

USER MANUAL

SMART BIKE TRAINER

T10



SCAN for more

詳しくはこちら

Cerca altro

Nach mehr SUCHEN

SCANNEZ pour plus

ESCANEAR para más

자세한 내용은 스캔하세요

Инструкция пользователя



Manufacturer: Shenzhen CooSpo Tech Co., Ltd.

Address: Room 602, 1# building, Lingyun Factory, Liufang Road 2nd, Xingdong Community,
Bao'an District, Shenzhen, Guangdong, China.

Contact: +86 (755) 23594795 support@coospo.com

Website: www.coospo.com

T10-RTN-11-2603



ALL ABOUT PASSION

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For more product details
please visit: www.coospo.com/faq

1. Basic Information

1.1 After-sales technical support

For product information and FAQ questions, please go to official website www.coospo.com.

For instructional videos, please go to our YouTube channel @Coospo.

If you have any questions, you can contact us through after-sales email or Instagram/Facebook.

After-sales email: info@coospo.com

Instagram: @coospofitnessofficial

Facebook: @coospo

The product warranty period is 1 year. For detailed warranty terms, please refer to the information on official website.

1.2 Safety Tips

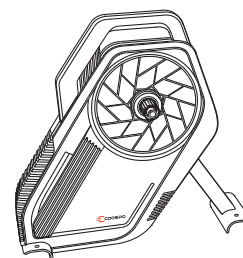
- 1) Please install and use the trainer on a flat and solid surface.
- 2) Please carefully check whether your quick release lever or thru-axle lever has been locked to the frame before using the bike each time to prevent personal injury and property damage caused by the axle loosening.
- 3) Do not touch the moving parts of the trainer with your hands or any objects.
- 4) The flywheel of the cycling trainer will become hot after prolonged use; do not touch it.
- 5) Keep children and pets away from the trainer while riding.
- 6) Do not touch the flywheel or disassemble the bike while the inertia flywheel is still spinning.
- 7) During use, please keep the cycling trainer away from fire, water sources and other obstacles.
- 8) Do not stand and pedal on the trainer, do not sway the bike violently, and please pay attention to safety.
- 9) It is strictly prohibited for users with cardiovascular and cerebrovascular diseases or other conditions not suitable for high-intensity exercise to use the trainer.
- 10) Please consult a doctor before starting or modifying any exercise training program.
- 11) Do not allow people who are unable to take responsibility for their own behavior to use the cycling trainer.

*Disclaimer: The manufacturer shall not be liable for any personal injury or property damage caused by improper use of the trainer.

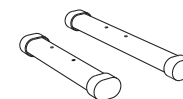
1.3 Recommended Cycling Software Download

- 1) Please download "COOSPOTools" from the official website or app store for subsequent firmware updates.
- 2) The T10 trainer has been spin-down calibrated before leaving the factory, and users do not need to recalibrate it within a short period of time. It is recommended to perform a spin-down calibration via COOSPOTools after every 300 riding hours or 6,000 kilometers.
- 3) It is recommended to use various third-party cycling software, such as Zwift, Onelap, Qidou, Weride and other smart cycling software that support standard protocols.

2. Package Accessories List



① Main unit



② Support legs*2



③ Leg screws (with washers) *4



④ Cassette gasket*4



⑤ 5mm hexagonal wrench



⑥ 3mm hexagonal wrench



⑦ 17mm wrench



⑧ Thru-axle adapter -right
(Pre-installed on the drive side.)



