

ELLIPTIGO[®]

STATIONARY TRAINER MANUAL

Thank you for purchasing an ElliptiGO stationary trainer. We have spent countless hours developing this fitness device and believe it to be the best indoor riding experience for your ElliptiGO bike. We hope you enjoy many years of healthy exercise and fun while riding it.

We value your safety and have designed your stationary trainer to be a safe, fun and effective workout system. However, it is not a toy. Your ElliptiGO stationary trainer is an advanced piece of fitness equipment designed to be used for exercise by responsible riders. Please review this owner's manual before setting up your stationary trainer and be sure to follow the assembly instructions that follow. A video demonstration of how to assemble your stationary trainer is available in the customer service section of our website at www.elliptigo.com/support. For the most up to date version of the manual, please visit www.elliptigo.com/trainermanual.

If you have any questions or concerns about your stationary trainer or any of your ElliptiGO products, please contact us at service@elliptigo.com.

Happy Riding,

Brent and Bryan
ElliptiGO Co-Founders

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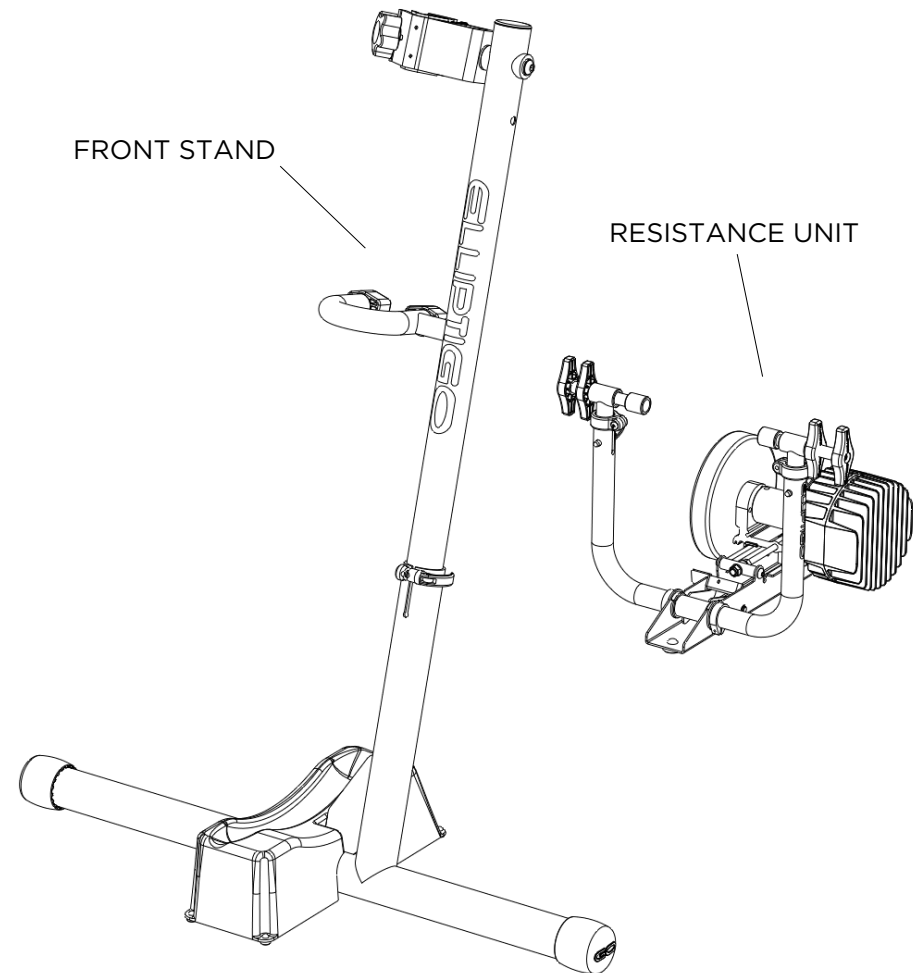
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OVERVIEW

The ElliptiGO stationary trainer has been designed from the ground up to provide a superior indoor training experience for all ElliptiGO bikes. It includes a front stand that holds the bike upright by attaching to the steering column and supporting the front wheel, and a resistance unit that attaches to the rear wheel of the bike and allows the bike to pivot side to side.

This unique design is superior to conventional indoor trainers because it allows for a more stable stand-up riding experience and it eliminates the high stresses that conventional trainers which hold the bike by the rear axle put on the bike frame.

In addition, the fluid resistance unit on this trainer has been specially tuned to better emulate the actual power curve for riding ElliptiGO bikes on the road. The stand-up riding position on ElliptiGO bikes require a power curve that is much higher than that found on conventional bike trainers. The extra power and resistance caused by the stand-up riding position is what makes riding an ElliptiGO bike such a great and efficient workout. This trainer is specifically designed to emulate that experience.



