

使用说明书

产品名称：全智能电磁直驱自行车骑行台

Intelligent Electromagnetic Resistance

Direct Driver Bike Trainer

TY-ZQ003-A



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Cautions

Thank you for purchasing this product. Before use, please read this manual carefully and follow the instructions in it for installation, operation and use to ensure that your car runs well and is not damaged, and to prevent and avoid unnecessary accidents and injuries.

- Before use, please carefully check that the bolts fixing the feet of this product are securely fastened and that the bolts connecting the movable support tube to the trainer body are securely fastened.

- Before use, please confirm that this product is placed stably on a solid ground, with the four foot pads on the bottom touching the ground

simultaneously to ensure that the product is stable and does not shake.

- Before starting your training, please make sure to confirm your health condition. It is recommended that you consult a doctor to find out if you can engage in cycling.

- If you feel unwell during use (such as physical exhaustion, weakness, pain, chest tightness, discomfort or abnormal pulse, etc.), please stop using it immediately and take a short rest. If you continue to feel unwell, it is recommended that you seek medical attention immediately.

- This product must not be used by individuals with physical, sensory or mental impairments (including

children), or by those lacking relevant experience or knowledge, without supervision or guidance.

- Please do not allow children to use this product as a toy without supervision to avoid danger or injury.

- Please pay attention to whether your clothes are too long. Avoid letting your clothes or accessories on them affect your cycling to prevent danger.

- When using this product, please ensure there is sufficient space around you. Make sure there are no obstacles, children, pets or any potentially dangerous items (furniture, tables and chairs, etc.) around you. Avoid accidental contact with the moving parts of the bicycle and the bike trainer to prevent accidents.

- When using this product to ride while standing, please be extremely careful. Do not stand while

rocking the bike to avoid falling or damaging it.

- Please do not disassemble or modify this product by yourself

- Please use original accessories. If this product malfunctions, please contact an authorized dealer for handling.

Disclaimer

- The manufacturer shall not be held responsible for any malfunctions of third-party vendor software/applications/devices, etc. At the same time, it shall not be held liable for any damage to the bike trainer caused by any software not developed or recommended by the manufacturer.

- Users must carefully read this manual before using this product, fully follow the installation steps, methods and inspection requirements in this manual to install

and inspect this product, and use this product in accordance with the warning requirements. If this product is used in violation of the warning requirements, resulting in temporary or permanent physical damage (whether direct or indirect) to the user or property loss, the manufacturer shall not be held responsible.

List of components

NO	Name	Quantity	Diagram
A	Trainer Body	1	
B	Base tube	2	
C	Bolt M8*65	4	

D	Cap nut M8	4	
E	Flat Washers φ8	4	
F	Left axle	1	
G	Spacer	1	
H	Flywheel gasket	1	
I	Wheel mount	1	
J	Power Adapter	1	

K	Power cable	1	
L	Remote control	1	
M	Rear Skewer	1	
N	Allen wrench CRV-5	1	
Q	Allen wrench CRV-4	1	
P	Open wrench 12-14	1	

Notice: The factory does not come with Shaft sleeve and flywheels due to the differences

among bicycles! If necessary, you need to purchase separately!

Installation Instructions

Step 1: Confirm the bicycle

Before starting to use the bike trainer, please first confirm the specifications of the bicycle and the type of rear hub, and prepare the flywheel that matches the bicycle.

Step 2: Assemble the bike trainer

2-1 Open the box, check all the accessories and their quantities against the accessory list