⑨ Thru-axle adapter -left



⑩ Quick release adapter-right



⑪ Quick-release adapter left



⑫ 8-9-10 speed cassette conversion
spacer



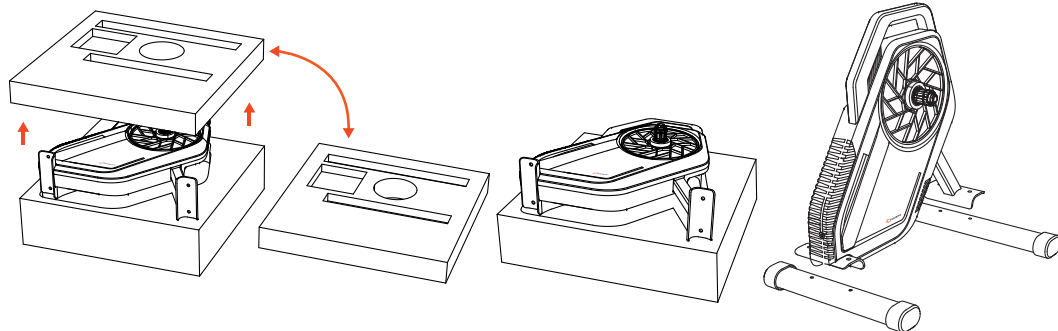
⑬ Hydraulic disc brake protection
plate



⑭ Power adapter

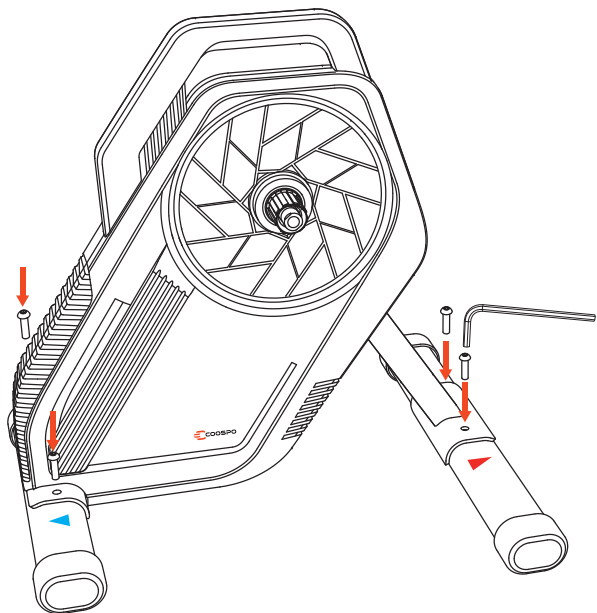
2.1 Quick Installation After Unpacking

- ① Open the outer box, take out the main unit and accessories, and place the support legs flat on the ground.
- ② Align the openings at both ends of the main unit base with the screw holes in the middle of the support legs, screw in the four support leg screws, and tighten.



- ③ Install the support legs: Align the holes at both ends of the main unit base with the screw holes in the middle of the support legs. After confirming that the support legs are in the correct position, screw in the support leg bolts and check that the installation is firm.

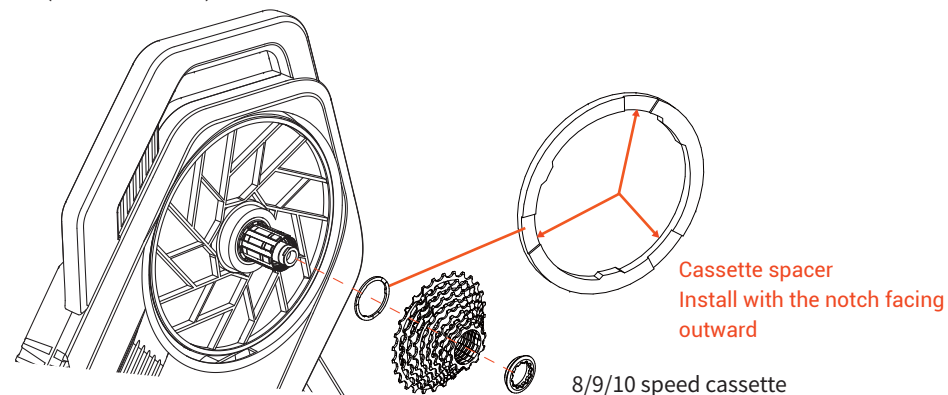
Note: When installing the level feet, the left one is shorter and the right one (on the flywheel side) is longer.



