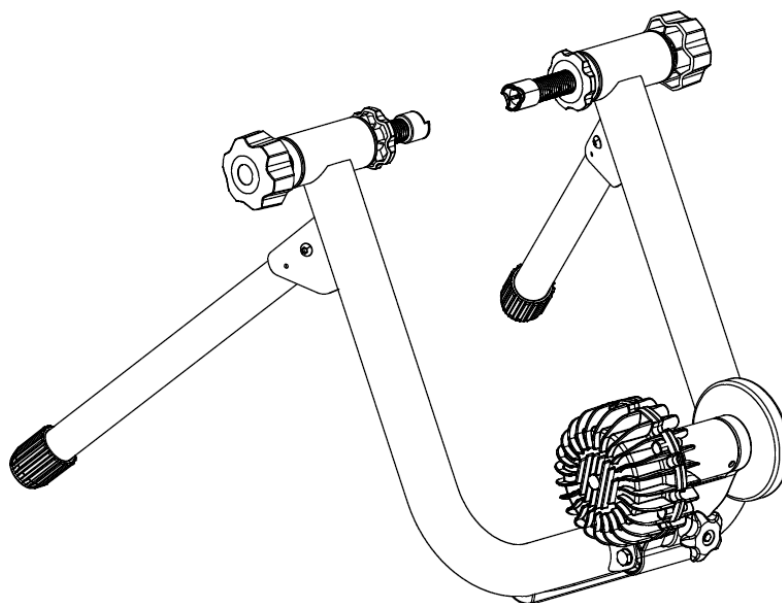


# User Manual

Item: Bike Trainer

Model No.: MT-02



## Catalogue

- General information
- Cautions
- FCC Statement
- Disclaimer
- Product specifications
- List of components
- Installation instructions
- Power training with Zwift
- Cleaning
- Maintenance
- Storage
- Disposal instructions
- FAQ

## **General information**



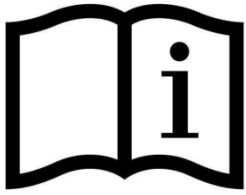
**REFER TO INSTRUCTION  
MANUAL**

Please read the User Manual carefully prior to initial use, especially the safety instructions, 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@sliverychavalier.net](mailto:service@sliverychavalier.net)

The power rate of the electronic equipment carried by this riding trainer is simulated according to the speed. Due to the influence of many factors, such as the physical difference of the athletes, the friction of the bicycle tires, and the different tightness of the roller installation and adjustment of the riding trainer. The power rate may sometimes have a large deviation from the real value. It can be used for family fitness riding. Entry-level cardiovascular training and other occasions where the accuracy of power value is not high. It is not recommended for professional trainers who require higher accuracy. Please carefully evaluate to purchase and sell, so as not to cause unnecessary losses to you.

## Cautions



- This device is not waterproof, please do not place in the rainy environment for use.
- Do not place the device in high temperature environment or fire.
- Do not use this device when you are using Bluetooth heart starter, Bluetooth hearing device and other related physiological devices with the same frequency at the same time. It may cause harm to you.
- 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.
- (2) This device can accept any interference received. If Bluetooth is disconnected by interference, please reconnect.

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.

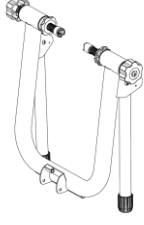
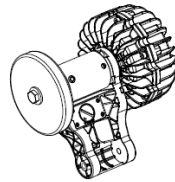


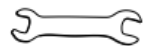
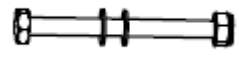
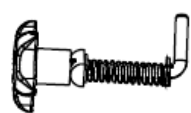
### **Disclaimer**

