

# OWNER'S MANUAL



## MANUFACTURER'S LIMITED WARRANTY

Cyclotron by GIANT warrants your trainer to be free of any defects in material or workmanship for one year and the frame for its lifetime. This warranty does not apply to parts that have been worn out through normal use or damaged through misuse, abuse, neglect, accident, or unauthorized modification. Where applicable, incidental and consequential damages are not covered. No other warranties are expressed or implied. This warranty applies to the original owner only. Retain your receipt as proof of purchase.

If anything goes wrong with your Cyclotron trainer, return it to the place of purchase or authorized Giant retailer.



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### Owner's Manual Giant® Cyclotron™ Fluid Trainer

Before you ride or train with your new Cyclotron trainer for the first time, all of us at GIANT strongly encourage you to read this manual and learning about your new Cyclotron trainer you will be rewarded with many hours of safe training.

#### IMPORTANT!

If a minor will be riding a bicycle attached to this trainer, it is essential that a responsible adult/parent read and explain this owner's manual to the minor.

Like anything else in life - and particularly in sporting activities, bicycling/training involves risk. The risk is that riding a bicycle or training upon one may lead to injury or death. By choosing to ride a bicycle with or without a trainer, you assume the responsibility for that risk. Not the people who sold you the trainer. Not the people that made it. Not the people that distribute it. It's all about you!

If you have questions that are not answered by this manual, please contact your GIANT dealer.

#### GENERAL WARNING:

Consult your doctor before beginning any exercise routine or before using any fitness product, including the Cyclotron product. **STOP RIDING THE TRAINER** if at anytime you feel light-headed, nauseous, or dizzy during your workout. Keep children, pets, and property a safe distance away from your trainer while it is in use. The rear wheel of your bicycle will be spinning at a high speed. Make sure that your bicycle is properly installed and secured into the trainer before riding. Always use the trainer on a flat, dry surface.

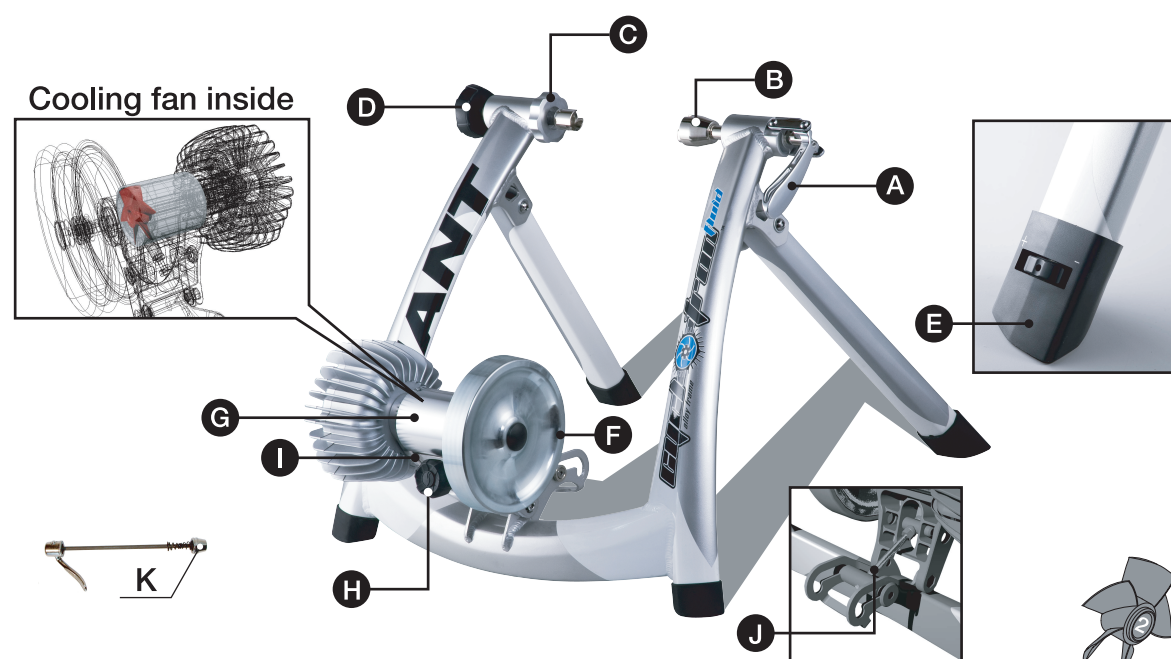
Treat your trainer with common sense and respect. Store your trainer indoors away from temperature extremes. Keep your trainer out of the rain. Extend the life of your trainer by wiping off any sweat that may have fallen on the trainer during your workout - sweat is corrosive.

#### IMPORTANT:

- :: Read and follow all instructions carefully before use.
- :: Keep this manual close at hand at all time - do not discard.
- :: Before each use, inspect the bicycle and trainer thoroughly for loose, worn, or missing parts.

#### CAUTION

Cyclotron Fluid Resistance Units **GET HOT** during normal use. **DO NOT TOUCH** the Drive Roller or other parts of the resistance unit during use or before it has had a chance to cool down after you have completed your workout. The wheel adjustment knob under the Resistance Unit is designed to withstand heat build-up and is safe to touch. **DO NOT OPEN** the Resistance Unit or housing **EVER!** These resistance units are serviceable only at the factory, and you will invalidate your warranty coverage if you attempt to disassemble your Cyclotron Resistance Unit.



