

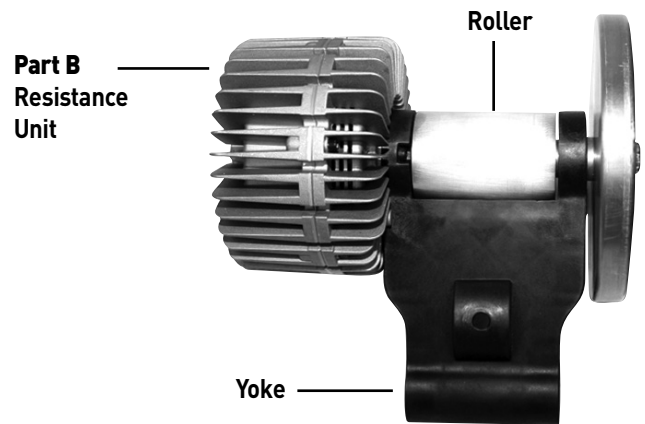
kinetic road machine instruction manual

components

When unpacking, check that the following components are present.



Part A
Folding Frame



Part B
Resistance Unit

Roller

Yoke

Because we test each trainer there will be tire marks on the roller.



Warranty Card



Spinervals DVD



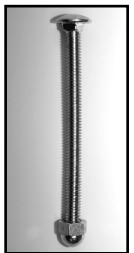
Part C
L-Bolt



Part D
Spring



Part E
Adjustment Knob & Washer



Part F
Mounting Bolt & Nut

PLEASE NOTE: If any of the components listed are missing, please call our Customer Service hotline at 877-226-7824.

adjustable folding legs

Your Kinetic Trainer is designed for use with road, mountain, BMX and recumbent bikes. Before adjusting these legs, you must know your bike's wheel size, which is printed on the sidewall of every tire.

The folding legs have four mounting positions. When shipped from the factory, the leg is mounted in Position 1 on the main frame and will function with all tire sizes. However, to lower the drive wheel and maintain good riding position it is best to adjust the leg position to match your tire size. Ideally, your bike tire should be approximately 1-1/2" from the floor. Use the chart shown here to determine the recommended leg position.

Use wrenches to remove the acorn nut. Remove bolt. Select appropriate hole and insert bolt through frame and leg. Attach acorn nut and tighten securely until some resistance is felt in the movement of the folding leg. Repeat on opposite side. The appropriate leg position may vary for some wheel diameters because of tire thickness. Choose the setting that positions the bike as level as possible. See chart at right.

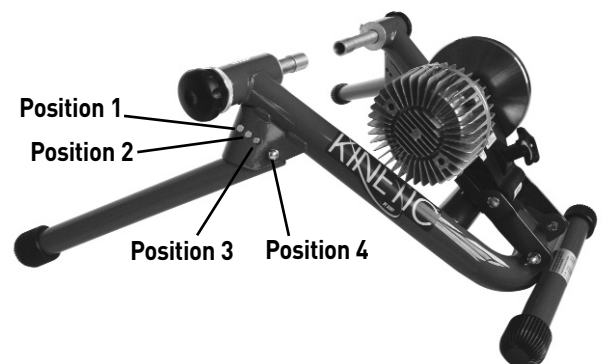


Part M
Skewer



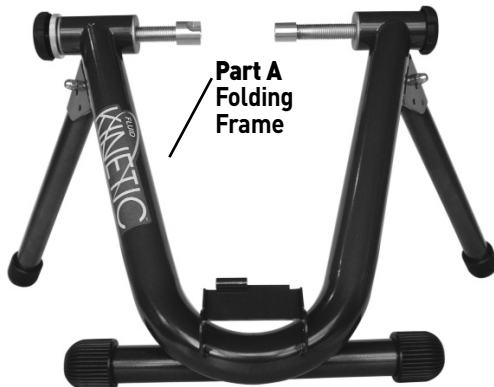
Part N
Small Cone Cup

frame position	maximum tire o.d
Position 1	28.75"
Position 2	27.04"
Position 3	23.80"
Position 4	20.90"