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**

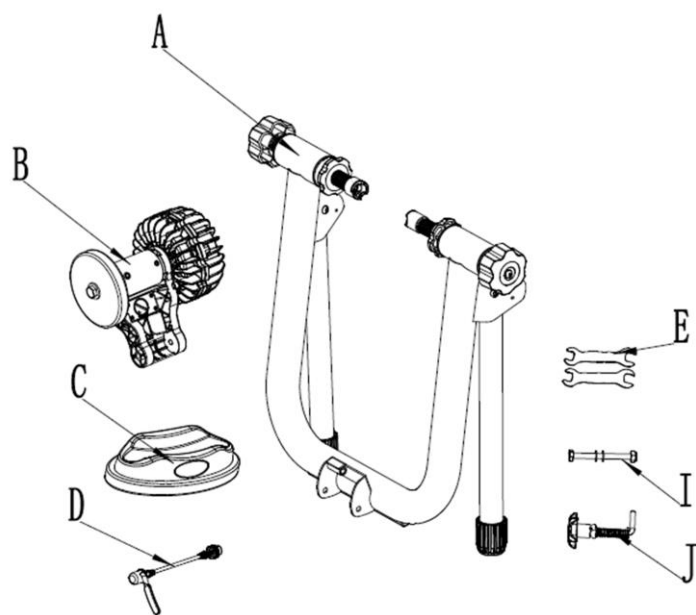
Maximum power	1050w (60Km/h)
Net weight	22.9 lbs
Flywheel weight	4.2 lbs
Damper type	Oil magnetic damper
Rider weight limit	≤286.6 lbs (bike weight included)
Applicable bike models	26"、700C、28"、29"

## List of components

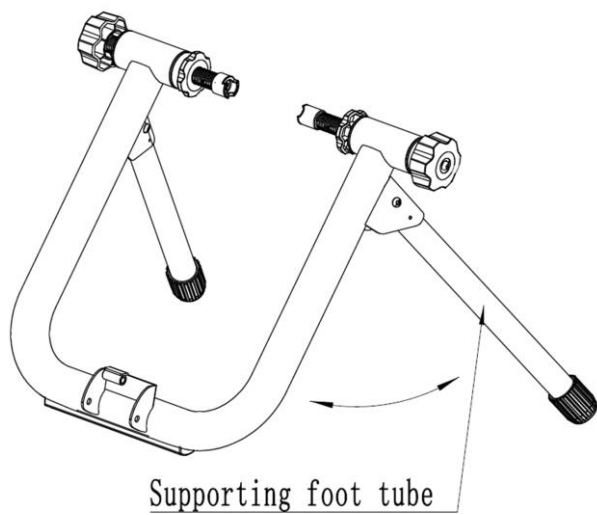
NO	Name	Quantity	Diagram
A	Stand of bike trainer	1	
B	Resistance unit	1	
C	Front wheel riser block	1	
D	Quick-release axle	1	
E	Open end wrench	2	
I	The bolt assembly	1	
J	L-type link assembly		