SAFETY WARNINGS

Your stationary trainer is an advanced piece of fitness equipment. It is designed for use by adults for exercise riding ElliptiGO bikes only. It is not for use with other products and should not be used by children. Please review the below safety information before proceeding in this manual and refer back to this list periodically to ensure you are using the stationary trainer in a safe manner:

1. Before riding, always double check that your bike is correctly installed. **You should physically ensure that the front stand steering column clamp and the rear wheel clamps are securely fastened before every ride, even if your bike has remained in place since your last ride.**

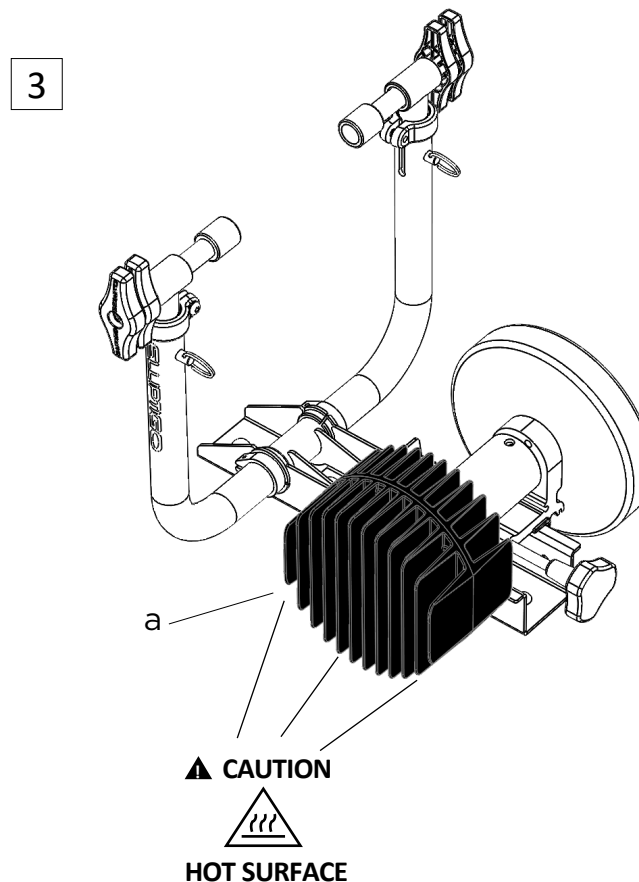
2. If you exceed the rider weight limit for your model ElliptiGO, do not ride it in the trainer. The trainer is designed to support the rider weight limit for your ElliptiGO bike. Using a bike that is not designed for your weight can be dangerous and shorten the life of the bike. If you are unsure what the weight limit is for your ElliptiGO bike, check your owners' manual or www.elliptigo.com.

3. **DO NOT TOUCH THE RESISTANCE UNIT WHEN IN USE OR SHORTLY AFTERWARD.** The fluid housing (a) of the resistance unit heats during use. Depending on how intensely and long you ride, it could get hot enough to cause injury. **DO NOT touch any portion of the fluid housing while the trainer is being used.** After you have stopped using the trainer, **DO NOT** touch any portion of the fluid housing until it has cooled down, which could take 30 minutes or more.

4. **Keep objects away from the bike and trainer.** Make sure children, pets, clothing, long carpets, shoelaces, clothing and other objects are kept at a safe distance from the moving mechanisms of your bike and the rolling elements of the resistance unit when using the stationary trainer. These moving mechanisms have pinch points that can cause serious injury if contacted while the stationary trainer is being used.

5. **Use on a stable, hard, flat surface.** Do not attempt to use the Trainer on an angled, uneven, or soft surface. Doing so could cause the stationary trainer to become unstable and result in the rider falling and suffering an injury.

6. **You should consult with your physician before starting an exercise routine.** This includes riding an ElliptiGO bike in the stationary trainer or outside. While you are using the Trainer, if you start to feel lightheaded, short of breath, dizzy, nauseous, disoriented or feel pain or numbness anywhere in your body, immediately stop exercising and contact a physician or an emergency medical provider.



