



Product:: Conquer Fluid Cycling Trainer  
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## Conquer Fluid Resistance Bicycle Trainer 530-TRNRFLD20

\*Review and follow instructions prior to each use, and keep with trainer for future reference.

\*Use the product only as described in this manual.

\*Before each use, inspect the trainer and bicycle to ensure safety.

\*Refer to manual for any questions. If you are unsure of use or have warranty inquiries, please visit [help.conquerequipment.com](http://help.conquerequipment.com).



1. Remove all packaging, unfold the frame (A), and place on a level floor.
2. Replace your bicycle's rear wheel quick-release skewer with the silver skewer included with the cycling trainer (G). This is to make your bike properly fit the trainer, for stability and for safety.

fig. 1



fig. 2



fig. 3

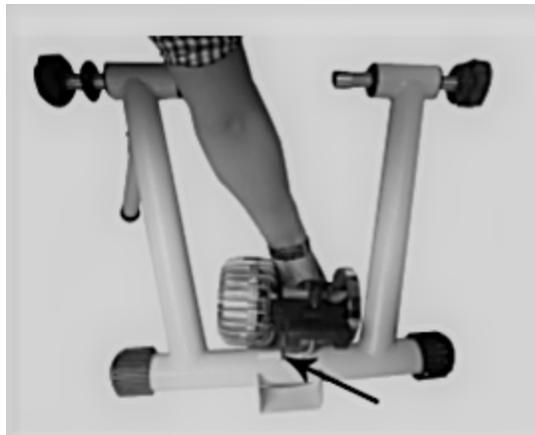
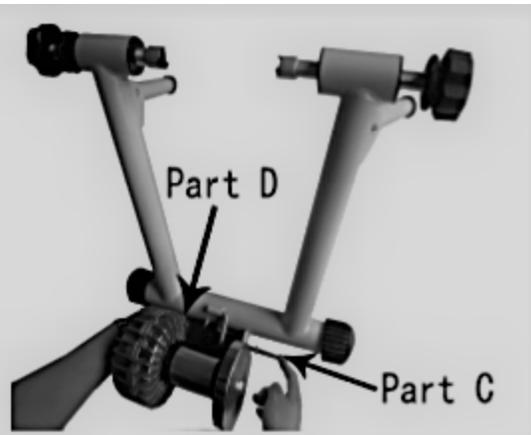


fig. 4



3. Thread L shaped bolt (part E) into resistance unit (part B) See fig. 1. Attach knob (part F). Do not over tighten (fig. 2).
4. Take resistance unit, put L bolt into frame/bracket (fig. 3), then hand thread nut and mounting bolt (part D, C) to fasten and tighten resistance unit to trainer's frame (fig. 4)

fig. 5



fig. 6

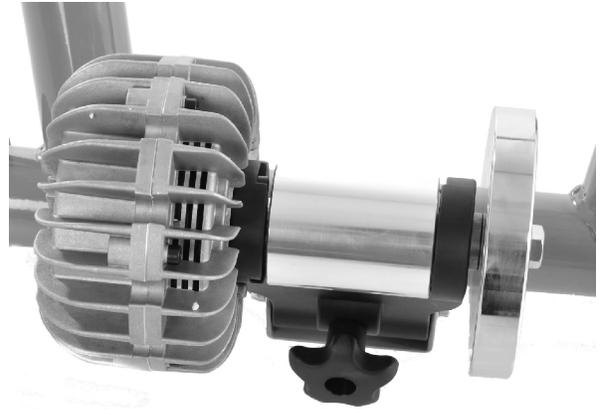


fig. 7

5. To attach bike to trainer, first loosen lock rings/tensioning knobs, then place rear wheel of bike centered between couplings, and tighten couplings around the quick release skewer on wheel (fig. 5).

6. Ensure that adjustment knob is fitted correctly (fig. 6). Adjust knob to seat the resistance unit roller against rear tire to prevent the tire from slipping. Do not over tighten.
7. Place the riser block under the bike's front wheel (fig. 7).
8. Adjust the adjustment knob and use the bike's gears for more or less resistance.
9. To remove your bike from the trainer, rotate the adjustable tension knob to release the roller from the bicycle. Loosen lock rings/knobs on either side of trainer until bike is free.

**PLEASE NOTE:**

This Cycling Trainer is compatible with 26", 27" and 700c bikes. The trainer has its own skewer that replaces the one on your bike (making your bike, and many other bike models, able to work with it). The skewer enclosed is 7.5" long at its longest. If your bike's skewer is any longer than this, or if your bike has more than 10 gears on its rear cassette, this skewer (and this trainer) may not work for you.

There will be noise associated with riding your bike indoors on a cycling trainer! Sound acts differently off walls/ceilings than it does on the road in an open environment. To help reduce noise, use an exercise/trainer mat and place it under the trainer while it is in use. These mats will dampen the vibration and lessen noise caused by cycling trainers. They also spare your floor from scratches and flying sweat. Also, replace the rear tire of your bike with a slick (or racing) tire. The lack of tread on these tires reduces noise, too.

**SAFETY WARNINGS:**

1. NEVER use trainer on uneven surfaces. Always set up your trainer on a flat, even surface.
2. HARD BRAKING during use may cause excessive wear on bike tire and the trainer.
3. ALWAYS make sure parts are tightened and that all equipment is in good working condition. Visually inspect trainer and bike before each use.
4. KEEP PETS AND CHILDREN CLEAR of trainer when in use.
5. BE CAREFUL to not pinch fingers when folding trainer for storage.
6. NEVER touch wheels or resistance unit roller mechanism when they are in motion.
7. ALWAYS make sure bike tires are secure and properly inflated before attaching to trainer.
8. NEVER let go of the handlebars while riding your bike on the trainer.
9. CLEAN frame with damp cloth, dry thoroughly.
10. ALWAYS warm up before working out. Consult physician prior to starting any workout regimen.

We appreciate your feedback! We hope this exceeded your expectations. If you enjoyed our product, feel free to leave us a product review. If you need help or have questions, please email us at [customer@conquerequipment.com](mailto:customer@conquerequipment.com) and we will do everything in our power to be sure you are happy!