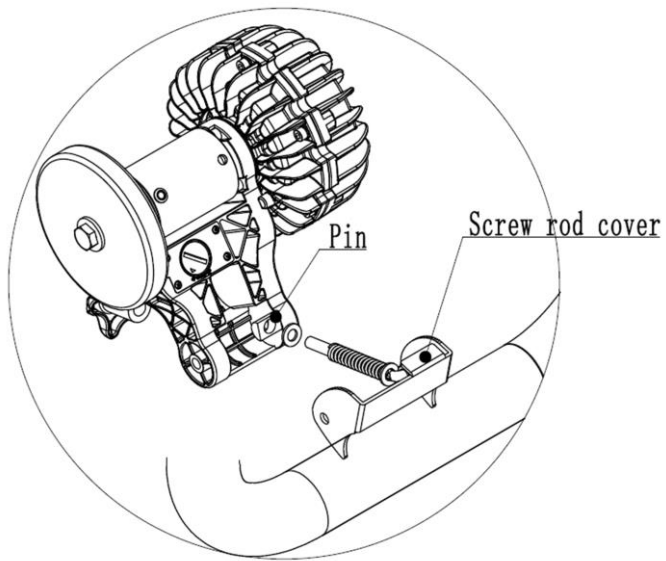
## Installation Instructions



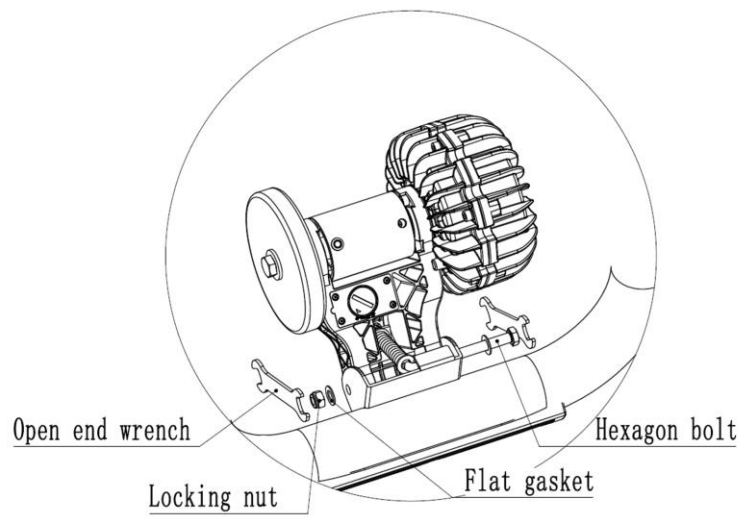
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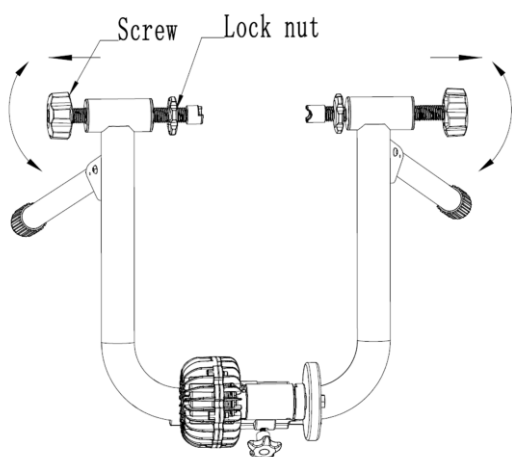
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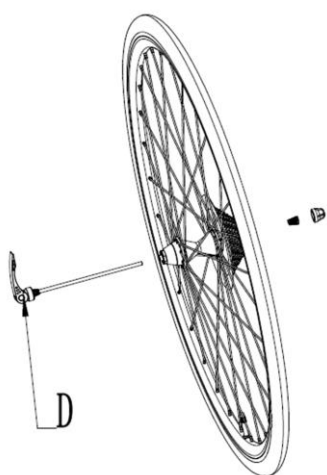
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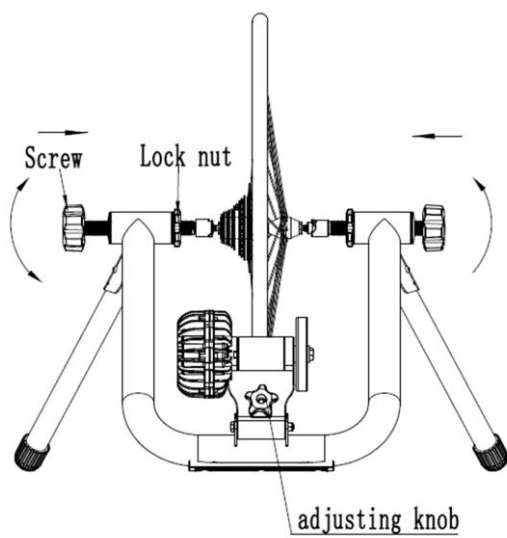
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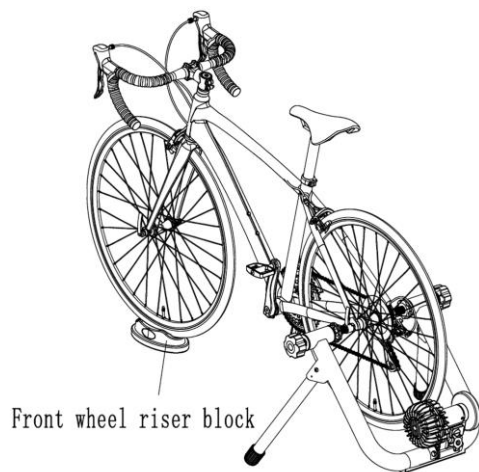
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## **Step 1. Assembling your trainer**

1.1 Check all parts and quantity according to the List of components.

1.2 As shown in Figure2, unfold the stand A of the bike trainer on the ground. Make sure the supporting foot tubes are extended in place.