2-2 Installation of Base tube

As shown in Figure 1, Trainer Body is placed on the

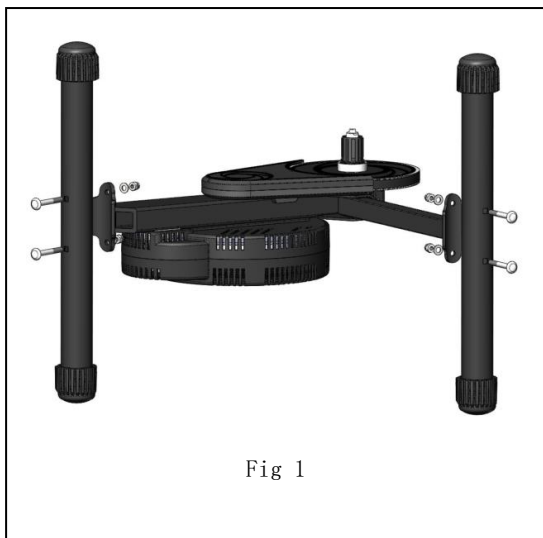


Fig 1

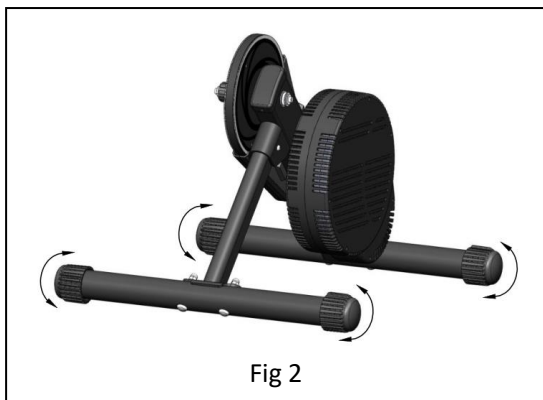
workbench, Two bolts simultaneously pass through the fixed square holes on the base tube and are inserted into the installation holes on the Trainer Body. (Note: Ensure that the square necks on the bolts are completely inserted into the fixed square

holes on the base tube. Press the semi-round heads of the bolts with your hand.) Place one Flat Washer on each of the two bolt heads, tighten the nuts, and use an open-end wrench to secure the nuts firmly. Fix the other base tube to the movable support tube in the same way.

Note: The nuts connecting the base tube to the Trainer Body and the movable support tube must be tightened firmly!

Step 3: Level the bike trainer

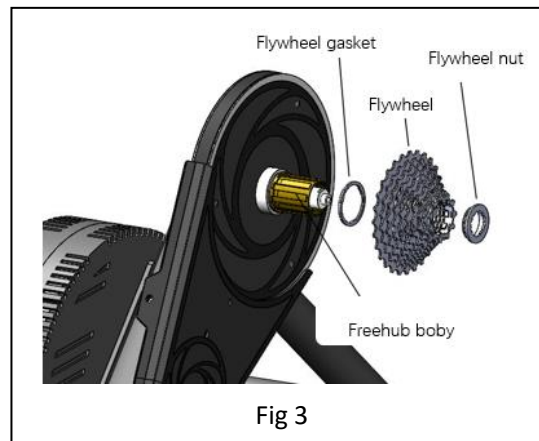
After the base pipe is installed, as shown in Figure 2, place the bike trainer on a solid and flat ground. Level it by rotating the base sleeves on the base pipe until all four base sleeves are in full contact with the ground simultaneously and the bike trainer does not shake.



Note: Before use, the bike trainer must be leveled to prevent accidental injury caused by shaking

Step 4: Assembly of Hub accessories

4-1 Flywheel installation



This bike trainer is compatible with SHIMANO/SRAM hub flywheel with the speed of 8/9/10/11. The standard configuration of this product does not come with a flywheel. Users can purchase a flywheel of the corresponding speed ratio based on their own cycling speed ratio. As shown in Figure3, if 8/9/10 speed flywheel is used, 1

Flywheel gasket must be put on the freehub body before insert the flywheel. If an 11-speed flywheel is used, this Flywheel gasket does not need to be installed and directly insert the flywheel into freehub body. After the flywheel is inserted, screw in the flywheel nut, and tighten the flywheel nut with the special wrench for flywheel disassembly and assembly.

4-2 install the rear skewer

This bike trainer is compatible with the 130/135 quick release frame. As shown in Figure 4, If your bicycle has a 135 frame, first insert the Spacer onto the left axle. Then insert it into the hole of the main beam shaft. If your bicycle has a 135 frame, the left axle of the quick-release rear axle can be directly

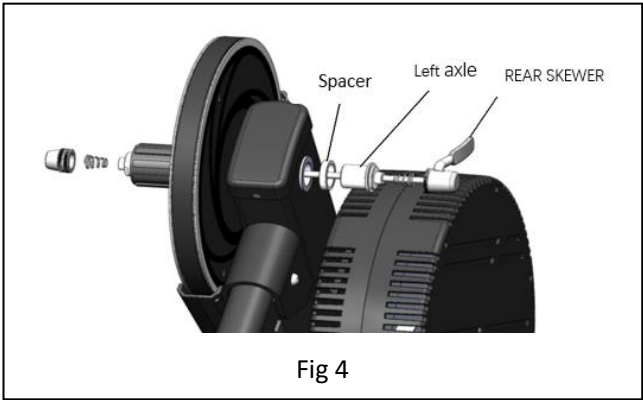
inserted into the hole of the main beam shaft, the spacer does not need to be installed.