3. Bike Cassette Installation

3.1 Shimano Brand Standard Cassette Installation

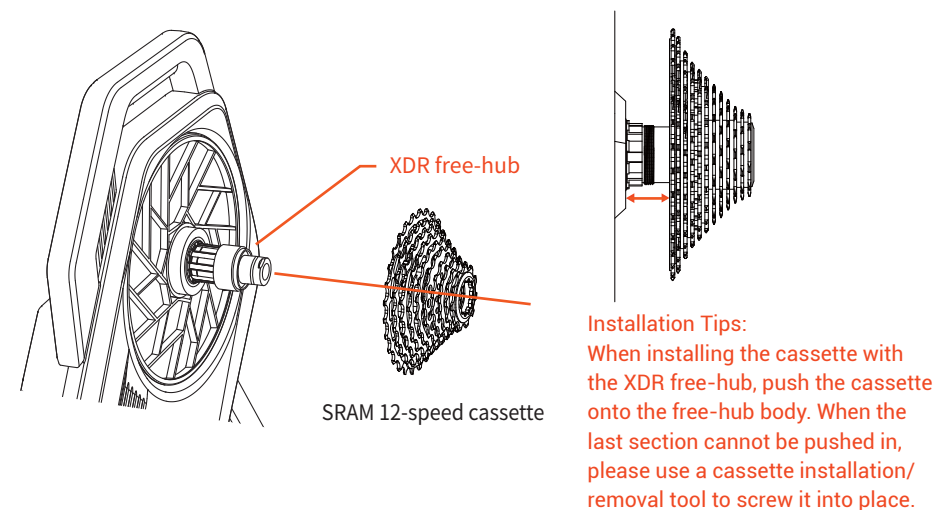
- 1) **11/12 speed cassette:** Mounts directly to the standard free-hub body (no need spacer).
- 2) **8/9/10 speed cassette:** Install the cassette spacer first, then install the cassette onto the free-hub (as shown below).



3.2 SRAM XDR Cassette Installation

Compatible with SRAM 8-11 speed cassettes and SRAM XDR 12 speed cassettes (XDR free-hub body needs to be purchased separately).

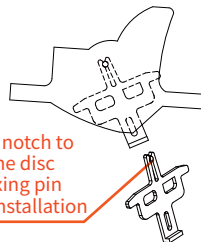
Replace the standard free-hub body before installing the cassette.



4. Bike Installation & Precautions

4.1 Notice & Warnings

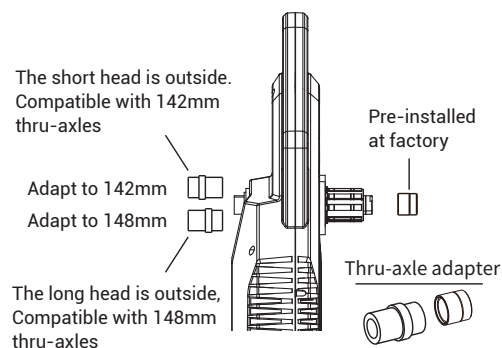
- 1) Before installing the smart trainer, please confirm whether your bike wheel set uses a thru-axle or quick-release structure. For thru-axle structure, please refer to the manual [4.2 Thru-axle Frame Installation Method]; for the quick-release structure, please refer to [4.3 Quick-release Frame Installation Method] for installation; please read the instructions carefully and compare them with the actual parts to ensure all components are installed correctly before mounting the bike frame on the trainer and securing it tightly.
- 2) If your bike is equipped with a disc brake system, please use the disc brake caliper protector we provide. After removing the rear wheel, insert the disc brake caliper protection plate into the frame caliper (as shown in the right figure). This prevents caliper failure caused by squeezing the brake lever when the wheel is off. Since there are a variety of disc brake calipers on the market, if our standard disc brake protector is not compatible with your caliper, please ensure to prepare appropriate disc brake protector by yourself.
- 3) Please note that although this trainer is compatible with most sports bike frames available on the market, there may still be some special frames that are incompatible or interfere with the structure of the trainer due to reasons such as width and shape. Please check it carefully during installation. If there is any incompatibility or interference, please do not force the installation, which may result in property loss.
- 4) Disclaimer: Please read this manual carefully and use the trainer in accordance with the instructions. If you encounter any abnormalities during installation, please contact customer service for consultation immediately. Do not force the trainer to operate. Any personal property damage or personal injury caused by improper installation, incompatibility with the frame, or structural interference shall be borne solely by the user.