1.3 As shown in Figure3, Insert the short end of L-type screw rod into the screw rod cover, And then the other end goes through flat washer, spring, flat washer, the pin, the resistance unit, and finally screw on the adjusting knob.

1.4 As shown in Figure 4, install the resistance unit on the frame, and tighten the bolts with the wrenches to make the fixation firm.

1.5 As shown in Figure 5, turn the screws at the two ends of the frame counter-clockwise to a suitable position, so as to facilitate the installation of the bike.

## **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 As shown in Figure 6, replace the rear wheel axle of the bike with the quick-release

axle(D) that comes supplied (Users of non-quick release bicycles can skip this step).

2.3 Install the bike on the bike trainer, adjust the screws of both sides to make the bike tire roughly in the middle of the roller. After fixing the bike, Turn the lock nuts to the innermost side, as shown in Figure 7.

2.4 Adjust the adjusting knob clockwise to make the roller tightly touch the tire, and then tighten the adjusting knob for one to two more turns to make the roller fully fit the tire.

### **Step 3. Placing front wheel riser block**

As shown in Figure 8, place the standard riser block right below the front wheel of the bike.

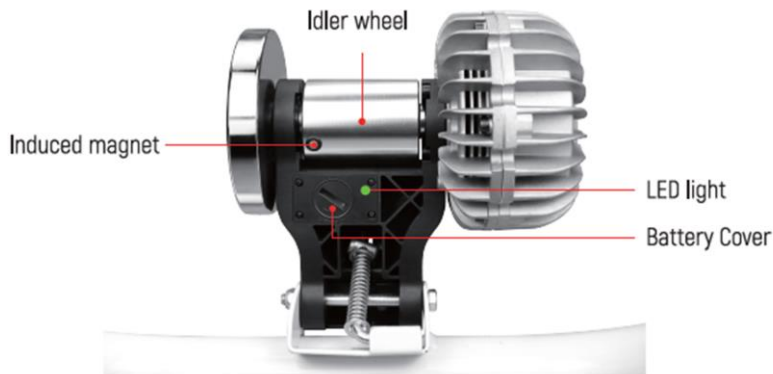
### **Step4. Trail operation**

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 When ready to ride, first peddle at a slow speed. If there is no any abnormality after first step, then you can increase the speed.

### **Power training with Zwift**

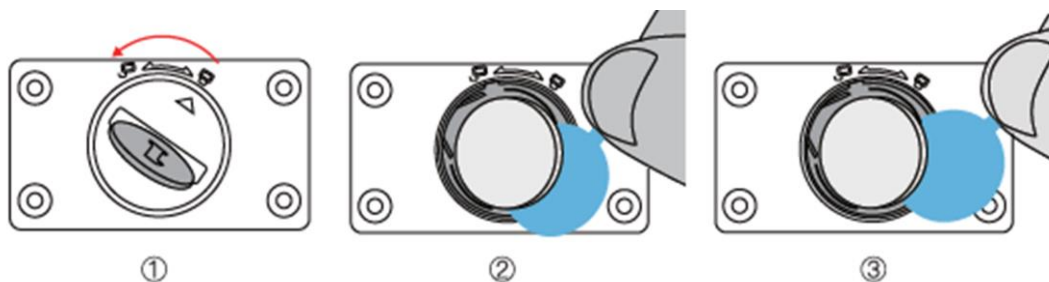
This electronic module is a part matching with the Cycling Trainer. It supports Bluetooth Low Energy 4.0 protocol. Connect to the intelligent riding platform to obtain the data source and enjoy the APP; The speed date in app is automatically calculated by APP according to the power data and is not output by sensor.



