

# **CASCADA | FLUIDPro®**

## with Wireless Power Meter

Thank you for purchasing **the** CASCADA FLUIDPro trainer and wireless power meter.

Please read the following directions thoroughly before use.

Model: 37320 CASCADA FLUIDPro trainer with wireless power meter

Contents: 1 pc trainer, 1 pc riser block, 1 pc quick release skewer and  
1 pc wireless power meter



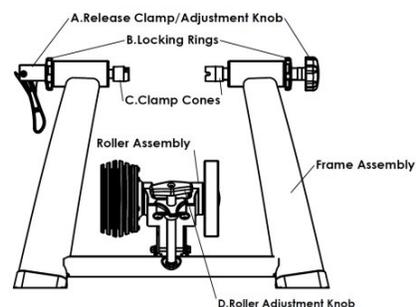
### CAUTION

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

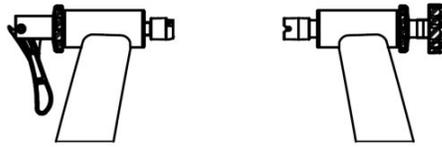
Read and follow all instructions concerning installation of the bicycle on the trainer. Failure to securely attach the bicycle to the trainer could result in serious injury to the rider or those near the trainer.



## BIKE MOUNTING INSTRUCTIONS

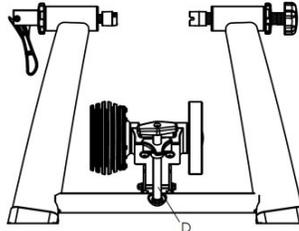
1. Replace the bicycle's rear wheel quick release (QR) skewer with the one provided. See the bicycle owner's manual for instructions on how to properly adjust the QR skewer. Make sure the QR skewer is tight and your wheel is aligned properly on the bicycle.
2. Rotate both the **Release Clamp** and **Adjustment 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



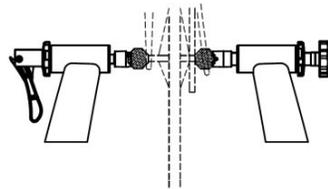
3. Next rotate the **roller adjustment knob** and associated lock ring counterclockwise so that the roller assembly allows room for the rear tire to mount. Figure 2.

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



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

5. Tighten the **roller adjustment knob** clockwise until the roller contacts the rear tire. Then tighten the knob an additional 1½ 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 1/4 turn back and forth. Apply another 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 ¼ 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

1. 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.
2. 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.

# Wireless Power Meter

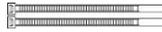
For use with the Cascade Health and Fitness FLUIDPRO Trainer only

## ▲ Contents.

1. Power Meter console



2. Cable Ties



3. Sponge



4. HR Transmitter and strap



5. Magnet



6. Clamp bracket set



7. Rubber strip



8. Cadence sensor



9. AAA batteries



## ▲ Power Meter Console Installation:

- 1-1. Insert 2 \* AAA batteries in to the console and then mount onto your bicycle handlebars.
- 1-2. Attach the Clamp bracket(6) to the back of the console(1) by inserting the provided mounting screw through the clamp bracket into the console.
- 1-3. Spread the bottom of the console clamp apart, than clamp it back together over the handlebar.



- 1-4. Turn the screw bar downward, slightly tighten the screw and adjust the console angle for optimal visibility. Once the position is set, continue to tighten the screw until it is securely attached to the handlebar. If the bracket is too large to fully tighten around the handlebar then insert the provided sponge to fill the space so that the bracket can tighten to the handlebar.

## Cadence Sensor Installation

1. Mount the cadence sensor onto the top of non-drive side chainstay of your bicycle with the facing outward (battery cover towards the inside), using the zip ties supplied.
2. Mount the cadence magnet to the inside of the non-drive side crank of your bike, using the zip tie supplied. The magnet should line up with the line on the cadence sensor and should pass at a distance of 1-2mm. Use the rubber strip to keep the zip tie and magnet from moving on the crank.



## Final Setup



1. Insert 2 \* AAA batteries into the speed sensor (located on the FluidPro trainer below the resistance unit).
2. To monitor your heart rate you will need to wear the provided Heart rate monitor and strap. Make sure the strap is securely placed around your chest to remain on your body during exercise. If a HR signal does not display on the computer try to wet your skin a little underneath the heart rate monitor.
3. You are now ready to ride. As the trainer is calibrated to the resistance unit there is no need to set your wheel size into the console. To set the time press and hold the set key for 3 seconds while in the time mode. Then use the mode button to toggle the time to the desired number and the press the set key again to set.



## MODE KEY

Press Mode Key to cycle through the following displays:

- Current RPM/ Current Speed / Current Heart Rate / Current Watt
- Average RPM/ Average Speed / Average Heart Rate / Average Watt
- Maximum RPM/ Maximum Speed / Maximum Heart Rate / Maximum Watt

Press and Hold Mode Key for **2 seconds** to activate or deactivate the alarm for heart rate target zone

While in the SETTING MODE (Press and hold Set Key for 3 seconds to enter SETTING MODE)

Press Mode key to switch the item to be set, i.e. timer, heart rate Hi / Low limit, Clock, Km/Mile unit.

Press and Hold Mode Key for **3 seconds** to exit SETTING MODE.

## SET KEY

Press Set Key to activate the Backlight for **5 seconds**.

Press Set Key to cycle through following displays: Distance / Time / Clock / KCAL

Press and Hold Set Key for **3 seconds** to enter SETTING MODE while allows changes to be made to - timer, heart rate Hi / Low limit, Clock, Km/Mile unit. In SETTING MODE, Press Set Key to change the desired units/digits.



## MODE & SET KEY

Press and Hold both Mode and Set Key for **2 seconds** to clear ALL Average and Maximum Speed, Heart Rate, Watt record, as well as Distance and Time.



## PAIRING SPEED AND CADENCE SENSORS

**Speed Sensor Pairing.** Press and Hold both Mode and Set Key for **5 seconds** to synchronize speed sensor pair up process. When the 3 dots/lines flash on the screen hold down the blue button on the speed sensor (located below the resistance unit). Once 0 comes up on the screen you can release the blue button. To confirm the speed sensor is paired spin the roller and confirm speed shows up on the console.

**Cadence Sensor Pairing.** Press and Hold Mode Key for **5 seconds** to synchronize cadence sensor pair up process. When the 2 dots/lines flash on the screen hold down the blue button on the cadence sensor. Once 0 comes up on the screen you can release the blue button. To confirm the cadence sensor is paired pedal the bike and confirm cadence shows up on the console.

### **The Specifications for the power meter console are:**

- Wireless 2.4 GHz Speed and Cadence
- Wireless 5 KHz Heart Rate
- The head Unit will enter into sleep mode once no signal is detected after **5 minutes**.

# **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.

The wireless power meter carries a one year warranty on the meter and transmitters. Batteries are not warranted.

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](http://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](mailto: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](http://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: \_\_\_\_\_