This bike trainer is suitable for 5mm Quick-release rear axle

- 1) First, remove the nut at the tail end of the rear skewer and the spring on one side, leaving the other spring on rear skewer.
- 2) Insert it into the left axle hole in the direction shown in Figure 4, and the other end of the rear skewer should protrude from the right axle (already fixed on the bike trainer).
- 3) As shown in Figure 4, reinstall the spring and nut which removed at the front, and keep the rear skewer was loose to facilitate the installation of the

bicycle.

Note: When installing the rear skewer, the small ends of the conical springs on rear skewer must face inward (towards the main body of the bike trainer)!



4-3 Assembly of Thru-axle adapters

This bike trainer is compatible with 142/148 thru-axle frames. If your bicycle has a 142/148

thru-axle frame, you need to replace the thru-axle adapter on the bike trainer before use. The accessory diagram of the thru-axle adapter is shown in the following table

NO	Name	Quantity	Diagram
R	Thru-left Axle	1	
S	Thru-right Axle	1	

Note: The standard product does not come with the Thru- Axle adapter. You need to purchase it on the merchant's website. The Thru- Axle adapter from other merchants may not be

available.

As shown in Figure 5, use a wrench to unscrew the original right axle on the bike trainer and replace it with a Thru-right Axle, then lock it with a wrench. The original left axle of the bike trainer is no longer used. It is replaced with a Thru-left axle. Insert Thru-left Axle into the axle hole of the bike trainer. If it is a 142 Thru-Axle type frame, insert with the long end step of Thru-left Axle, If it is a 148 Thru-Axle

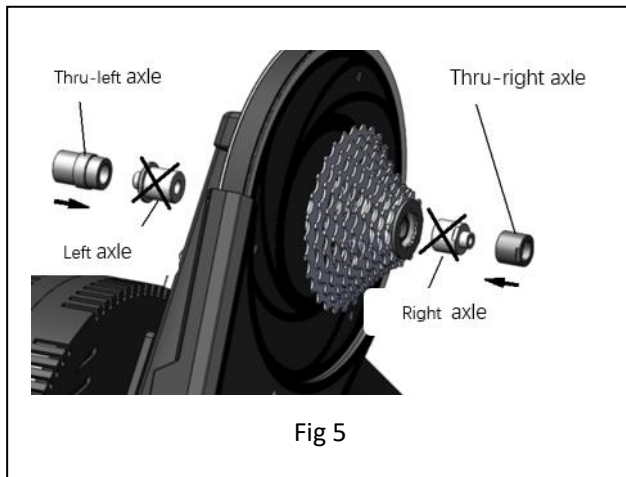


Fig 5

type frame, insert with the short end step of Thru-left Axle

Step 5: Bicycle installation

5-1 First, confirm that the specifications of the rear wheel hub of the bicycle match the base configuration of this bike trainer

5-2 To facilitate the disassembly of the rear wheel, it is recommended to adjust the bicycle gear position and set the chain position as follows: the front gear shifting wheel is on the small sprocket, the front gear shifting wheel is on the smallest flywheel sprocket, release the quick-release lever of the rear wheel, then remove the rear wheel. If your bicycle is of the Thru-Axle type, unscrew the bicycle Thru-Axle and remove the rear wheel.

5-3 Install the bicycle on the bike trainer: As shown in Figure 6, attach the chain of the rear gear wheel of the bicycle to the smallest gear disc of the flywheel on the bike trainer. Gently place the rear fork of the bicycle on the left and right axles of the bike trainer REAR SKEWER. After confirming alignment, press down the bicycle, and support the rear fork on the left and right axles of the bike trainer REAR SKEWER. To ensure that the rear fork of the bicycle is fully supported on the bike trainer, you can lift the front wheel off the ground, gently swing the bicycle, and then put down it