## 1. Take the insulating sheet or Battery Replacement

Please take out the battery insulation film placed in the battery compartment before use.

Use a coin to turn the battery cover in the direction of unlocking, unscrew and remove the battery insulation film, then put back the battery and tighten the battery cover. The same goes for changing the battery



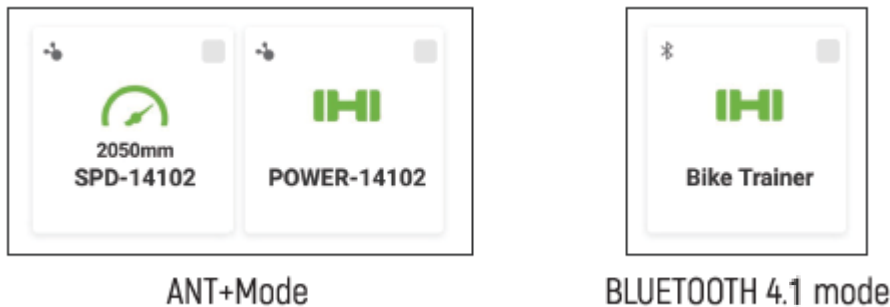
## 2. Start using

- 1) Rotate the wheel to activate the sensor. When the LED flashes, the sensor is activated. If the sensor has not been connected, the LED will blink for 90 seconds, and the device will go into dormant state again.
- 2) Search the sensor with code meter or APP and connect it. After successful connection, the LED will be displayed as steady after 15 seconds.
- 3) After successful connection, you can start your ride.

### 3. Wireless Connection Mode

This device adopts Bluetooth BLE4.1, ANT+ dual-mode transmission protocols. You can use it to connect with cycling APP, bike computer, sports watch and so on.

Set the ring circumference of this device as 170mm/2.126inch on APP or bicycle computer (roller circumference).



1) If your device supports ANT+ mode, you can search for two data: speed and power to connect. The displayed ANT+ ID number (\*\*\*\*\*) is the same as the bar code number affixed to the outside of the device. The way of displaying:

Speed-\*\*\*\*\*power-\*\*\*\*\* If you need to connect with TVS and other large-screen LCD monitors, you need to buy ANT+ data receivers separately for use.

2) If your device supports Bluetooth connection mode, the data type it displays may be limited to one power data. This is caused by the different definitions of the international Bluetooth standard protocol and communication mechanism of each APP. Bluetooth

### 4. Battery replacement

This product is powered by a CR2032 button battery, please purchase the battery through local official channels. You need to consider replacing the battery if the following situations occur:

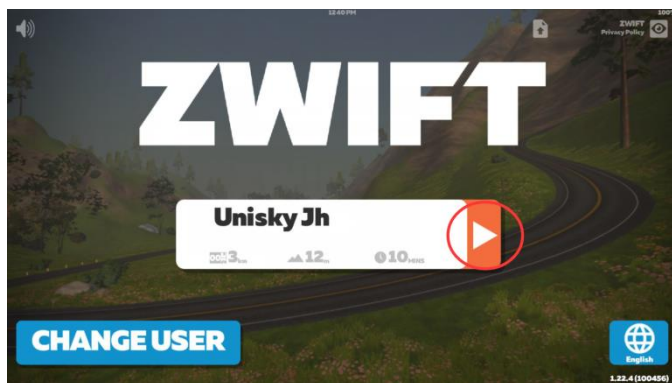
- 1) When the LED indicator light on the product continuously flashes rapidly.
- 2) When you find that you cannot search for this device.

3) Frequent disconnection occurs during use.