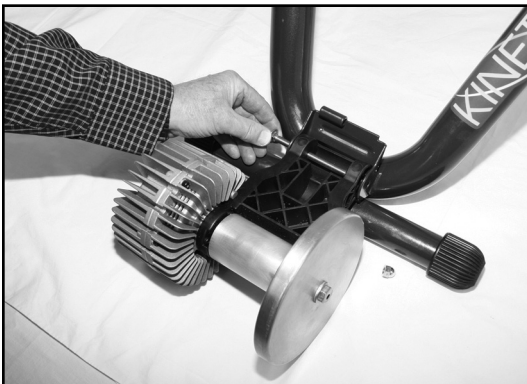


kinetic assembly

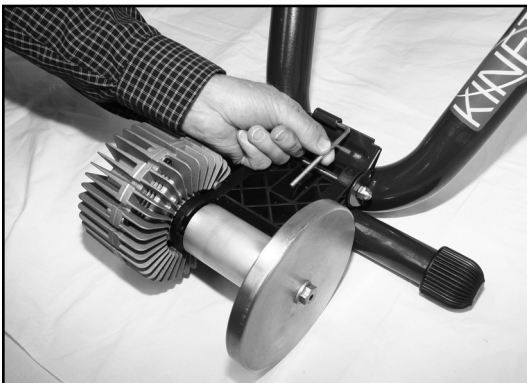
1. Unfold the frame assembly (Part A) and position as shown.



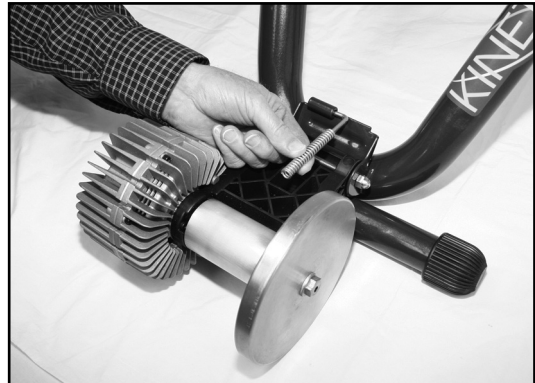
2. Position the resistance unit (Part B) as shown here and attach it to the frame using the mounting bolt (Part F). Insert the mounting bolt into the square hole first, then attach the nut. **Note:** Because we test each trainer there will be tire marks on the roller.



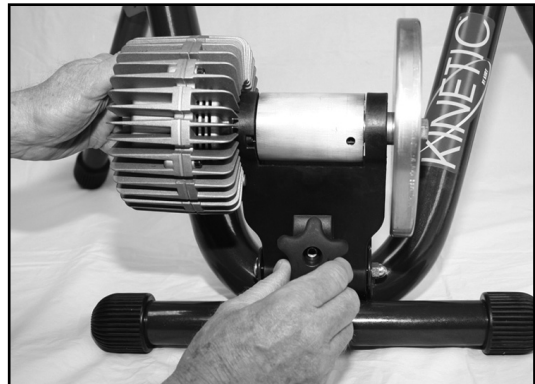
3. Place the non-threaded short end of the L-bolt (Part C) into the frame sleeve as shown here.



4. Slide the spring (Part D) over the L-bolt.



5. Tilt the resistance unit up towards the frame while directioning the threaded end of the L-bolt into the hole in the yoke. Attach the adjustment knob (Part E) and washer, turning clockwise a few turns to keep the resistance unit in the upright position.

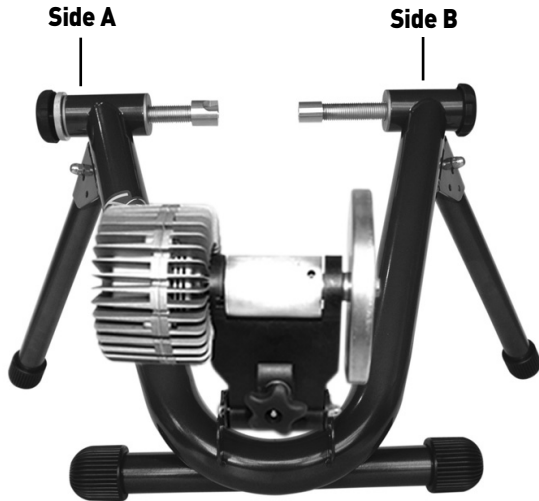


PLEASE NOTE: Before attaching your bike to the trainer, make sure the bike tires are inflated to the proper pressure. Mountain bikes can be used on the trainer; but keep in mind that the knobby tires cause additional noise and vibration. Dual compound tires are not recommended for use on the trainer. A wide slick tire will improve the friction between the tire and roller and is recommended for best trainer operation.