PRODUCT COMPATABILITY

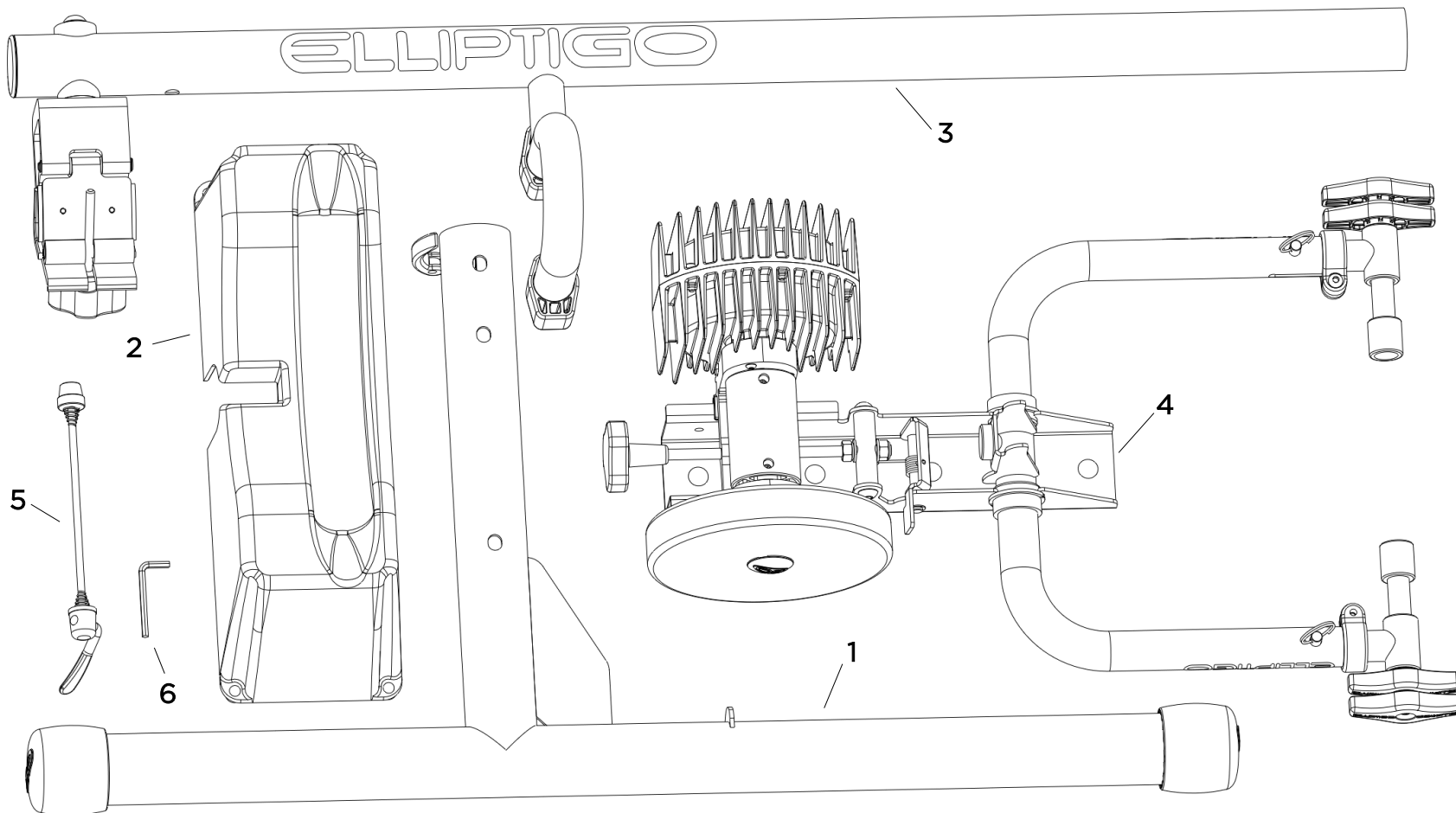
Your stationary trainer is designed to work with all ElliptiGO bike models. Your stationary trainer is not designed to work with conventional bikes or other non-ElliptiGO products.

To be compatible with the stationary trainer, your ElliptiGO bike must be equipped with tires that are no more than 1.5 inches (40mm) wide and have a smooth tread designed for riding on paved roads.

The off-road tires that come standard on the MSUB are not compatible with the front wheel stand or rear resistance unit. Before using an MSUB in the stationary trainer, you must replace both the front and rear tires with 27.5 x 1.5 (40-584) or thinner road tires.

⚠WARNING! Your stationary trainer is designed to work exclusively with ElliptiGO bikes. Using the stationary trainer with other products is dangerous and likely to cause a fall or to damage the trainer. ONLY RIDE ELLIPTIGO BICYCLES IN YOUR STATIONARY TRAINER.

WHAT COMES IN THE BOX



PARTS LIST			
1	BASE	4	RESISTANCE UNIT
2	WHEEL BLOCK	5	QUICK RELEASE
3	MAST	6	4mm ALLEN KEY

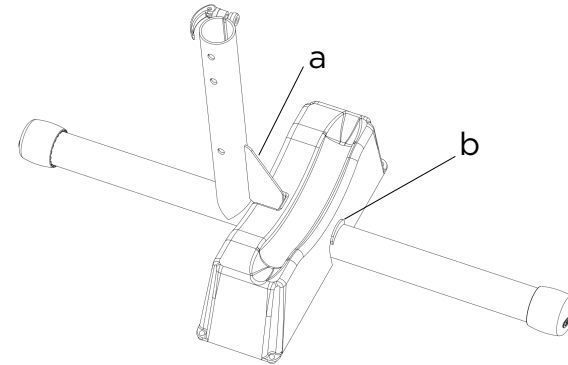
ASSEMBLING THE FRONT STAND

Step 1: Attach the Wheel Block to the Base. Ensure the wheel block sits between the brace (a) and tab (b) of the base as shown. If assembled properly, the front stand base will be held upright.

