____

Date of Purchase: _____

Model Number: _____ Serial Number: _____

Signature: _____