

# USER MANUAL

*Slivery &  
chavalier*

# CATALOGUE

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## General information



Please read the User Manual carefully, especially the safety instructions, prior to initial use, and only use the indoor bike trainer as described in this User Manual. Non-compliance with the instructions may result in serious injury. The User Manual is an integral component of the indoor bike trainer. Please keep the User Manual in a safe place for future reference. Should you pass the indoor bike trainer on to another user, please be sure to include the User Manual.

The User Manual is also available as a PDF from our customer service team on request. You can contact Customer Service at **service@sliverychavaliere.net**

The indoor bike trainer has been designed exclusively for fitness and cardiovascular training. The indoor bike trainer is intended solely for private use and is not suitable for commercial use.

## Cautions



- Do not ingest battery. Chemical burn hazard.
- This product contains a button cell battery. If the button cell battery is swallowed, it can cause severe internal burns in just 2 hours and can lead to death.
- Keep new and used batteries away from children.
- If the battery compartment does not close securely, stop using the product and keep it away from children.
- If you think batteries might have been swallowed or placed inside any part of the body, seek immediate medical attention.
- Dangers for children and persons with physical, motor and mental impairments (for instance, the partially handicapped, older persons with restricted physical or mental capacity) or persons lacking experience and knowledge (for example, older children). Pregnant women should be particularly careful.
- Persons with limited physical, sensory or mental capabilities or those with a lack of experience or knowledge (e.g. children) should not use this indoor bike trainer, unless they are supervised or if they have been informed about using it safely and understand the relevant risks of use. Children must not play with the indoor bike trainer or any of its parts. Children may not service or clean the product without adult supervision.

- Do not touch the resistance roller during or after training as this can become very hot. Risk of burns!
- Keep children and animals away from the indoor bike trainer at all times.
- Do not leave the indoor bike trainer unattended during its operation.
- Do not let children play with the packaging material.
- Children can potentially trap themselves in it during play, which can lead to suffocation.
- Before every use, make sure to check all parts for wear and to ensure that they are correctly fitted and secured. Please pay particular attention to ensuring that the bike is correctly assembled, and that the rear wheel axle is securely fitted on the indoor bike trainer.
- Never exceed the maximum weight capacity of the indoor bike trainer. Otherwise injuries or material damage may occur.
- Check the indoor bike trainer regularly for damage and wear (e.g. connecting points, pedals, etc.)

## FCC Statement

Please take attention that changes or modification 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.

## Disclaimer

Slivery & Chavalier is not liable for any temporary or permanent damage to the physical integrity of the user, whether direct or indirect, resulting from the use of the trainer.

## Product specifications

Maximum power	600w (60Km/h)
Net weight	16.5lbs
Flywheel weight	2lbs
Damper type	MR damper
Rider weight limit	≤286 lbs (bike weight included)
Applicable bike models	26"、700C、28"

## List of components

No.	Name	Quantity	Diagram
A	Stand of bike trainer	1	
B	Resistance unit	1	
C	Front wheel riser block	1	
D	Quick-release axle	2	
E	Open end wrench	2	
F	Locking nut	2	
G	Flat washer	2	
H	Hexagon bolt M8*82	2	
I	Cadence/power sensor	2	

## Installation Instructions

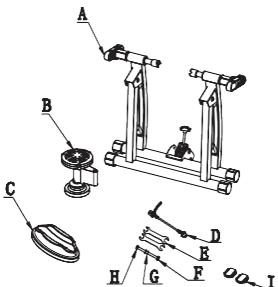


FIG.1

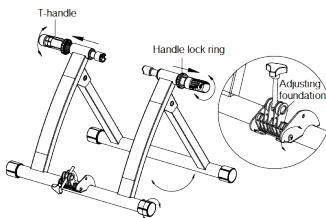


FIG.2

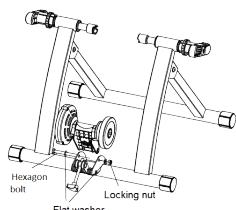


FIG.3

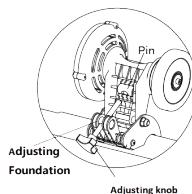


FIG.4

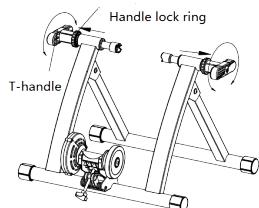


FIG.5

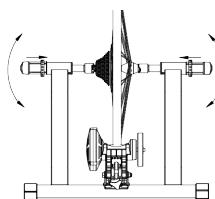


FIG.6

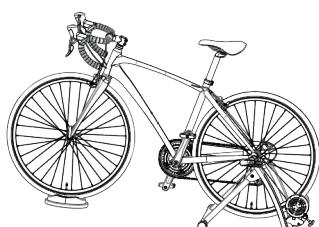


FIG.7

## Step 1. Assembling your trainer

- 1.1** Check all parts and quantity according to the spare part list.
- 1.2** As shown in fig.2, unfold the stand A of the bike trainer on the ground, make the bike trainer stable by rotating the base sleeve on the base tube, so that the four pedestal sleeves can fully contact the ground at the same time, and the riding platform does not shake.
- 1.3** As shown in Figure 3 and Figure 4, move the adjusting foundation to the bottom by hand, then install the reducing wheel on the frame, and please pay attention that the adjustment knob shall be penetrated into the pin hole.
- 1.4** Push the handle lock ring to the outside, and then rotate counter-clockwise to leave the handle, as shown in Fig. 5.