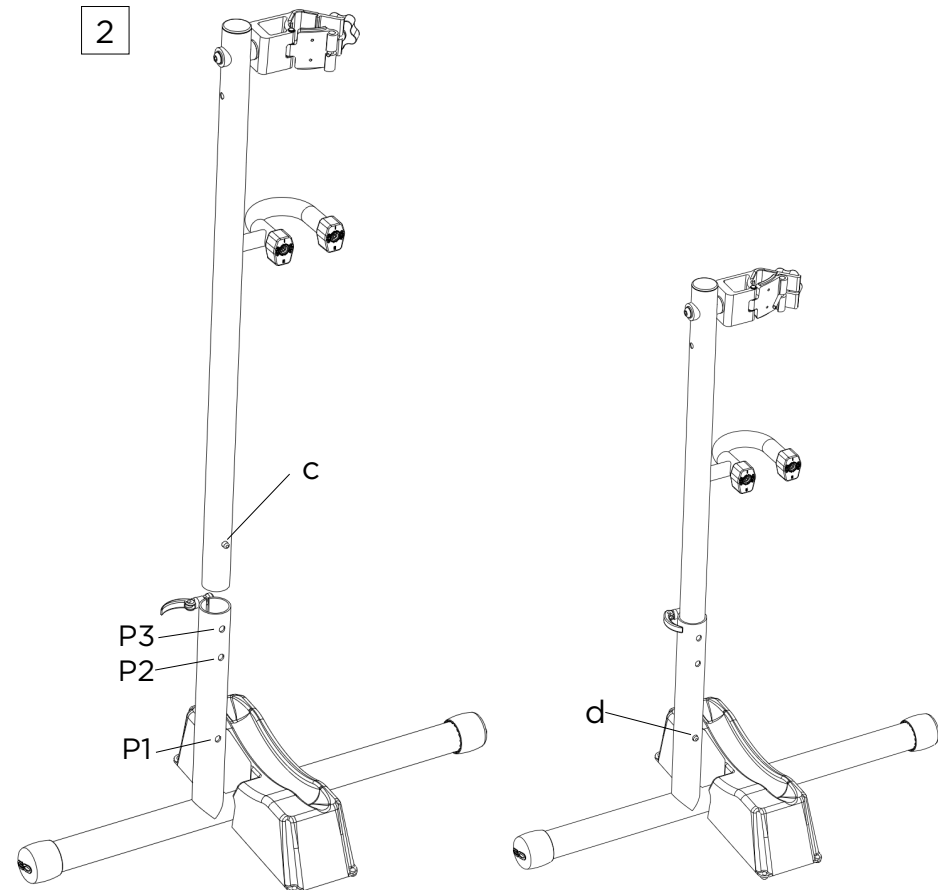
Step 2: Insert the Mast into the Base.

1. Align the protruding spring pin located near the bottom of the mast with the holes on the base.
2. Insert the bottom of the mast slightly into the base and then depress the spring pin (c) with your finger until the pin is held by the top edge of the base.
3. Use Table 1. below to determine which position to set the mast.
4. Align the spring pin with the correct hole in the base arm. **MAKE SURE THE SPRING PIN CLICKS AND PROTRUDES FROM THE SELECTED HOLE (d).**
5. Tighten the quick release at the top of the base tube.

1



2



Model	Position
3C, 8C, 8S, 11R, SUB	P1
RSUB	P2
MSUB (1.5" wide road tires only)	P3

Table 1. Front Stand Hole Position

ASSEMBLING THE RESISTANCE UNIT

Step 1: Set the Yoke. Rotate the wheel yoke upward until you hear and feel the yoke latch engage. If done properly, the yoke will be held perpendicular to the base of the resistance unit.