- A. Quick release lever
- B. Coupling
- C. Lock ring
- D. Coupling knob
- E. Adjustment foot
- F. Flywheel
- G. Drive roller
- H. Wheel adjustment knob
- I. Resistance unit
- J. Frame attachment stay for resistance unit mounting
- K. Quick release skewer

#### GIANT CYCLOTRON FLUID TRAINER SET-UP

1. Unfold the Giant Cyclotron Trainer and place it on a flat surface or a level floor. The rubber leveling footpads can be adjusted and accommodate height in order to make your trainer stand flat on an uneven surface.
2. Replace the quick-release skewer on the rear wheel of your bike with the Quick-Release Skewer "K" included with the trainer. This assures ideal clamp fitting and stability.
3. The Linkage pillar "J" is controlled by the Wheel Adjustment Knob "H". Try to move linkage pillar from frame attachment stay tracking location (a) to (b) until it's locked.

4. Adjust the position of Resistance Unit "I" by turning the Wheel Adjustment Knob "H" counter-clockwise until the Drive Roller "G" of Resistance Unit is back as far as possible from the frame of trainer.

**The Resistance Unit is connected with Linkage Pillar by the screw of Wheel Adjustment Knob. Please keep enough thread length inside Linkage Pillar.**

5. Before placing the bike in the trainer, adjust the right side Torque Coupling Knob "D" and Quick Release Lever "A" on the left side to create a wide clearance between the Couplings "B".
6. Place the bike's hub (outside width of Quick-Release Skewer) between the Couplings "B" and adjust the Coupling Knob "D" until the bike's rear tire is centered on the Drive Roller "G" of the Fluid Resistance Unit, then lock the hub by pressing down the Quick Release Lever "A" - the Quick Release Lever should be able to close without excessive force, and without visibly deforming the trainer's frame.
7. Rotate the Lock Nut "C" to fix the Coupling Knob "D" in its secured position. Tighten until the Coupling Knob work.
8. Before proceeding make sure that the rear tire of the bike is properly inflated. Check the sidewall of the tire for the manufacturer's recommended pressure range, and inflate accordingly. Using the Adjustment Knob "H" set the Fluid Resistance Unit "I" so that the roller contacts the bike's rear tire. Then turn the Adjustment Knob "H" clockwise two full turns to insure that you have sufficient pressure of the Drive Roller "G" on the rear tire.

#### TIRE INFLATION:

All tires lose air pressure over time. Keeping the tires pressurized properly is necessary for the safe operation of your bicycle and trainer. Use a hand or foot operated pump to inflate tires to the recommended pressure which is molded on the sidewall of the tires. Check tires for cuts and wear. Do not over or under inflate your tires. Use a tire pressure gauge to check for proper inflation.

#### WARNING!

Never inflate a tire beyond the maximum pressure marked on the tire's sidewall. Exceeding this pressure may cause the tire to blow off the rim, causing you to lose control and/or damage your bicycle and trainer, which may result in serious injury.

#### TIRE INSPECTION:

Inspect your tires regularly for tread wear, cuts, and punctures. Replace your tires if there is little or no tread remaining, and if there is any cuts or damage. Also, check to see that each tire is seated properly on the rim and there are no bulges or defects.

#### Enjoying the Ride.

##### Effective Training Instructions and Solutions:

- :: Effective Training requires some load resistance. Gradually increasing the resistance is better for your muscles and a more effective form of training.
- :: By manipulating the resistance setting and your bicycle gears, you can achieve your preferred level of resistance.
- :: For best results, it is important to maintain a consistent cadence through any changes in the resistance setting.
- :: Proper footwear is essential for a safe, enjoyable, and productive training experience. Do not train barefoot or in sandals. Proper cycling footwear should either have a soft rubber sole for use with platform pedals, or the proper bolt pattern and cleat for compatibility with binding - type pedal systems.
- :: Stiff soled cycling specific shoes help to prevent fatigue and increase power transfer to the pedals.
- :: Giant padded cycling gloves can reduce hand fatigue and absorb sweat.

- :: Giant G-Thang™ sweat-catcher absorbs sweat and helps keep your bicycle and training area free from sweat and its corrosive effects.
- :: Giant Matt™ training mat provides a padded, no-skid, no floor-marring training protection for the entire training area.
- :: Giant Chopping Block™ securely elevates the front wheel of the bicycle for a near-to-natural bicycle position.

#### STORAGE:

Store your trainer indoors away from temperature extremes. Keep your trainer out of the rain. Extend the life of your trainer by wiping off any sweat that may have fallen on the trainer during your workout - sweat is corrosive.

## CAUTION

- :: Open the legs fully to get maximum stability
- :: **DO NOT TOUCH** the spinning Drive Roller and bicycle wheel at any time!
- :: Cyclotron Fluid Resistance Units "I" **GET HOT** during normal use. **DO NOT TOUCH** the Drive Roller or other parts of the resistance unit during use or before it has had a chance to cool down after you have completed your workout.
- :: Keep both hands on the handlebars at all times and maintain a normal riding position.
- :: Check the couplings "B" supporting the rear hub for damage and cracks.
- :: Keep small children, pets, and property a safe distance away from the trainer/bicycle while it is in use.
- :: Make sure all bolts and nuts are securely fastened prior to using.
- :: Never brake suddenly while using the trainer. This results in unnecessary wear and tear to the rear tire.
- :: Always use the trainer on a flat, dry surface.