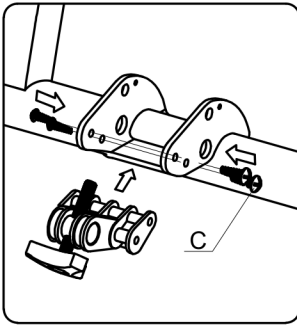
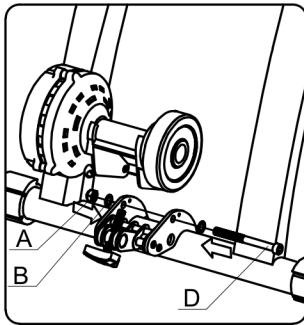


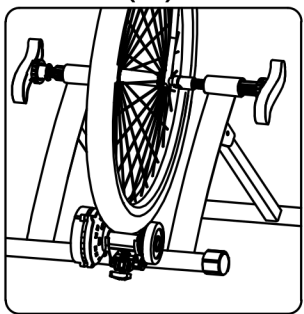
## Assembly Instructions



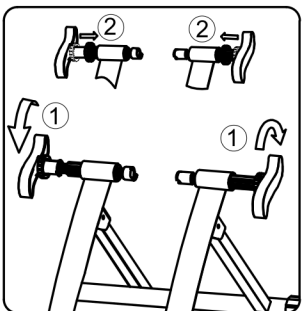
(1)



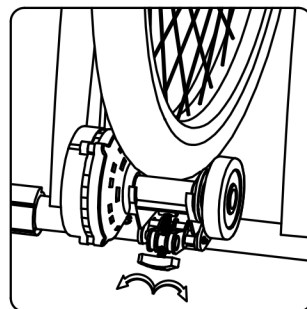
(2)



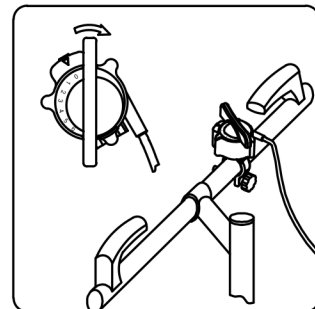
(3-1)



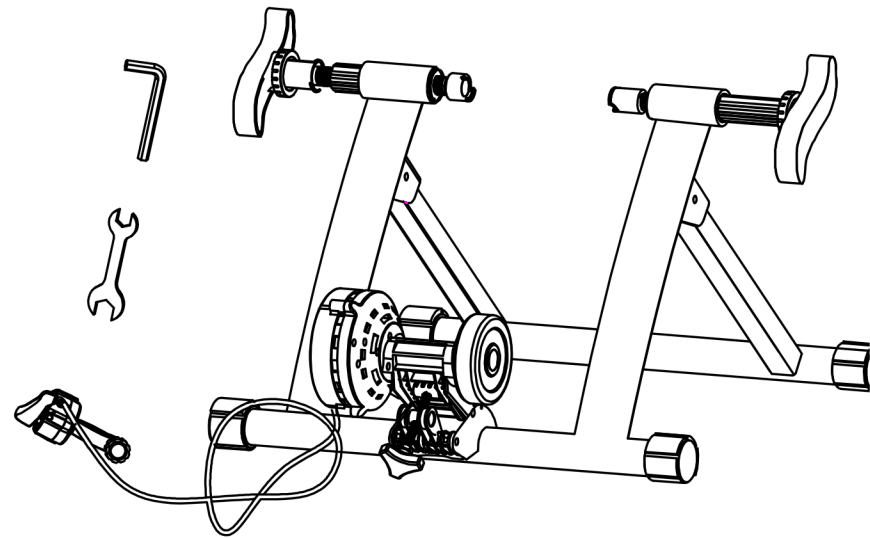
(3-2)



(4)



(5)



A) 

B) 

C) 

D) 

A).Nut(1pieces)

B).Washer(2pieces)

C).5X16 Bolt(4pieces)

D).M8X85 Bolt(1pieces)

### CAUTION WHEN IN USE

- 1- Be careful not to touch the spinning rollers and wheels at all times.
- 2 - Keep both hands on handlebars at all times.
- 3 - Make sure all bolts and nuts are securely fastened prior to using.
- 4 - Never brake suddenly while using the trainer, as this will result in unnecessary wear and tear to the rear tyre.
- 5 - Keep away from small children.
- 6 - Always warm-up prior to training.