Use this notch to clamp the disc brake fixing pin during installation

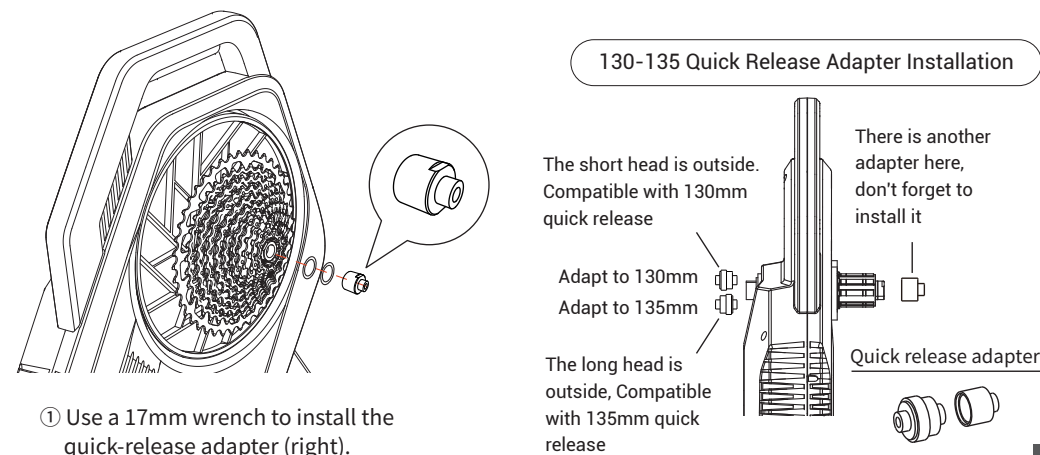
4.2 Thru-axle Frame Installation Method

142-148 Thru-Axle Adapter Installation



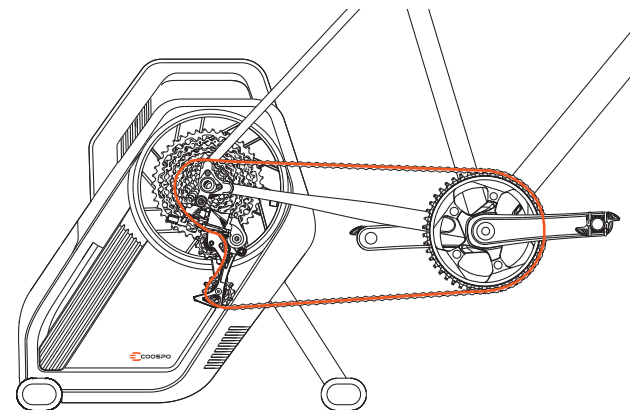
Note:
The driven-side thru-axle adapter of the T10 is pre-installed at the factory; you only need to install the thru-axle adapter on the left non-drive side.

4.3 Quick Release Axle Frame Installation Method



- ① Use a 17mm wrench to install the quick-release adapter (right).

Note: The T10 comes pre-installed with a drive-side thru-axle adapter; if you have a quick-release frame, you need to unscrew the pre-installed thru-axle adapter and replace it with a drive-side quick-release adapter.



- ① First, confirm whether your frame uses a thru-axle or a quick-release axle, then install the adapter bracket according to the method described in 4.2 or 4.3 above respectively.
- ② Then adjust the rear derailleur on the bicycle to shift the chain onto the smallest cassette cog, and then remove the rear wheel from the bicycle.
- ③ Adjust the bike derailleur to set the cassette to the smallest gear. When installing, make sure the chain is placed on the smallest cassette gear.
- ④ Use the original quick-release lever to lock the frame and the trainer. After installation, shake the frame to confirm that it is securely locked onto the trainer.



Notice!

Tighten the quick-release lever/thru-axle and shake the frame to ensure it does not detach from the bike. Improperly tightening the quick-release lever may result in property damage and personal injury. Never adjust the quick-release lever/thru-axle while someone is sitting or standing on the bike.

5. Power Adapter Connection

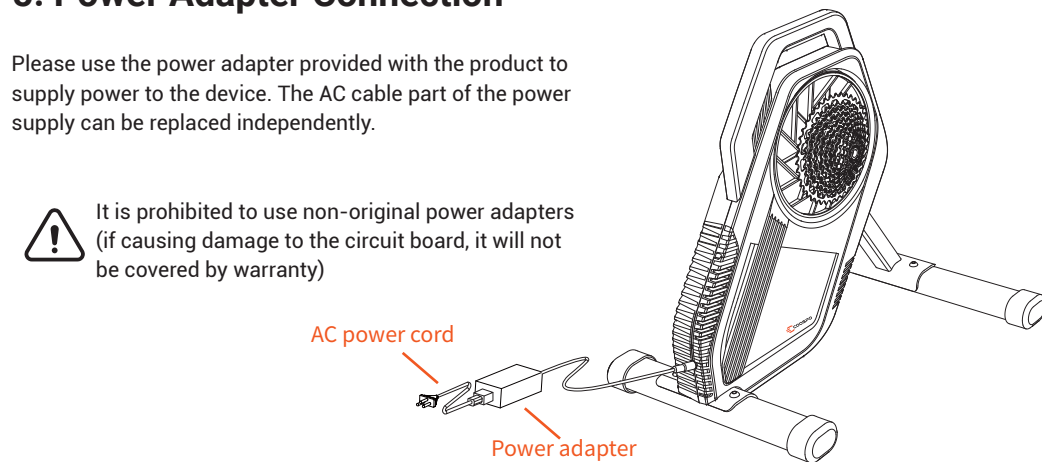
Please use the power adapter provided with the product to supply power to the device. The AC cable part of the power supply can be replaced independently.



