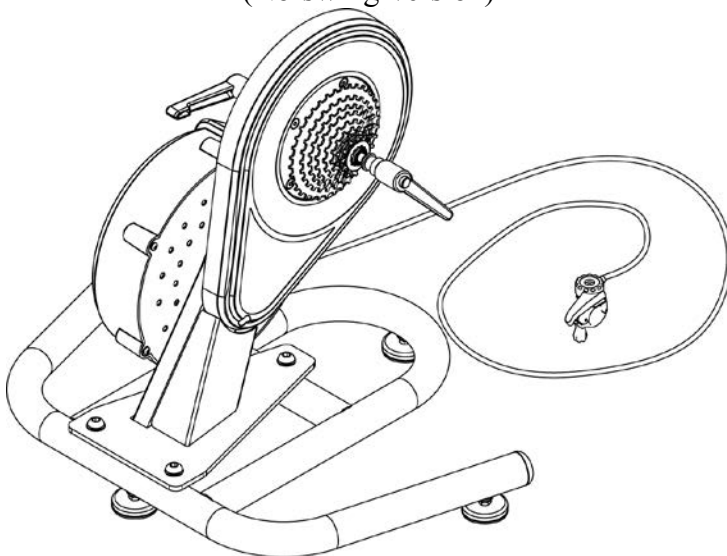


# User Manual for The Silencer Bicycle

(No-swing Version)



Thank you for purchasing our product. This trainer uses a direct mount of your bicycle' s drivetrain to the resistance unit, eliminating tire slippage and wear.

To ensure that your trainer works optimally, please carefully read the manual before using the product.

If you have any questions about this or any of our trainers, please visit our website, or contact us by E-mail or telephone, and we will provide the answers you need.

- Our company reserves the right to product design, specification change and quality improvement.
- The machine height is suitable to 700C and 28-inch wheel diameter; if the wheel diameter is smaller than this, please purchase a wheel riser block to level your bicycle during use.

**Please keep the manual after reading it.**

[www.cycleops.com](http://www.cycleops.com)

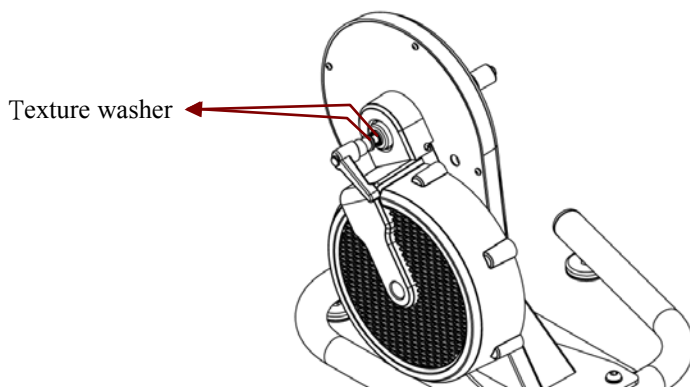
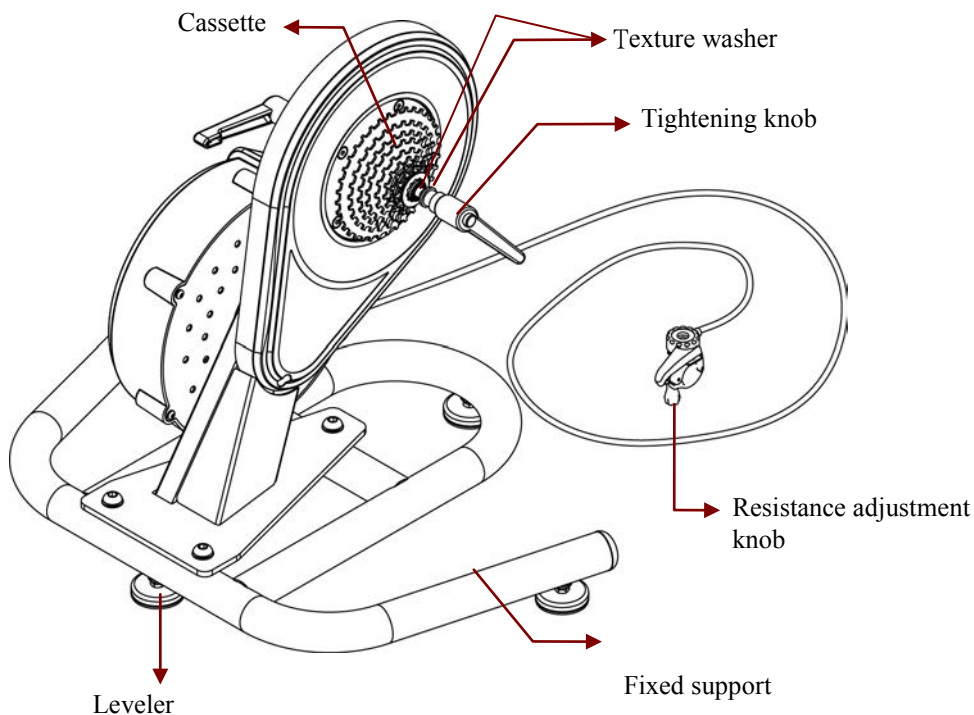
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# I. Introduction to product appearance

