

# ASCENT

## Mag-3L Trainer

Thank you for purchasing an Ascent Trainer.  
Please read the following directions thoroughly before use.

**Note:** This trainer is intended for single-rider bicycles only.

### SAFETY PRECAUTIONS

- Read and follow all instructions.
- Before beginning each workout, be sure bicycle is securely attached to the trainer.
- Do not touch resistance unit during use and for some period after use because it is very hot and can cause burns
- Keep children and pets away from the trainer during use.
- Before you start any exercise program you should consult a physician.

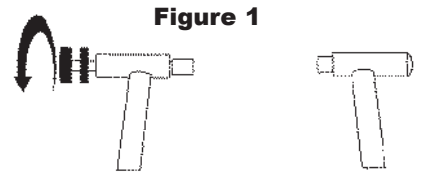
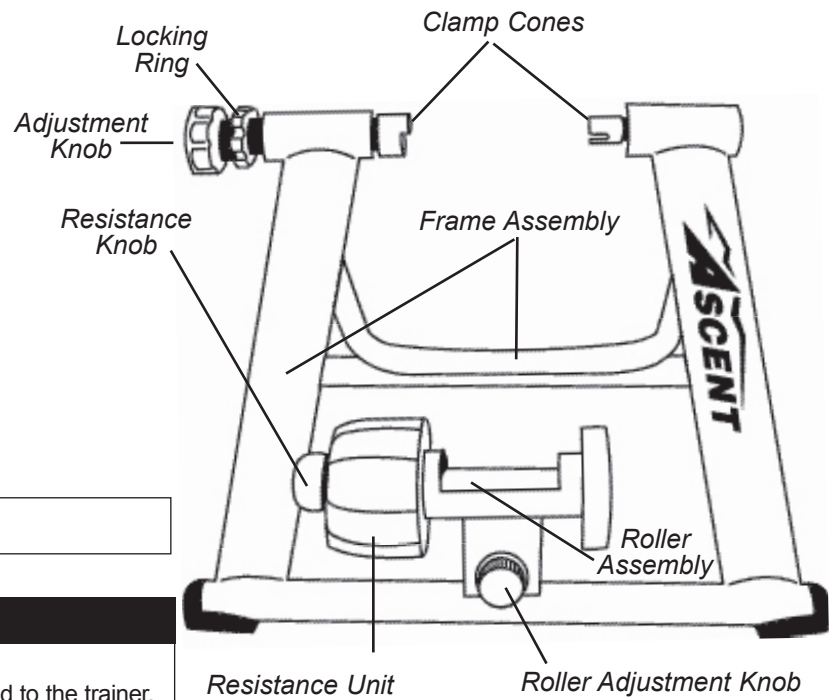


Figure 1

### Bicycle Mounting Instructions

#### WARNING

Read and follow all instructions concerning installation of the bicycle on the trainer. Failure to securely attach the bicycle to the trainer could result in the bicycle falling, causing injury to the rider or bystander.

#### Step One:

Prepare the trainer for bicycle mounting by rotating the large adjustment knob counterclockwise until it is wide enough to accommodate the bicycle's rear wheel axle/skewer mechanism. Rotate the smaller locking ring counterclockwise, moving it outward away from the trainer frame. (Fig. 1)

#### Step Two:

Turn the roller adjustment knob counterclockwise a few rotations so the roller is past vertical to allow for clearance while mounting. (Fig. 2)

#### Step Three:

Replace the bicycle's rear wheel quick release (QR) skewer with the one provided with the trainer. See bicycle owner's manual for instructions on how to properly adjust the QR skewer. Make sure the skewer is tight and not damaged or bent and that your wheel is aligned properly on your bicycle.

#### Step Four:

Carefully lift your bike into position, aligning the rear QR skewer with the axle clamp cones. (Fig. 3)

While holding the bicycle steady, slide the right side QR skewer nut into the axle clamp cone.

Using the adjustment knob, tighten the left side axle support until the clamp cone comes in contact with the bicycle's left side QR skewer end. Make sure that the QR skewer aligns with the notch in the clamp cones. Rotate the clamp cone cup as necessary. (Fig. 4)

After contact is made, tighten by turning the adjustment knob until the bike is securely held in the frame—an additional 4-6 complete turns of the handle.

Rotate the locking ring clockwise until it is snug against the trainer frame.

Check that the bicycle is securely installed in the trainer by pushing or pulling on the bicycle's top tube or seat.

#### WARNING

Failure to securely attach the bicycle to the trainer could result in serious injury.

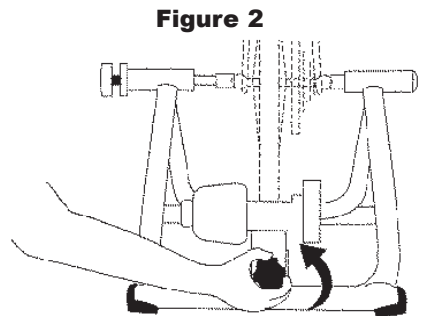


Figure 2

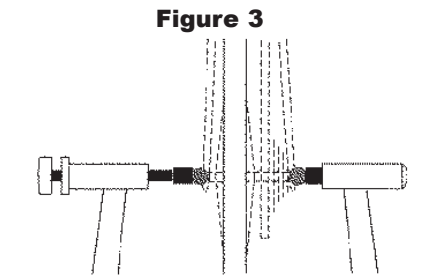


Figure 3

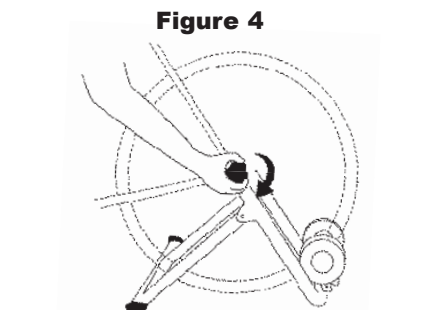


Figure 4

**Step Five:**

Tighten the roller assembly against the rear tire by turning the roller adjustment knob clockwise until roller is firmly against tire. As a guide, once roller touches tire, rotate knob 1-2 additional turns for a high pressure road tire, or 1-3 additional turns for a mountain tire. (Fig. 5)

**Changing Trainer Resistance**

This trainer has three levels of resistance to help keep variety in your workout program. To change the level, pull the resistance knob outward and rotate it to the desired level (fig. 6). Level one offers the least resistance while level three offers the most.

Changing the gears on your bike will also have an effect on your exertion levels.

**Riding Comfort Tip**

Once attached to the trainer, the bicycle naturally slopes downward slightly. To level bike, place a hard cover book or block of wood under front tire to compensate.

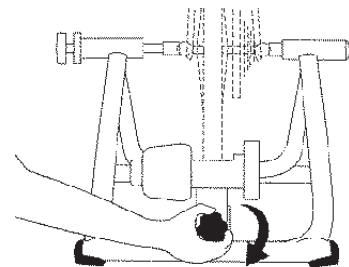
**Bicycle Removal:****Step One:**

Loosen the roller assembly (resistance unit) from the rear tire by turning the roller adjustment knob counter-clockwise until the roller is not touching the tire.

**Step Two:**

While holding the bike securely – loosen the clamp cones by turning the rotating ring counter-clockwise then the adjustment knob counter-clockwise, until the bike is free of the clamp cones.

**Note:** The QR skewer provided with the trainer can also be used when riding the bicycle when off the trainer. If you prefer to replace it with the skewer provided with the bicycle, refer to the bicycle owner's manual for instructions on how to properly adjust the skewer. Be sure the replaced skewer is tight.

**Figure 5****Figure 6**