It is prohibited to use non-original power adapters (if causing damage to the circuit board, it will not be covered by warranty)

AC power cord

Power adapter

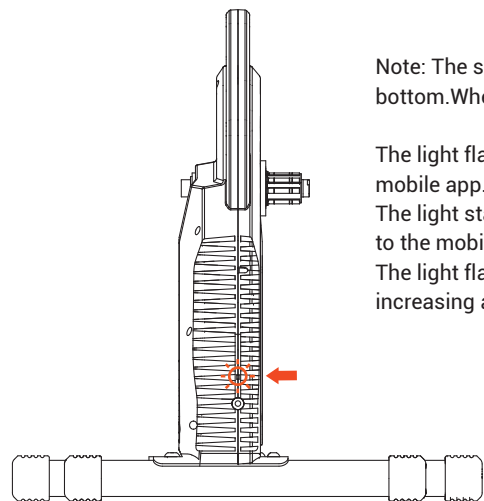


6. Trainer Working Mode

6.1 Power Mode

Description: This bike trainer must be powered on during operation. Only when connected to a power source can it generate sufficient resistance and transmit signal data. After use, please disconnect the power supply. Do not leave it plugged in for an extended period when not in use.

6.2 Signal Indicator Light Mode



Note: The signal indicator light of this bike trainer is located at the bottom. When the trainer is powered on and in a stationary state:

The light flashes when the bike trainer is not connected to the mobile app.

The light stays on continuously when the bike trainer is connected to the mobile app.

The light flashes during riding, with the flashing frequency increasing as the power output rises.

7. The Use of Cassette Gaskets

If you experience excessive chain noise while using the trainer, it may be due to a mismatch between the bike chain and the cassette teeth, caused by a difference between the distance(A) from the trainer's cassette to the rear fork and the distance(B) from the original wheel's cassette to the rear fork. To facilitate your use, we offer two solutions for this situation:

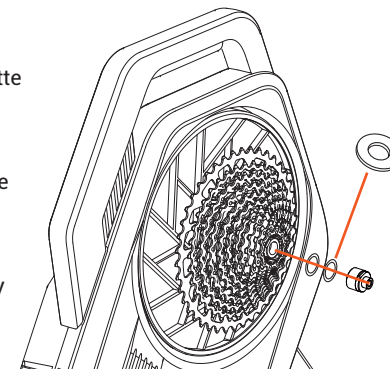
- 1) You can resolve this by fine-tuning the rear derailleur.
- 2) If you prefer not to adjust the rear derailleur, this can be fixed by adding or removing spacers on the freehub body.

1. When $A < B$: You can use cassette washers to increase the distance A.

Each washer adds 0.5mm. Please add enough washers according to the actual difference to reduce chain noise.

2. When $A > B$: Please contact our customer service for assistance.

If adding all the washers still fails to improve the gap, you can promptly provide feedback to us.



8. Warranty Terms

- 1) The product warranty period is 1 year, calculated from the order placement time (or the purchase invoice date). During the warranty period, if the product has non-human-induced hardware or software faults, free repair and parts replacement services will be provided.
- 2) If it is necessary to send the product back for after-sales repair, the round-trip shipping costs shall be borne by the user. (When sending back for after-sales service, please try to use the original packaging materials for transportation. The customer shall be responsible for any problems and losses incurred during transportation due to not using the original packaging materials.)
- 3) Product damage caused by the following reasons is not covered by the warranty:
 - Damage caused by failure to use or install in accordance with the instruction manual.
 - All product damage caused by human factors or accidents.
 - Products that have been disassembled or repaired without confirmation from the company or distributors.
 - Malfunctions caused by water entering the device.
 - Aging, scratches, and scuffs of the product caused by normal use.

*After the warranty period expires, the company can still provide repair services, but corresponding repair fees will be charged.