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## II. Notes

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### **For your safety, please be sure to carefully read and comply with the following instructions:**

1. Please do not attempt to modify or change this product in any way.
2. When the flywheel is rotating, please do not attempt to stop it with your hands.
3. Please do not attempt to stop the flywheel manually. Let the flywheel and magnetic resistance stop it naturally.
4. Do not wear any long clothing that may interfere with or get caught in the trainer.
5. Children or pets should be kept away from the machine when it is being used; and it shall be properly stored if it is not in use, so as to prevent improper use by children.
6. Keep objects clear of the machine that may fall into and obstruct the trainer during use.
7. Please make sure the 4 levelers contact the ground, and confirm that the trainer is stable without movement.
8. At least 1 yd/m of open space shall be reserved around the machine.
9. Before the product is used please be sure to confirm that the bicycle has been firmly installed on the hub spindle of the trainer. **(Please see p. 8)**

### **Notes for maintenance and storage:**

1. Clean the machine and apply lubricating oil to the relevant accessories. Keep the machine away from any corrosive substances, such as salt or other potentially hazardous substances.
2. .
3. Please store the machine put indoors in a dry environment to prevent damage caused by moisture.

### **Adjust the bicycle:**

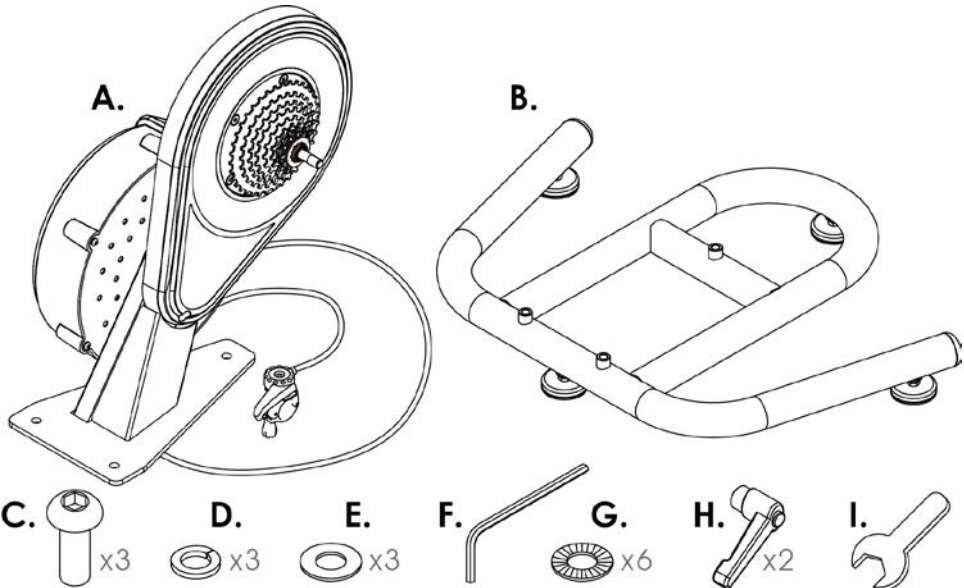
Be sure the bicycle is properly adjusted and fit to the user.