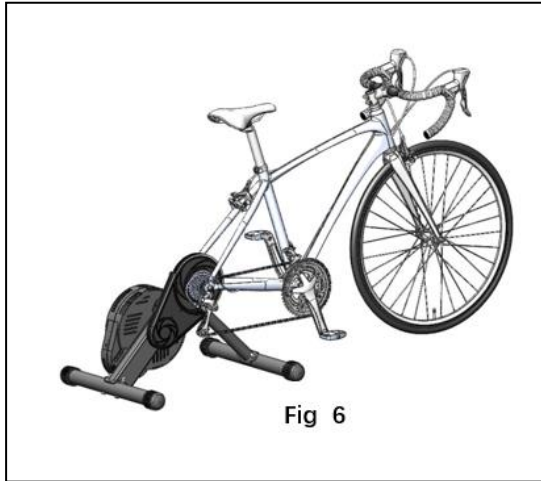
5-4 Fix the REAR SKEWER: With one hand, screw the nut at the end of the REAR SKEWER, and with the other hand, press the lock wrench of the REAR SKEWER. After applying the appropriate pressure,

press the lock wrench of the REAR SKEWER to the fully locked position. If the REAR SKEWER lock wrench cannot be pressed down, please first loosen the nut at the tail end of the REAR SKEWER, and then install and fix it as described above.

If your bicycle has a thru-axle, replace the left and right axle of the bike trainer with the Thru-left and right Axle adapters, then pass the Thru- Axle through the bike trainer, and twist it into the rear fork of the bicycle and lock it

5-5 Trial Run: After the bicycle is installed, Don't rush to start riding. First, slowly turn the crank to drive the chain for a test run and check if there are any abnormal conditions. When in operation, if any abnormal noise other than the sound of the chain drive occurs, it indicates that the bicycle is installed

incorrectly. Please reinstall the bicycle according to the above method.



Attention

● If you are not familiar with the correct operation of removing the rear wheel, please

consult a nearby bicycle shop or refer to your bicycle manual.

● If you are not sure how to install your bicycle onto the riding platform correctly, please consult a professional bicycle repairman nearby or contact the dealer directly.

● Before getting on the ride, please make sure your bicycle is properly installed. Otherwise, due to the bicycle not being firmly fixed to the bike trainer, it may fall off, causing accidental injury and property damage

● Before getting on the ride, Please make sure that the movable support of the bike trainer is securely locked. Otherwise, if it is not securely locked, the bike trainer may collapse, resulting in accidental injury and property damage.

●When installing a bicycle on the bike trainer, incorrect installation methods may damage the bicycle's paint. It is recommended that you provide appropriate protection on your bicycle frame before installation to prevent damage to your beloved bike.

Intelligent cycling

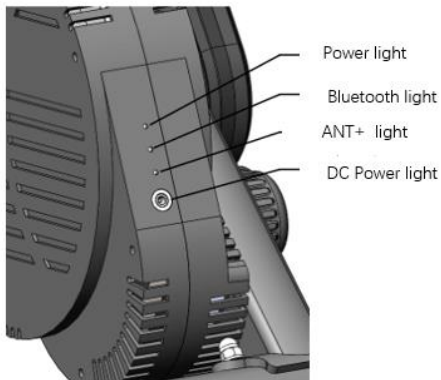


Fig 7

1. Definition of resistance indicator light

1-1 The size of DC power socket is 5.5*2.1mm

1-2 After the power is connected, the power light remains constantly on, while the Bluetooth light flash.

1-3 When the Bluetooth connection is successful, the Bluetooth light changes from flashing to remaining on, and at this time,

Note: This product supports Bluetooth connection. You can only choose one and simultaneous connection is not supported.

2. Bike trainer matching

This product supports the following third-party Mainstream cycling apps such as : Zwift,

TrainerRoad, BKOOL, MyWhoosh, and Onelap

This product supports Bluetooth.

3. Virtual speed change

This product supports virtual gear shifting by simulating a bicycle transmission. It is equipped with a remote control as shown in Figure 8. It is recommended that Place the bicycle chain on the 21-toothed sprocket of the flywheel. The default gear on the remote control is the 8th gear. Briefly press the "+" key on the remote control to increase the virtual gear ratio of the bicycle by 1 gear, your legs will feel heavier When stepping on it. Each press will cause a "beep" sound. When shifting up to the

13th gear, the bike trainer will make a "beep" sound twice. Press the "-" key on the remote control briefly to reduce the virtual gear ratio of the bicycle by one gear and your legs will feel easier When stepping on it. Each press will cause a "beep" sound. When downshifting to the first gear, the bike trainer makes a "beep" sound twice. Press and hold the "-" or "+" key for at least 5 seconds. The bike will beep three times to exit the virtual gear shifting. Now, you can use the original gear shifting mechanism of the bicycle to change the speed



Maintenance

1 storage and cleaning

1-1 This product should be stored in a clean indoor environment, kept dry, away from direct sunlight, fire sources, water sources or other dangerous items.

