



RAD Cycle Products 1102 Prozone Bike Trainer INSTRUCTION MANUAL

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RAD MAX 1102 PROZONE BIKE TRAINER

- ❖ Ride Your Bike In Any Type of Weather
- ❖ Fits Road and Mountain Bike with 26", 28" and 700cc Wheels
- ❖ The Incredibly Quiet, State of the Art Magnet System Instantly Creates Resistance
- ❖ Seven Levels of Resistance. Get the most out of your workout with the handlebar resistance control
- ❖ Wide Stance and Ultra-Strong Frame Offer Maximum Stability and Safety
- ❖ Folds down to store anywhere, not to mention making travel a snap

Don't cancel your workout just because the weather doesn't cooperate!

Just start pedaling and experience the ultra-quiet resistance of the PROZONE Bike Trainer. The convenient handlebar controller offers 7 different resistance settings offering you the optimum workout. Safety and stability will never be an issue with the unique design, wide stance and strong construction. Compatible with road and mountain bikes with wheel sizes 26", 28" and 700cc, the versatility of this trainer is unparalleled. To top it all off, this trainer folds down to allow for easy storage and travel.

Keep fingers clear when folding the trainer and never use on an uneven surface. Children and pets should be kept clear of wheels when in use.

CUSTOMER SERVICE

Customer service and product support are available online at www.radcycleproducts.com

WARRANTY AND RETURN POLICY

All RAD Cycle Products are warrantied against defects in material and workmanship for a period of one year.

Our return policy allows 30 days from the date of delivery to return products, provided it is new, unused and in the original packaging as received. We highly recommend that the buyer thoroughly inspect the purchased product before using it. We charge a 20% restocking charge on all returned items. Return shipping is the responsibility of the buyer. We cannot accept returns for any reason after 30 days from the date of delivery. A credit will be issued after the item is inspected and accepted.

All shipping damages must be claimed with the designated shipper. Check the shipping carton for damage before signing the bill of lading.

If an item is opened and deemed to be defective within 30 days from the date of delivery, please contact us at www.radcycleproducts.com for return instructions. A RAD Cycle Products RMA is required when returning defective merchandise. When returning your order please include a copy of your order number with date purchased, your RAD Cycle Products RMA and the reason for the return.

Warranty shall not apply to: products which are used for a purpose other than which they were designed for or which have been altered in any way that would be detrimental to the performance or life of the product. Misapplication, misuse, modification of the product or negligence will revoke the warranty.

OPERATING INSTRUCTIONS

PARTS DIAGRAM

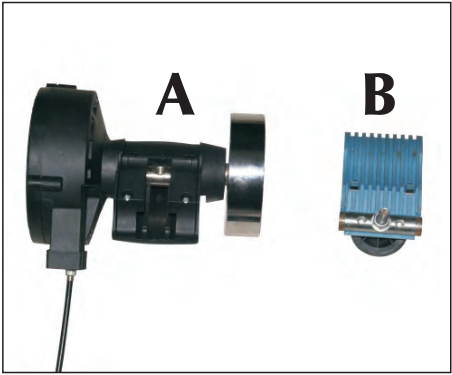


SAFETY RECOMMENDATIONS

WARNING! TO AVOID SERIOUS INJURY ALWAYS FOLLOW INSTRUCTIONS AND SAFETY RECOMMENDATIONS.

- ❖ **NEVER** use trainer on uneven surfaces, always set up your PROZONE trainer on a flat, even surface.
- ❖ **HARD BREAKING** during use of the PROZONE trainer may cause excessive wear on bike tires and the trainer.
- ❖ **ALWAYS** make sure parts are tightened and that all equipment is in good working condition.
- ❖ **KEEP PETS AND CHILDREN CLEAR** of trainer when in use.
- ❖ **NEVER** touch wheels when they are in motion.
- ❖ **ALWAYS** make sure bike tires are secure and properly inflated before attaching to trainer.
- ❖ **NEVER** let go of the handlebars while riding your bike.
- ❖ **ALWAYS** properly warm up before working out. Consult your physician prior to starting any workout regimen.

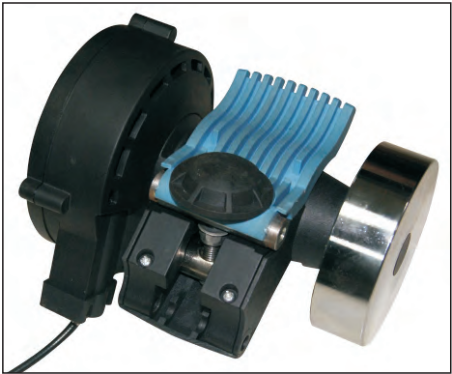
ASSEMBLING



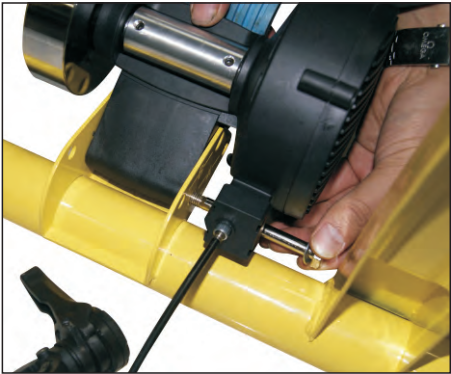
Part A part B



Snap the cylindrical piece of Part B into the track in part A. Part B will be placed into the trough on part A. Tighten the knob on part a until snug.