9. Diagnosis of Signal Connection Problems

If your phone or computer cannot detect the trainer's signal, it may be due to the following reasons:

- 1)The trainer is not connected to a power source.
- 2)The Bluetooth switch in your phone's settings is not turned on.
- 3)The location switch in your phone's settings is not turned on.
- 4)Note that you should search for the trainer using the cycling app on your phone, not through the Bluetooth settings on your phone.
- 5)When the trainer is stationary, check if its signal light is flashing (rather than staying on). A flashing light indicates that the trainer is in a state waiting to connect to an app and can be detected; a steady light means the device is already connected to an app and cannot be detected. Therefore, you must first close other apps until the signal light starts flashing before it can be detected again.
- 6)Check if there are other cycling apps or Smart Trainer firmware update apps installed on your phone. Ensure they are all closed and not connected to the trainer (since once the trainer is connected to one app, it cannot connect to another). You must exit the previous app before connecting to a new one.
- 7)When installing the cycling app on your phone for the first time, did you refuse some permissions instead of confirming all with **【Agree】**? (If so, please delete the app and re-download and reinstall it.)
- 8)Turn off the trainer's power, wait 2 minutes, then turn it on again and try.
- 9)Restart your phone and try again.
- 10)The computer host is too old with an outdated Bluetooth version. It is recommended to try connecting using a phone app instead.

Friendly Reminder:

Only one cycling software (or bike computer) can be used to connect to the trainer at the same time. To ensure the normal operation of the trainer, after connecting to it using a phone app or computer cycling software, do not use a bike computer with training control functions to connect and control the trainer, and vice versa. Otherwise, the trainer may not work properly, and resistance changes may be abnormal.

10. Product Specifications

Model Name	T10	Power meter accuracy	±2%
Product Type	Smart Trainer	Power calibration	Calibration by APP
Structural materials	Steel	Simulated slope	15%
Packaging size	64.7 x 62.7 x 22.5cm	Damping type	Electromagnetic damping
Product net weight	14kg	Wireless signal	BLE 5.0 and ANT+
Power input	100V-240V	Data Protocol	Power, cadence, speed
Maximum power	2200W	Supported frame types	5*130/5*135 (quick release) 12*142/12*148 (thru-axle)
Driver type	Chain Wheel Drive	Applicable flywheel	Shimano 8-12 speed cassette SRAM 8-11 speed cassette SRAM XDR 12 speed cassette (requires separate XDR freehub)

Attentions

The information contained in this manual is for reference only. The product described above may be subject to alteration owing to the manufacturer's continuing research and development plans without prior notice.

Disclaimer

The information contained in this manual just for reference. The product described above may be subject to alteration owing to the manufacturer's continuing research and development plans, without making an announcement in advance.

We shall not bare any legal responsibility for any direct or indirect, accidental or special damages, losses and expenses arising from or in connection with this manual or the contained product.

FCC statement

NOTE: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help

Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions:

- (1) this device may not cause harmful interference, and
- (2) this device must accept any interference received, including interference that may cause undesired operation.

IC WARNING

This device contains licence-exempt transmitter(s)/receiver(s) that comply with Innovation, Science and Economic Development Canada's licence-exempt RSS(s). Operation is subject to the following two conditions:

- (1) This device may not cause interference.
- (2) This device must accept any interference, including interference that may cause undesired operation of the device.

L'émetteur/récepteur exempt de licence contenu dans le présent appareil est conforme aux CNR d'Innovation, Sciences et Développement économique Canada applicables aux appareils radio exempts de licence. L'exploitation est autorisée aux deux conditions suivantes :

- (1) L' appareil ne doit pas produire de brouillage;
- (2) L' appareil doit accepter tout brouillage radioélectrique subi, même si le brouillage est susceptible d' en compromettre le fonctionnement.



Waste electrical products should not be disposed of with household waste. Please recycle where facilities exist. Contact your local government or a retailer for additional information.



- Do not open or modify the product.



- Do not disassemble or attempt to service this product.
- This product is safe under normal and reasonably foreseeable operating conditions.
- If product is operating improperly, call COOSPO support.
- Product must be returned to the manufacturer for any service or repair.

RF Exposure Statement:

This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment. This equipment shall be installed and operated with minimum distance 20cm between the radiator & body.

ISED Radio Frequency Exposure Statement:

This equipment complies with ISED exposure limits set forth for an uncontrolled environment. This equipment shall be installed and operated with minimum distance 20cm between the radiator & body.

Déclaration d'ISDE sur l'exposition aux radiofréquences :

Cet équipement est conforme aux limites d'exposition d'ISDE établies pour un environnement non contrôlé. Cet équipement doit être installé et utilisé à une distance minimale de 20 cm entre le radiateur et le corps.