

INDOOR TRAINER USE:



Incorrect mounting of a Giant/Liv/Momentum bike on a trainer, or the use of a trainer which is not compatible with the Giant/Liv/Momentum bike that is going to be used on it, can cause serious damage.

Damage caused by the use of an incompatible trainer or inappropriate use of a trainer is not covered under the Giant Limited Warranty.

Always ask your dealer for help with choosing the right trainer which is compatible with your Giant/Liv/Momentum bicycle.

- The bike should be secured on the indoor trainer by clamping it on the rear axle (not the frame).
- Always make sure the wheel quick releases/thru-axles are properly tightened. Movement between the trainer and the frame or fork can cause damage to the bike and trainer.
- There should be NO clamping devices attached anywhere to the frame, fork, handlebar or seatpost.
- Prior to riding, always double-check all mounting points that secure the bicycle to the trainer to make sure there is no movement or friction that could cause damage or excessive wear to your bicycle.
- If the trainer comes with special materials that attach to the bike, like specific axles, then these must be used to secure the bike properly.
- If the original WheelSystem quick releases are of a lightweight type, it is advised to use a more heavyweight and sturdy type when mounting the bike on a trainer.
- Adjust suspension components (shocks, forks) to lockout position when using the bicycle on a trainer. A bike that is equipped with suspension components that cannot be fully locked is not suitable to be used on a trainer.
- Indoor training causes more perspiration than riding outdoors. Be sure to wipe sweat off the frame after a workout, to avoid damaging the surface of the frame or other parts.



- **Make sure to keep hands away from spinning wheels, cranks, chainwheels, brake rotors and other rotating/moving parts while exercising.**
- **Keep children away from bicycles mounted on trainers, even when it is not in use!**