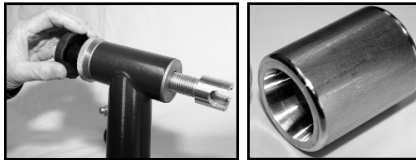


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bike mounting



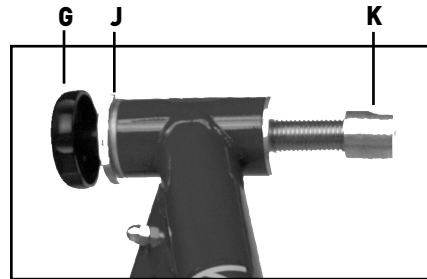
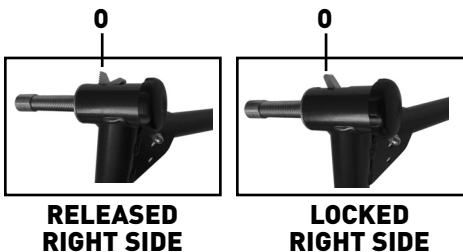
1. Adjust the left side axle cone (Part K) to the fully open position by turning the left knob (Part G) counterclockwise to allow initial clearance for the bike wheel and axle.



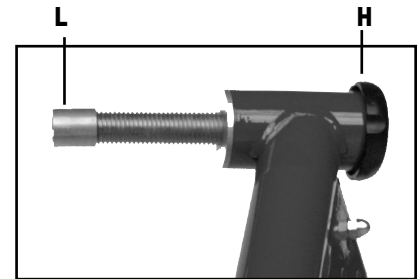
2. Put bike in position placing bike axle's quick-release lever into the notch in Side A's cone cup (Part K). If the notched cone cup does not fit well for your particular bike, you can substitute the small cone cup shown above (Part N). Simply remove the Side A cone cup (Part K) by unscrewing the screw inside the middle. Using the same screw, screw on the small cone cup (Part N).



3. Lift the "Quick Release" (Part O) on the right side and pull the axle knob (Part H) to the fully open position for initial clearance.



LEFT SIDE



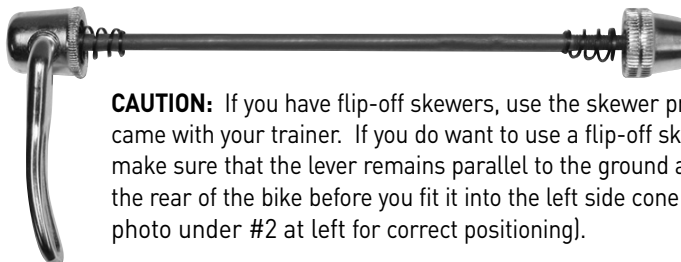
RIGHT SIDE

4. Holding the left side bike axle cone, turn the knob until the wheel is centered on the resistance roller. Be sure the bike wheel is held in a vertical position while making this adjustment.
5. Lift the "Quick Release" (Part O) on the right side and push the right axle knob (Part H) in until the right axle cone (Part L) contacts the bike axle. Then lock the "Quick Release" (Part O). (See photos of Part O at left).
6. Adjust both axle knobs to ensure the bicycle wheel is centered on resistance roller and then tighten securely.
7. Tighten the left side locking ring (Part J) to hold adjustment position. This allows repeated mounting of your bike without readjusting this setting each time.
8. Setting the tension of the resistance unit against a bike tire is user-controlled, by adjusting the knob (Part E) as shown in photo 5 on page 2. Turn adjustment knob (Part E) clockwise until roller touches the tire: then turn 2-5 additional turns to increase pressure between tire and roller. It is critical to test the friction between the tire and roller by grabbing the tire at top dead center. Then rotate tire toward the rear of the bike about 1/4 turn and return to the starting position in one continuous motion. If the tire slips or squeaks when you reverse the tire direction, turn the adjustment knob (Part E) another 1/2 turn clockwise and repeat the test. **Over-tightening the Adjustment Knob (Part E) will not increase the resistance.** It is normal to hear short squeaks when rapidly accelerating the wheel speed.
9. For BMX or track bikes with internally geared rear hubs, bikes with breezer dropouts or bikes with larger diameter seat stays/chain stays, or rear axles without a quick release skewer, it may be necessary to use the small cone cup (Part N).