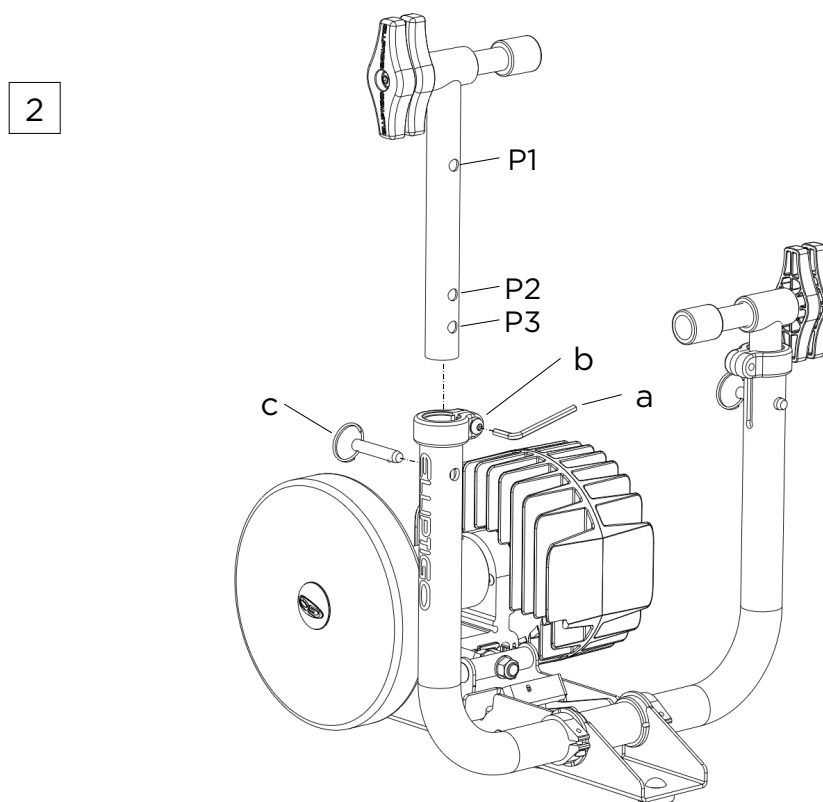
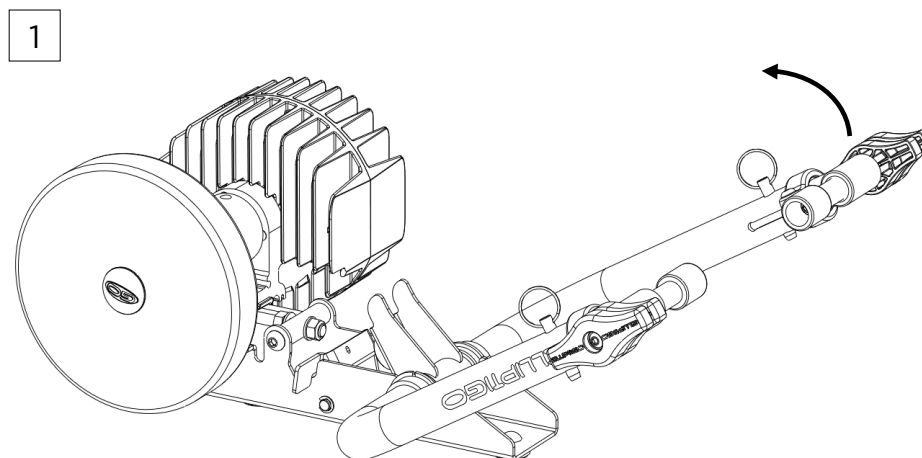
Step 2: Adjust the Yoke Posts. Use Table 2. below to identify the appropriate position to set the yoke posts. Note: the yoke posts are initially set to P1, so unless you have an RSUB or MSUB with road tires installed, there is no need to adjust the yoke posts. You may proceed to the next page.

If you wish to use an MSUB or RSUB in the stationary trainer, you will need to change the yoke post positions by following this procedure:

1. Using the provided 4mm Allen key (a), loosen the clamp collar screw (b).
2. Pull the detent pin (c) to remove it.
3. Slide the yoke post up to the proper position for your model.
4. Reinsert the pin.
5. Tighten the clamp collar screw with the 4mm Allen key provided.
6. Repeat for both posts.

Model	Position
3C, 8C, 8S, 11R, SUB	P1
MSUB (1.5" wide road tires only)	P2
RSUB	P3

Table 2. Yoke Hole Position



MOUNTING THE BIKE IN THE FRONT STAND

Prior to mounting the bike, ensure that both the front and rear tires are inflated to at least 80% of the maximum rated tire pressure listed on the sidewall of the tire.

Step 1: Prepare the Clamp and Bumpers.

1. Turn the hand knob on the steering column clamp counter-clockwise to loosen the clamp.
2. Un-latch and open the clamp
3. Rotate the U-bar bumpers to the "OPEN" position.

Step 2: Place the Bike into the Front Stand.

1. Insert the front wheel of the bike into the wheel block.
2. While holding the cables out of the way, tilt the front stand back toward the bike until the steering column engages the steering column clamp.
3. Close and latch the clamp around the steering column.

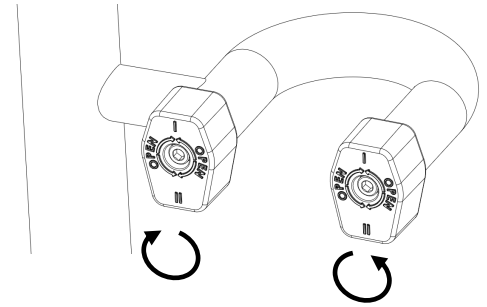
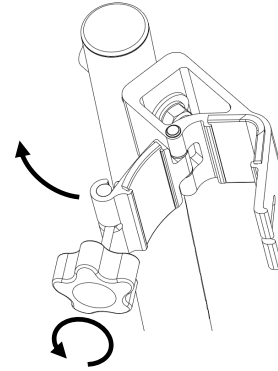
Step 3: Secure the Bike.

1. Tighten the clamp onto the steering column by turning the hand knob clockwise until it stops.
2. Use Table 3. below to identify your model's correct U-bar bumper position. Turn the U-bar bumper so that the number corresponding with your model is closest to the bike. You may need to adjust the angle of the bike so it is centered in the U-bar to rotate the bumpers.