## Step 2. Mounting your bike on the trainer

- 2.1** First check whether the tire pressure of the bike is at normal state.
- 2.2** Check if the rear-wheel axle can be directly mounted on the trainer. Replace the axle with our attached quick-release axle if necessary.
- 2.2** Install the bike on the bike trainer, adjust the T-handle of the left knob to make the bike tire roughly in the middle of the roller. After fixing the bike, push the handle lock ring to the innermost side, as shown in Figure 5.
- 2.3** Adjust the adjusting knob clockwise to make the roller tightly touch the tire, and then tighten the adjusting knob for one and a half to two turns to make the roller fully fit the tire.  
so as to avoid accidental injury caused by the shaking of the bike trainer.

## Step 3. Placing front wheel riser block

As shown in Figure 6, place the standard riser block right below the front wheel of the bike.

## Step.4 Trail operation

- 4.1** Confirm again that the bike is firmly installed and fixed, and the frame is fully fitted with the ground without tilt.
- 4.2** While riding, first step on the crank at a slow speed. If there is no first step on the crank at a slow speed, and then increase the speed without any abnormality, you can then increase the speed.

## Cadence/Power training with Onelap

## 1. Product Introduction

The product supports Bluetooth Low Energy 4.0 protocol. Re-installing the battery will switch modes between cadence and power trainer mode. When the battery is installed, the green light flashes to indicate that it is in power trainer mode, or the red light flashes to indicate the sensor is in cadence mode.



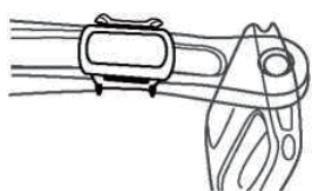
1. Red and green mode indicator light (visible only when battery is first installed)
2. Battery compartment locked / unlocked indicator
3. Silicone gasket mounting position (Cadence mode)

## 2. Installing the sensor of trainer

The new trainer sensor comes with a battery insulation sheet that must be removed from the battery compartment before use.

### Cadence mode

1. Remove and reinstall the battery and the red indicator lights up to indicate that the sensor is in cadence mode.
2. Install the flat silicone gasket on the bottom of the sensor and install the sensor on the inside of the left crank using a rubber ring. Rotate the crank and search for the sensor using an Bluetooth device



### Power trainer mode

1. Reinstall the battery and the green light will illuminate to indicate that the sensor is in power trainer mode.
2. Install the sensor on the rear hub using a rubber ring.
3. Spin the wheel and search for the sensor using Onelap utility APP on a smartphone.



#### Step 4. We will complete the power calibration by adjusting the resistance.

1. Turn the adjusting screw to ensure that the tire and the roller just touch, this is "0 resistance".
2. After reaching "0 resistance", We suggest you make the tires fully stressed by turning the adjusting knob for 0-3 laps. The greater the number of turns, the greater the resistance.
3. Enter the number of laps in the Onelap Utility APP.

### 3. Device connection instructions

Flashing Green Light	Speed data is being broadcast over Bluetooth.*
Flashing Red Light	Cadence data is being broadcast over Bluetooth.*
Alternatively Flashing Red & Green	Device Battery Low*

**3.1** The sensor will only start sending Bluetooth broadcasts after it is properly installed and woken-up. Then, you can use the corresponding device or APP to search and connect.

**3.2** When using the Bluetooth protocol, you can only connect to one device or APP concurrently. Please disconnect the previous device or APP when you want to change it.

**3.3** When using a smartphone app, you need to search for the sensor in the app, searching through the phone system's Bluetooth settings is invalid.

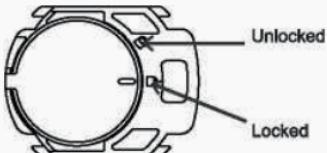
**3.4** After the sensor is removed, it will automatically enter the sleep state for 1 minute to save power.

Accessories: sensor, Silicone pads, Rubber band, CR2032 Battery

Weight: 9g	Batterylife: 400h
Temperature: -20°C~50°C	Water Proof: IP66
Protocol: BLE4.0	Sensor Scale: 38.3*29.8*8.9mm
Maximum Power: 500w	Cadence: 30 ~ 180rpm

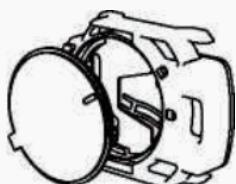
\* Actual battery life depends on using environment.

