

CLAMPBRO®



BIKE TRAINER WITH 7 LEVEL RESISTANCE

MODEL NO: CCTI

PART NO: 4510005

OPERATION & MAINTENANCE INSTRUCTIONS

LS1215

INTRODUCTION

Thank you for purchasing this CLARKE bike trainer.

Before attempting to use the bike trainer, it is essential that you read this manual thoroughly and carefully follow all instructions given. In doing so you can look forward to the bike trainer giving you long and satisfactory service.

SAFETY WARNINGS

- Do not touch the spinning roller or wheels at any time whilst using the trainer.
- Maintain a normal riding position and keep both hands on the handlebars.
- Check the bike trainer regularly for damage.
- Do not allow small children to use the bike trainer.
- Ensure all wing nuts are securely tightened before using the bike trainer.
- Do not brake suddenly when using the bike trainer.
- Do not use the bike trainer if you are feeling unwell or under the influence of alcohol or medication.
- You should satisfy yourself that there is no medical reason that you should not use the bike trainer

SPECIFICATIONS

Maximum weight capacity	150 kg
Bicycle Wheel Sizes: (min. - max)	26" - 28"
Dimensions: (unfolded)	530 x 400 x 414 mm
Weight	7.1 kg

SPARE PARTS

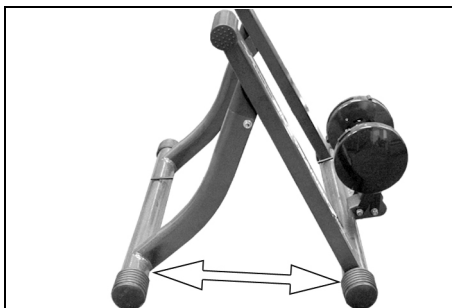
The following spare parts are available from the Clarke Spares department.

Adjustment Handle	HNKCCTI01	Roller Adjustment Knob	HNKCCTI05
Wire Assembly	HNKCCTI02	Rubber Feet	HNKCCTI06
Front Wheel Stabilizer	HNKCCTI03	Locking Collar	HNKCCTI07
Skewer	HNKCCTI04		

INSTALLING YOUR BIKE

Specialised training tyres are not required to use this bike trainer, but they are recommended if you intend to use the bike trainer for prolonged periods of time.

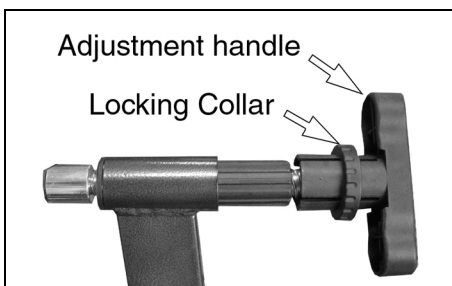
1. Fully extend trainer legs and set the trainer on a flat level surface.
 - The feet can be rotated to allow for minor unevenness in the floor.



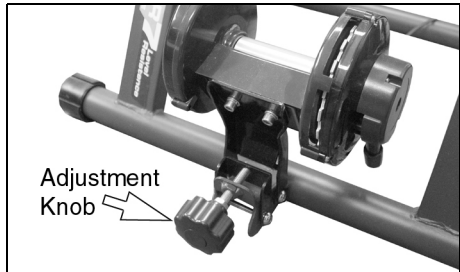
2. The trainer is designed for use with the skewer supplied.
 - You must replace your rear skewer with the one supplied.
 - This ensures ideal clamping and stability on the trainer.
 - Make sure the wheel is securely clamped to the bike using the supplied skewer.



3. Hold the bike by the saddle and hold the rear wheel between the two couplings
4. Slide the locking collar towards the adjustment handle
5. Turn the adjustment handle to centralise the wheel over the roller.
6. Slide the locking collar towards the adjustment handle to lock the bike in place.
7. Place the front wheel stabilizer under the front wheel.



8. Tighten the roller adjustment knob until the roller is touching the rear tyre.
 - Tighten further if the tyre slips on the roller.

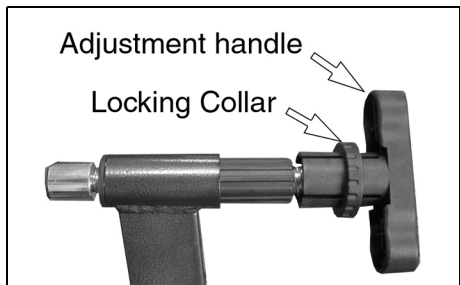


9. Clamp the resistance setting lever to the handle bars of your bike
10. Adjust the resistance as required.



REMOVING YOUR BIKE:

1. Loosen roller adjustment knob, until the tyre is clear of the roller.
2. Remove the resistance lever from the handlebars.
3. Slide the locking collar towards the adjustment handle
4. Turn the adjustment handle to release the bike.
 - Make sure you're holding onto your bike before releasing it.
5. Remove your bike from the trainer.



GUARANTEE

This CLARKE product is guaranteed against faulty manufacture for a period of 12 months from the date of purchase. Please keep your receipt as proof of purchase.

This guarantee is invalid if the product is found to have been abused or tampered with in any way, or not used for the purpose for which it was intended.

Faulty goods should be returned to their place of purchase, no product can be returned to us without prior permission.

This guarantee does not effect your statutory rights.