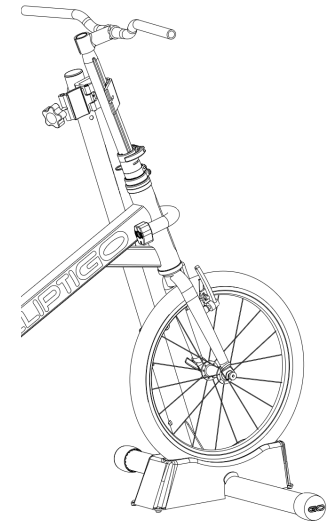
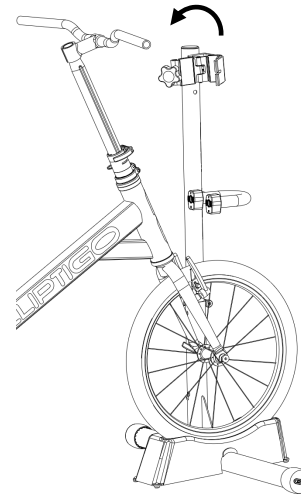
Model	Position
SUB, RSUB, MSUB	I
3C, 8C, 8S, 11R	II

Table 3. U-bar Bumper Position

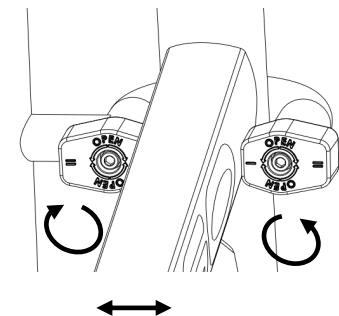
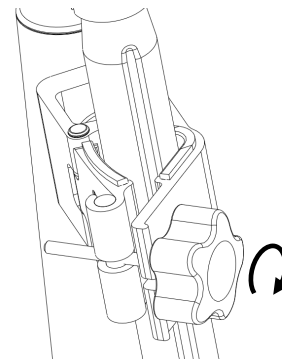
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ATTACHING THE RESISTANCE UNIT TO THE BIKE

Before proceeding, make sure your bike is mounted properly in the front stand as discussed on the previous page.

Step 1: Replace Quick Release. If you are using an MSUB, RSUB or SUB model with a quick release rear axle, replace your stock quick release with the all metal quick release included with your trainer. If you have an 8C, 3C, 11R or 8S bike model that uses an internally geared hub, skip this step.

Step 2: Attach the Rear Wheel.

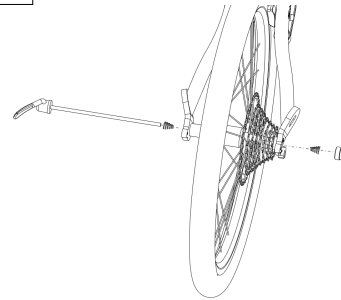
1. Position the resistance unit behind the bike's rear wheel.
2. Depress the yoke lever to let the wheel yoke rotate forward.
3. Line up the axle cones with the rear wheel axle.
4. Turn the rear wheel clamp handles clockwise to engage the rear wheel axle nuts or quick release with the axle cones.
5. Adjust the left and right clamps with the clamp handles to center the rear wheel on the roller (a).
6. Tighten the clamps until they are seated (you will feel the resistance increase as they are seated).
7. Once seated, **turn each of the clamp handles an additional 1 FULL TURN.** Do not overtighten the clamps.
8. Turn the lock handles clockwise until they stop rotating to lock both the left and right axle cones in place.

Step 3: Engage the Resistance Unit.

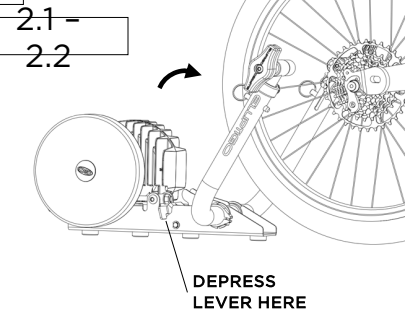
1. Lift up the rear of the bike slightly and push the resistance unit under the rear wheel. You should hear a click when the yoke lever locks the unit in place. If the rear wheel hits the roller before you hear the yoke lever click, rotate the roller pre-load knob counter-clockwise several turns to move the roller assembly backwards. Repeat this step until you hear the click.
2. Once the yoke lever is locked, turn the roller preload knob clockwise until the roller contacts the tire.
3. Tighten the knob an additional **4 FULL TURNS** to achieve the proper amount of preload on the tire. Do not overtighten. Overtightening the preload knob can result in excessive tire wear.

Step 4: Re-seat the bike in the front stand. Loosen the steering column clamp by turning the knob counter-clockwise. Grab the handlebars with both hands, push down and jiggle them side to side to re-seat the bike in the wheel block. Re-tighten the clamp by turning the hand knob clockwise until it stops.