## 4. Battery Replacement



**4.1** Open the battery compartment by turning the position mark on the battery cover counterclockwise from the lock position to the unlocked position.

**4.2** Place the new battery into the battery compartment and press the battery cover into position with the marker aligned with the unlocked indicator (as shown below). After the battery cover is fully pressed, turn the battery cover clockwise to align the indicator to the locked position.



## 5. Onelap Utility app

Install the Onelap Utility app on a Bluetooth-enabled smartphone and connect to the trainer sensor to complete the power calibration by adjusting the resistance.



## 6. Training with Onelap app

Onelap is an application specializing in indoor cycling training. Diverse types of workouts satisfy your different fitness demands with the realistic outdoor cycling experience. Download the App and start trainer with any device.

Download at:  
IOS: Onelap  
Google Play: Onelap  
Windows: [www.onelap.com](http://www.onelap.com)

Slivery & Chavalier provides a 3-months free Onelap membership to all the customers. Please find the scratch card and get your code. Activate your account on the Onelap App and start off your smart cycling.

### Cleaning

- Do not use any aggressive, abrasive or solvent-based cleaning detergents.
- Do not use pressure washers.  
Never use aggressive or solvent-based cleaning agents, metallic

sponges or coarse brushes.

- No moisture should be allowed to penetrate the resistance roller. If moisture does, however, penetrate the resistance roller, **please stop using it.**

## Maintenance

Do not make any changes or repairs to any defective parts on the indoor bike trainer. If the indoor bike trainer has been damaged, please stop using it.

Check the function of the indoor bike trainer before each use. Check the following points:

- The indoor bike trainer is positioned on an even surface and is both correctly and securely set up.
- All screws are tightly fastened.
- The entire indoor bike trainer is free from damage, stains or cracks.
- The bike has been securely assembled and cannot come loose from the rear wheel support.

## Storage

Before putting the indoor bike trainer in storage, clean it and let it dry completely. Store the indoor bike trainer in a dry and well-ventilated place.

Protect the indoor bike trainer from frost and direct sunlight. Store the indoor bike trainer out of reach from children.

## Disposal instructions

In accordance with current legislation, the indoor bike trainer and all packaging components can be disposed of by an authorized waste disposal firm or the local authority responsible for waste disposal. The staff at your local waste disposal site will inform you on request about options for proper environmentally friendly disposal.

# FAQ

## About the trainer

### 1. Is the trainer noiseless? why sometimes it is very noisy?

**A** : The noise is mainly related to the materials and tread of bike tires. The use of road bikes is highly suggested because the spinning sound will be louder and it possible to wear out the tires if mountain bike is used. We also recommend using the bike trainer on a carpet to reduce noise.

### 2. Why did my bike tires go through a seriously worn?

**A** : The tire pressure may be too low and you should better inflate to make up the tire pressure. Check whether the roller and the bike are too closely or loosely contacted.

### 3. Why is my trainer always shake when riding?

**A** : The ground is rough, or the user fail to level the bike trainer according to the instructions, so try to adjust the adjusting feet pads. Moreover, the handle may be not locked in place and the bike is not firmly fixed, so check the handle and all the joint areas.

## About the sensor

### 1. Why is the sensor not discovered by other equipment when it's not used for a long time?

**A** : In order to save battery energy. The sensor will go to sleep when it detects no data for 1 minute. Normal broadcasting will resume when the device is used.

**2. Why doesn't the indicator light illuminate when reinstalling the battery?****A**

: It's possible the battery connector is covered with foreign contamination or the spring is not pushed up.

If the connector is clean and sprung-up, replace the battery with a brand new battery.(battery model is CR2032-3V).

If not solving the problem,please contact online technical support.

**3. Why can't the sensor be found by other equipment ?**

You should check:

**A**

- Check the sensor is in the correct mode. Red:Cadence, Green: Power Trainer.
- Whether the software is compatible.
- Whether there are any inductive magnets causing interference.
- If the battery is dead, replace it with a new one.
- If not solving the problem, please contact online technical support.

**4. Is there any delay in the data of the sensor ?****A**

: The trainer sensor uses geomagnetic sensor measurement data, abandoning the traditional magnet sensing scheme, the installation is more convenient, but there is a certain delay in calculating the data, but the main reason for data display delay is that the device uses an averaging algorithm to smooth the data.

**4. How many hours can the trainer sensor be used?****A**

: The battery life is about 400 hours( there will be differences due to the influence to temperature and use environment).



Produced in China for:  
Slivery & Chavallier™  
Unit G25 Waterfront Studios, 1 Dock Road  
London E16IAH  
United Kingdom

*Slivery &  
chavallier*



AFTER SALES SUPPORT  
[service@sliveryshavalier.net](mailto:service@sliveryshavalier.net)