1-2 When cleaning this product, just wipe it with a clean cloth. Do not use cleaning agents, cleaning

powder or other chemical solvents for cleaning, as this may damage the paint on the surface of the bike trainer

2 Maintenance

2-1 Belt tensioning adjustment

When the product leaves the factory, the belt tension has been adjusted by the manufacturer.

After the product has been used for a period of time, the belt may experience insufficient tension, causing it to slip (the characteristic manifestation is: when stepping on a bicycle installed on the riding platform, one foot feels heavier than the other). At this point, it is necessary to adjust the tension of the belt. The specific method is:

1) Insert the Allen wrench CRV-5 (big) as shown in Figure 8 into the adjustment hole on the side. Gently

turn the wrench to ensure it fully fit the Allen hole of the internal screw. Turn the wrench counterclockwise by half a turn until the internal screw becomes loose.

2) Insert the Allen wrench CRV-4 (small) as shown in Figure 8 into the adjustment hole at the top. Gently turn the wrench to fully fit the Allen hole of the internal screw. Turn the wrench clockwise to the desired feel.

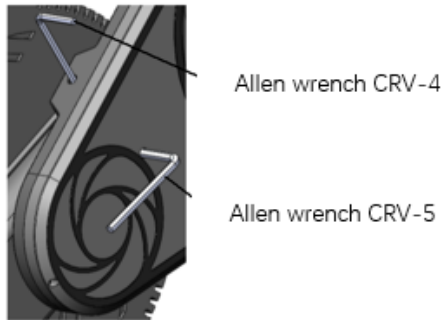


Fig 8

3) Turn the Allen wrench CRV-5 (big) clockwise until the internal screws are securely fastened.

4) Test: When you ride the bike, you no longer have the feeling of one foot being heavy and the other light, it indicates that it has been adjusted properly. Otherwise, readjust it.

Troubleshooting

When an anomaly occurs, please first check and resolve it according to the table below

Phenomenon	Inspection and solution methods
The bike trainer is	● If the ground is uneven or

placed unevenly and shakes	the riding platform is not leveled as per the instructions in this manual, follow Step 3 to level the bike trainer
The bike trainer cannot be paired with smart devices	● Check whether the smart device is in the started state ● Check the wireless communication connection: Make sure the adapter is plugged into your computer's USB port. If using Bluetooth connection, please confirm that the Bluetooth is turned on.

	● Turn the pulley of the bike trainer and wait for a moment ● Replace the circuit board
the bicycle vibrates severely, when you are riding	Check whether the bicycle is installed correctly in accordance with the instructions in this manual Check whether the flywheel is fully fastened
Abnormal noises occur during use, except for the sound of chain transmission	Recheck and reinstall the bicycle according to Step 5. If the abnormal sound still cannot be eliminated, please consult a bicycle repair

	professional nearby for assistance.
Virtual variable speed failure	● Replace the battery of the remote control: Briefly press the "+" or "-" key, and there will be no beep sound on the cycling platform. After replacing the battery, repeat the above operation, and the bike trainer will make a beep sound ● Replace the remote control: After replacing the battery of the remote control, briefly press the

	"+" or "-" key, but the bike trainer still does not make a beep sound
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Note:

If the anomaly remains, contact the distributor to assist. Please do not disassemble this product by yourself to avoid damaging it and affecting after-sales service

Product specifications

Power Adapter	INPUT: 100-240VAC 50/60Hz 1.5A Max
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	OUTPUT: DC12.0V/5.0A 60W
Max power	1500w (60Km/h)
Power Accuracy	5%
Max Slop	20%
Expanded size (700C bicycle)	Length * width * height 655*570*456mm
Product weight	Net weight: 16.4Kg Gross weight :18.8Kg
Packaging size	640*430*275mm
Flywheel weight	5.9Kg
Damper type	Electromagnetic Resistance
Weight restriction	≤130 Kg (include bicycle)

Compatible bike	26"、700C、28"、29"
Compatible frame	130/135 quick release frame 142/148 φ12 Thru-Axle frame
Adapted flywheel	SHIMANO/SRAM hub flywheel with the speed of 8/9/10/11
Noise level	≤56db (A ,1.5m、30Km/h)
Temperature	≤60℃ (25℃、40Km/h、10min)
Wireless communication	blue-tooth
Applicable to third-party cycling apps	Zwift、TrainerRoad、BKOOL、MyWhoosh、Onelap

Applicable smart devices	Computer, Pad, Mobile phone、Odometer
FE-C protocol	Support
ERG mode	Support

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.

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

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