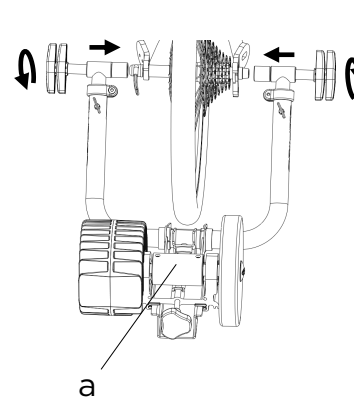
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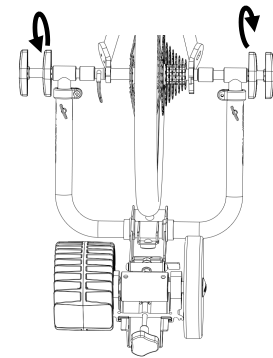
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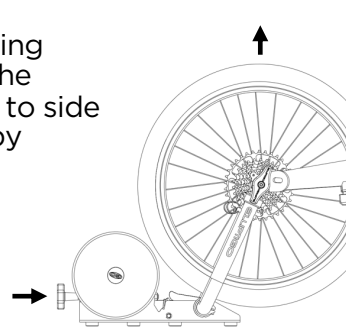
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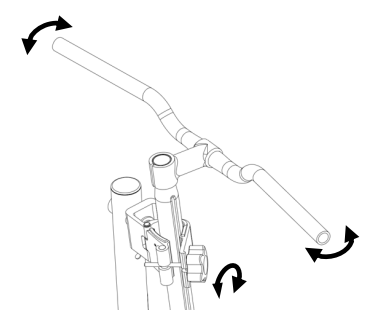
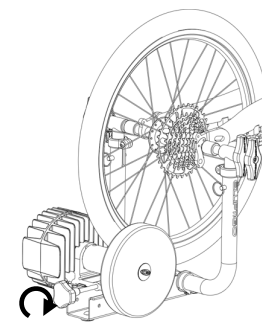
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REMOVING THE BIKE FROM THE TRAINER

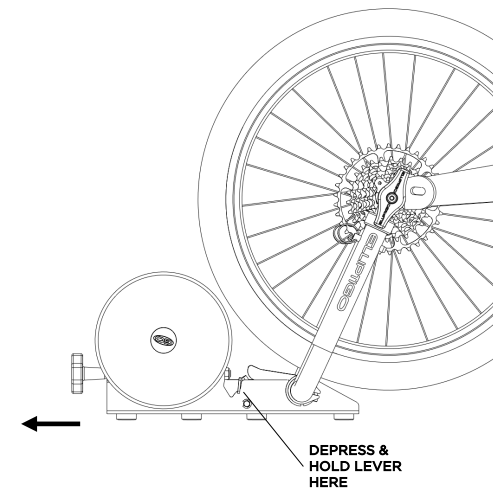
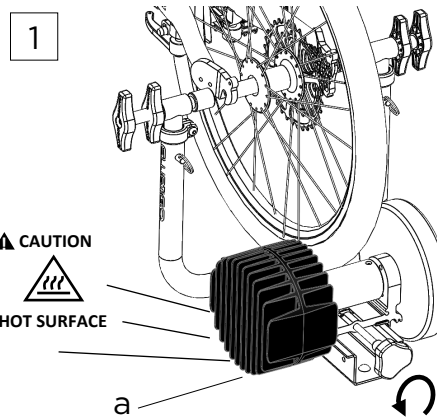
▲CAUTION The fluid housing (a) may be hot from use. Wait for it to cool down before removing the bike from the stationary trainer.

Step 1: Decouple the Resistance Unit from the Rear Wheel.

1. Turn the preload knob counter-clockwise until there is a gap between the tire and the roller.
2. Depress the yoke lever and hold it down while sliding the resistance unit backwards and away from the rear wheel.

▲ CAUTION

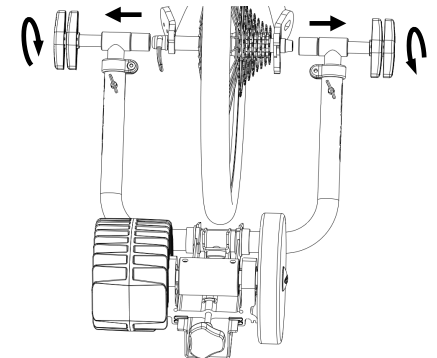
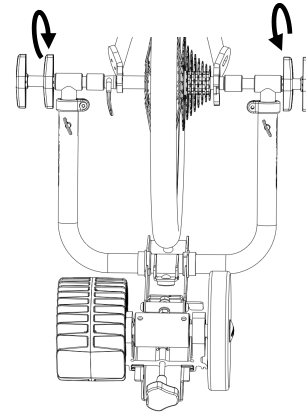
HOT SURFACE



Step 2: Unclamp the Rear Wheel.

1. Turn the lock handles counter-clockwise to unlock the clamp handles.
2. Turn the clamp handles counter-clockwise to disengage the cones from the axle nuts or quick release.
3. Remove the resistance unit.