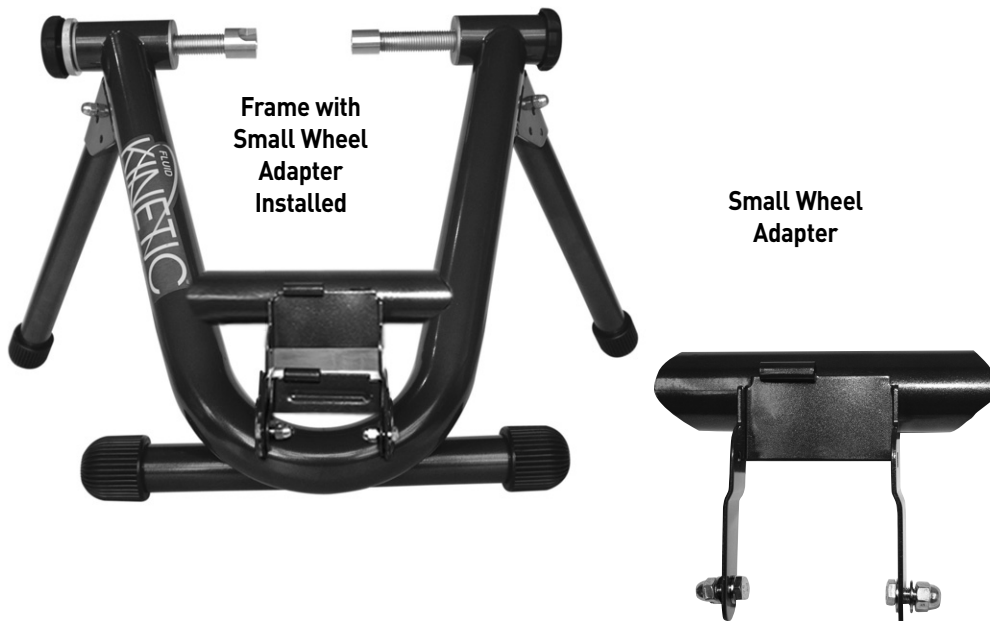
bike removal

1. Turn adjustment knob (Part E) counterclockwise until the resistance unit no longer touches the tire.
2. Reduce axle tension by turning the right axle knob (Part H) counterclockwise, a minimum of two turns, to allow for disengagement of the "Quick Release."
3. While supporting the bike, disengage the "Quick Release" (see photos of [Part O] at left) and slide the axle knob (Part H) to the fully open position. The bike can now be removed from left cone cup.



CAUTION: If you have flip-off skewers, use the skewer provided in the box that came with your trainer. If you do want to use a flip-off skewer on your bike, make sure that the lever remains parallel to the ground and that it is pointing to the rear of the bike before you fit it into the left side cone cup (Part K). (See photo under #2 at left for correct positioning).

small wheel adapter



A Small Wheel Adapter is required to use the Kinetic Trainer on bikes that have wheels with an outside diameter (O.D.) of 22" or less. It is an optional accessory and not included with our trainers. The Small Wheel Adapter is available from your local bike shop, or from our website. Go to www.kurtkinetic.com to place an order.

To install the Small Wheel Adapter (SWA), first remove the resistance unit from the trainer stand. Please refer to the Kinetic Assembly instructions on Page 2. Remove the two mounting bolts and washers from the SWA. Face the back of the trainer frame. Grasp the SWA by the round tube with the mounting arms pointing down, and slide it down between the large pipes in the "U" bend in the trainer frame.

