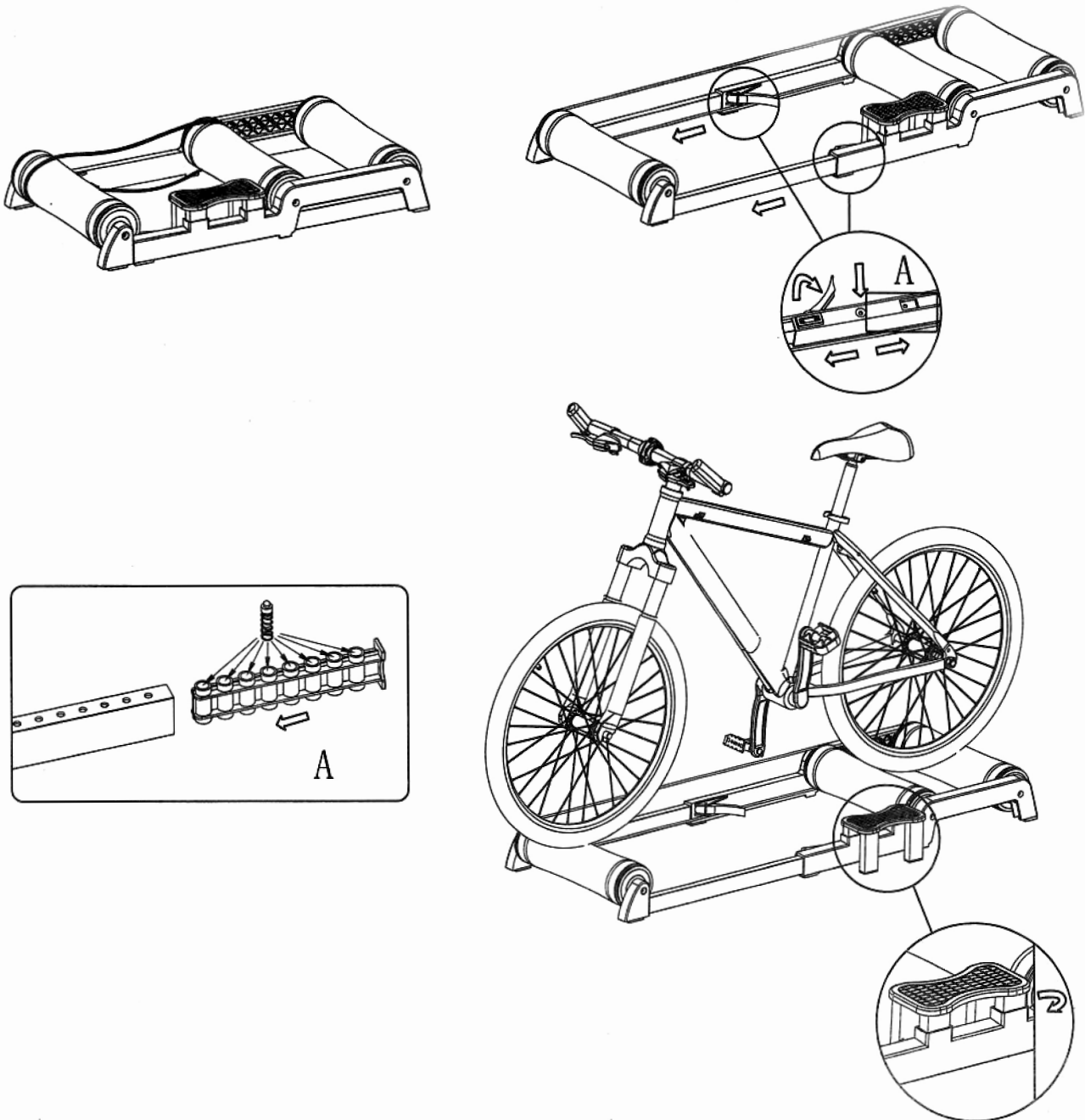


Assembly Instructions



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, this results in unnecessary wear and tear to the rear tire.
5. Keep away from small children.
6. Always do warm-up training before starting training.