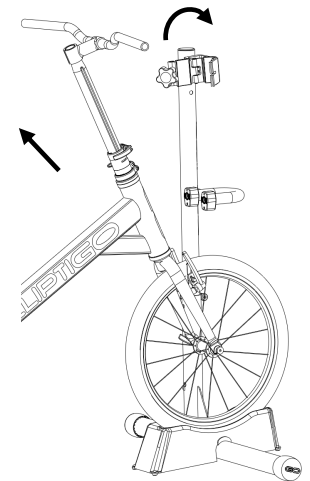
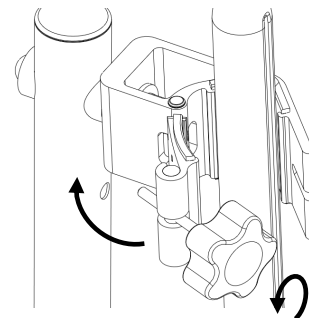
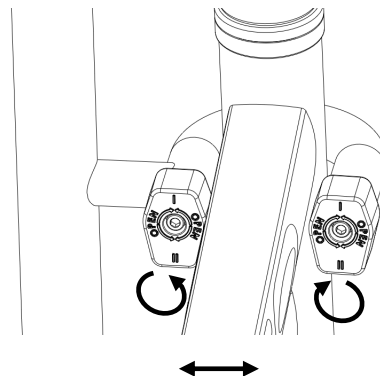
2



Step 3: Remove the Bike from the Front Stand.

1. Turn each U-bar bumper to the OPEN position. You may need to adjust the angle of the bike so it is centered in the U-bar to rotate the bumpers.
2. Turn the steering column clamp hand knob counter-clockwise to loosen the steering column clamp.
3. Unlatch and open the steering column clamp.
4. While holding the steering column of the bike with one hand, tilt the front stand mast forward with the other hand until it is free from the bike.
5. Remove the bike from the stand.

3



SATISFACTION GUARANTEE AND LIMITED WARRANTY

Satisfaction Guarantee

We guarantee that you will love your ElliptiGO Stationary Trainer. If you purchased your Trainer directly from ElliptiGO you can return it for any reason within 30 days of purchase for a full refund, less return shipping charges, if any. It is your responsibility to retain all original packing materials so they can be used for a return. Any item that is damaged or is missing parts for reasons not due to our error may receive a partial refund. Just contact us at service@elliptigo.com to arrange the return.

If you purchased from an authorized dealer, that dealer's Return Policy will apply instead.

Limited Warranty

This warranty covers your ElliptiGO Trainer against defects in material or workmanship for five years from the date of purchase. This is the only warranty for your ElliptiGO stationary trainer and it is limited to the initial purchaser (it expires upon resale or transfer of the product to another party). The warranty applies only to those ElliptiGO products purchased from ElliptiGO directly or an authorized dealer. **Any implied warranty of merchantability or fitness for a particular purpose is limited to the five-year duration of this warranty.** Some States do not allow limitations on how long an implied warranty lasts, so the above limitation may not apply to you.

This warranty is being provided by ElliptiGO, Inc., 722 Genevieve St., Suite O, Solana Beach, California. During the term of this warranty, if you experience a defect in your stationary trainer, we will either repair or replace the defective part. The warranty repairs should be completed in a reasonable amount of time, not to exceed 30 days. This warranty does not cover any costs for return shipping, labor, installation, transportation, or any other expenses incurred because of the defective part.

During the term of this warranty, if you experience a defect in your stationary trainer, we will repair or replace the defective part at our sole discretion. The warranty repairs should be completed in a reasonable amount of time, not to exceed 30 days. This warranty does not cover any costs for return shipping, labor, installation, transportation, or any other expenses incurred because of the defective part. In certain circumstances and at our sole discretion, in lieu of replacement or repair of a defective part, we may elect to provide a full refund of the product cost in exchange for the return of the entire product.

Limits to Coverage

This warranty does not cover damage to your trainer resulting from:

- Normal wear and tear
- Improper use
- Improper assembly
- Improper servicing of a part by someone not authorized by ElliptiGO
- Failure to perform routine maintenance
- Damage caused by using parts other than the original parts or replacement parts purchased from ElliptiGO

Voiding Your Warranty

You void your warranty by:

- Misusing the stationary trainer
- Modifying the stationary trainer
- Disassembling the stationary trainer resistance unit

SATISFACTION GUARANTEE AND LIMITED WARRANTY

Claims

To make a claim through this warranty, please contact service@elliptigo.com.

Subject to the laws of the governing jurisdiction, ElliptiGO shall not be responsible for any incidental or consequential damages arising from this offer of warranty or that result directly or indirectly from the use of the Trainer. Some States do not allow the exclusion or limitation of incidental or consequential damages, so the above limitation or exclusion may not apply to you. Your rights under this warranty are limited to the reparation or replacement of your product. The decision to repair or replace resides solely with ElliptiGO.

This warranty gives you specific legal rights and you may also have other rights which vary from State to State. Any limitations expressed in this warranty do not affect your statutory rights under the law of the relevant jurisdiction. If a court of competent jurisdiction determines that one or more specific provisions contained in this limited warranty cannot be applied, the inapplicability of that provision shall not affect the enforceability of any other provision contained herein and all other provisions shall remain in full effect for the term of the warranty.

ELLIPTIGO®