Guide the SWA between the round frame tubes and the mounting arms over the resistance unit plate as shown here. Place washer on bolt and insert through the bracket which is welded onto the trainer frame, and through the holes in the SWA. Attach second washer and nut to bolt, tightening to secure the SWA with mounting bolt and nut as described on page 2.

caution

1. When using the trainer for normal use or for extended periods of time, the resistance unit will get hot. **DO NOT** touch the resistance unit while in use or until unit has cooled down following use.
2. Always consult a doctor before beginning any exercise routine or using any exercise or fitness product including the Kinetic Trainer. Should you become ill, feel dizzy, light-headed or nauseous while riding the trainer, stop riding immediately and seek medical attention.
3. While in use, the wheel of your bike and the resistance unit may be spinning at high speeds. For this reason keep children, pets and all items safely away from your trainer while in use. Also be sure that your bike is correctly installed and securely locked into the trainer before riding.
4. Always use the trainer on a flat surface.
5. **Do not over-tighten the adjustment knob (Part E). Over-tightening will cause both tire and unit damage. Tighten only enough to avoid tire slippage.**

caring for your trainer

By purchasing the Kinetic Trainer you've made an investment in a top-quality piece of equipment. When used according to the manufacturer's instructions and cared for with common sense, your Kinetic trainer will provide a lifetime of training. Store the trainer indoors, out of the rain and away from temperature extremes. Since sweat is corrosive, you can extend the life of your trainer by wiping it off after your workout.



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manufacturer's warranty

The manufacturer offers the original owner a lifetime warranty against manufacturing defects or normal wear and tear for both the trainer frame and the resistance unit. This warranty is not applicable to damage caused by misuse, abuse, neglect, accident or unauthorized modification of materials or parts. If the unit is disassembled by the consumer, this warranty is void. There are no other warranties, expressed or implied.

It is the responsibility of the purchaser to file a warranty card via mail or on-line with Kinetic in the event that repairs are needed. No warranty repairs will be accepted without the warranty registration and the serial number of the trainer located on the resistance unit yolk which is the black plastic part of the resistance unit.

WARRANTY CARD/PRODUCT REGISTRATION

Please complete the warranty card with the information requested and return it to Kinetic within 30 days of purchase. You can also go to www.kurtkinetic.com and fill out the warranty information online.

WARRANTY CLAIMS/REPLACEMENT PARTS

If you experience problems with your trainer, please call our Customer Service Hotline at **877-226-7824** or email us at kineticbykurt@kurt.com. To help us handle your call as efficiently as possible, please have your trainer's serial number ready to give to the customer service representative.

After determining what repairs or replacement parts may be needed, you will be provided with a Return Material Authorization Number and procedures for returning your product to Kinetic. In some cases replacement parts may be shipped directly to you, depending on the nature of the problem. No product returns will be accepted without a Return Material Authorization Number.



Record the Serial Number of Your Kinetic Trainer Here

crash replacement policy

Kinetic trainers come with a lifetime warranty on the frame and the resistance unit to the original owner.

However, we understand that accidents can happen involving our products, so we also offer a crash replacement policy for incidents not covered by our lifetime warranty. Here is how it works: Kinetic will replace any part or parts on your Kinetic Trainer that are damaged due to an accident, regardless of the cause of that accident, and within reason for a \$25.00 cost plus shipping charges.

We reserve the right to reject any product that has been so severely damaged that it cannot be rebuilt. To be eligible, you

must complete the warranty registration process by mail or online. Crash replacement repairs require warranty information and the serial number of your unit. This crash replacement policy and its related charge may be subject to change without notice.

To process a claim, please call our Customer Service Hotline at **877-226-7824** or email us at kineticbykurt@kurt.com. You will be provided a Return Material Authorization number and you will be given instructions for returning the product to us. In some cases replacement parts may be shipped to you. No product returns will be accepted without an RMA number.

power comparison

Here is a comparison between riding a Kinetic Fluid Trainer and riding outdoors.*

For more trainer comparisons visit www.kurtkinetic.com



Kurt Manufacturing

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