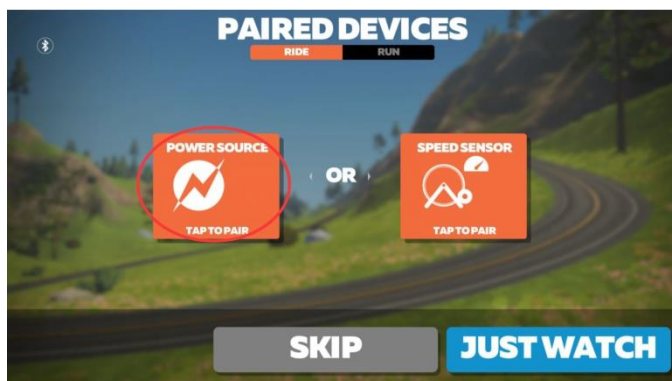
## 6. Training with Zwift app

Search for sensors using the Zwift app on your smartphone.

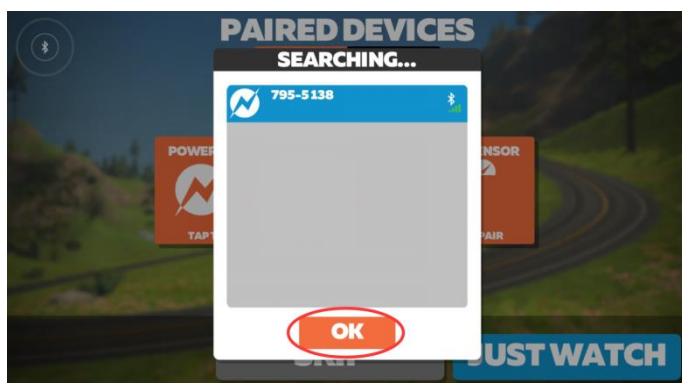
1) open the Zwift APP, click “start”



2) Click “POWER SOURCE”

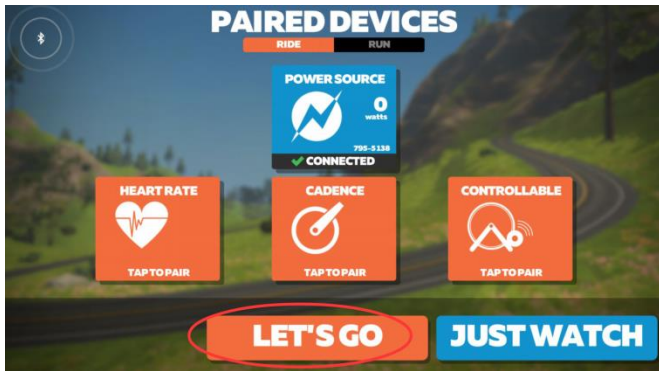


3) Click “OK”

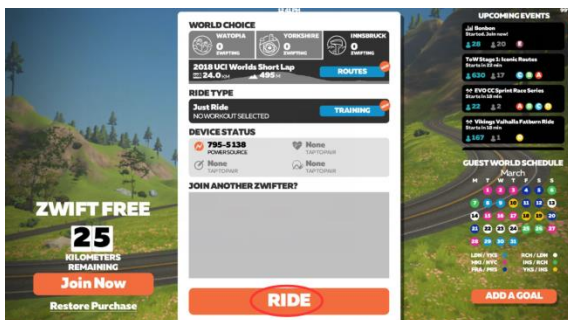




#### 4) Click “LET’S GO”



#### 5) Click “RIDE”



**Note: Zwift APP need to be downloaded from the official website**

## Cleaning

- 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 pressed together.

#### **3. Why is my trainer always shaking when riding?**

A: The ground is rough, or the user fail to level the bike trainer according to the instructions. 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 90 seconds. 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 contaminate 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 the problem is not solved, please contact online technical support.

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

**You should check:**

- Check the sensor is in the correct mode. 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 the problem is not solved, please contact online technical support.

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

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. The main reason for data display delay is that the device uses an averaging algorithm to smooth the data.

### **5.How many hours can the trainer sensor be used?**

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

**If the abnormality still cannot be eliminated, please contact the authorized dealer of UNISKY for assistance. Do not disassemble the product by yourself, resulting in product damage and affecting the after-sales service of the product.**

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**Produced in China for:**

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**AFTER SALES SUPPORT**

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