Parts A & B together



Cross the long bolt with washer from the small holes marked A to A for a 28" bike or B to B for a 26" bike.



Using the two wrenches tighten the lock nut and washer onto the bolt.



Install the two hex screws with plastic washers into the large holes (A or B) and tighten with included allen wrench.

How to adjust the Prozone Trainer for Use

1) With a bicycle locked into the trainer, push the blue locking lever down to push the mag roller closest to the rear wheel. [Figure 1]

2) Begin adjusting the knob counter clockwise [Figure 2] to increase friction, or clockwise [Figure 3] to decrease friction until the mag roller comes in contact with the rear wheel.



FIGURE 2

3) Push the blue locking lever back up to bring the mag roller away from the tire. [Figure 4]

4) Turn the adjustment knob counterclockwise a few turns and again push the blue locking lever down so that the mag roller comes in contact with the rear wheel.

5) Repeat step 4 until desired friction is achieved and rear wheel does not slip when riding.



FIGURE 1



FIGURE 3



FIGURE 4

OPERATING INSTRUCTIONS

ATTACHING YOUR BIKE TO THE PROZONE TRAINER



FIGURE 1

For best results make sure that your tires are inflated to the maximum pressure allowed for your tire.

To avoid unnecessary wear and tear on your bike tires, when not using your PROZONE trainer, make sure the resistance is set to not touch the tires.



FIGURE 2

To attach your bike to the trainer, first:

1. Unfold your trainer and place on a level, flat surface (Figure 2).
2. Release the quick release lever on the back wheel of your bike and replace it with the Tightening Rod (Figure 3). Unscrew the end fitting of the rod and slide the Tightening Rod through your bike's rear wheel.



FIGURE 3

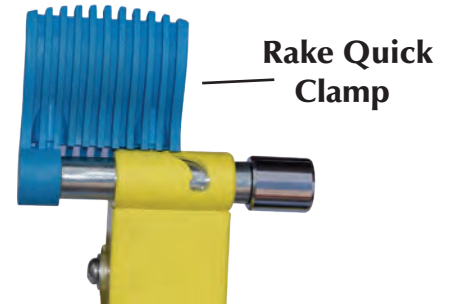


FIGURE 4



FIGURE 5



FIGURE 6

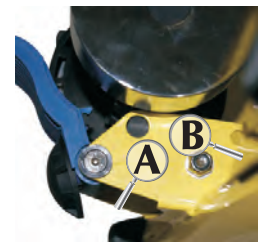


FIGURE 7

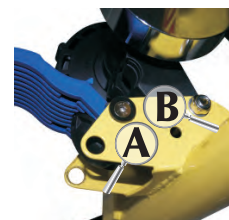


FIGURE 8

3. Please use the spanner and allen key to fitting the Magnetic Resistance Set.
4. When screw is in Position A, It suitable for 28" wheels (Figure7). When In position B, It is suitable for 26" wheels (Figure8).
5. Once your bike is held securely, the rest is easy. Simply close the Rake Quick Clamp by pressing down firmly but gently (Figure 4), then tighten the securing nut on the opposite side to tighten completely (Figure 5).

OPERATING INSTRUCTIONS

ATTACHING YOUR BIKE TO THE PROZONE TRAINER

6. Thread the cable for the handlebar resistance controls around your bike and mount the resistance controller to your handlebars. Be sure to attach the controller within easy reach of your hands while riding (Figure 9).
7. Don't forget to place the anti-slip leveling stand under the front tire of your bike, and you're ready to go! (Figure 10).



FIGURE 9

USING YOUR PROZONE TRAINER

Your bike's own gears in conjunction with the PROZONE Trainer's 7 levels of resistance offers infinite configurations for a completely customized workout.

Make sure that the controller cable is clear of the wheels and that the hub connections are secure. Always check that the front wheel is secure in the anti-slip stand before using the PROZONE Trainer.

It is important to properly warm up before doing any kind of exercise and check to make sure your bike tires are inflated to the proper PSI. ALWAYS keep both hands on your handlebars when riding.



FIGURE 10

REMOVING YOUR BIKE FROM THE TRAINER

1. Remove the resistance controller and cable from your handlebars.
2. Open the Rake Quick Clamp on the top of the trainer by pressing up firmly but gently (Figure 4), then loosen the securing nut on the opposite side (Figure 5).
3. Unscrew the end fitting of the rod and slide the Tightening Rod out of your bike's rear wheel (Figure 3). Remove the anti-slip leveling stand and your bike is now free from the trainer.
4. To store your trainer simply fold and store out of the way until your next use (Figure 11). Be careful to avoid pinching your fingers when folding and avoid storing other equipment on top of your trainer.

Take care to protect the magnetic resistance set, its adjustment knob and the controller cable.

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FIGURE 11