### **Suggestions:**

1. Please avoid improper use or excessive use, or injury may be used.
2. If you do not feel well during use, please stop using the product immediately
3. It is suggested that the machine used in a well-ventilated, open place. It is best to have a fan blowing directly on the user during use.

### III. Assembling

●Parts :



A.	The Silencer RU(上)	F.	Allen Wrench 6mm x 40mm x 120mm
B.	The Silencer Frame(下)		
C.	Hex screw M10 x P1.5 x 30	G.	Texture washer
D.	Spring Washer M10	H.	Tightening knob
E.	Washer Ø10 x Ø20 x 21T	I.	Simple wrench

● Resistance adjustment knob

**LOW**



When the gear of the speed controller is close to "HIGH" , the resistance is large and upslope is simulated; when the gear is close to "LOW" , the resistance is small, and level road is simulated. The adjustment may be performed according to your actual needs.

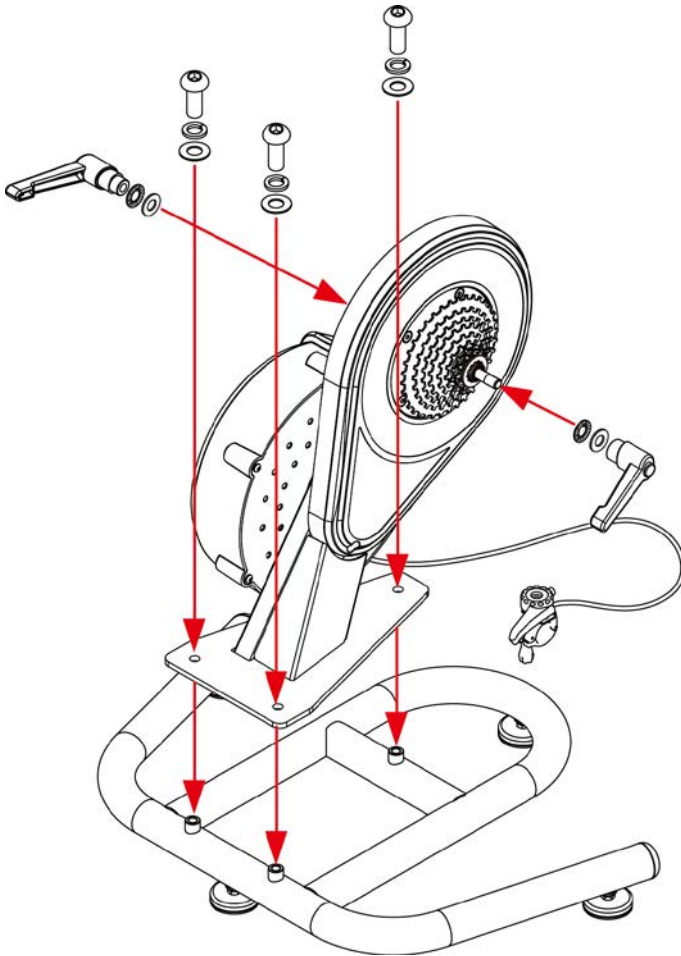
**HIGH**

## ●Assembling steps

Step1. Connect the resistance unit & frame of The Silencer

Step2. Put the truss hex screw( C ), spring washer(D), washer(E) into the figure showing place by turn and tighten them

Step3. Put a suitable quantity's non-slip washer(G) on tooth-wheel shaft(the quantity and way, please refer to P. 6/ step 3), then tighten handrail knob(H).

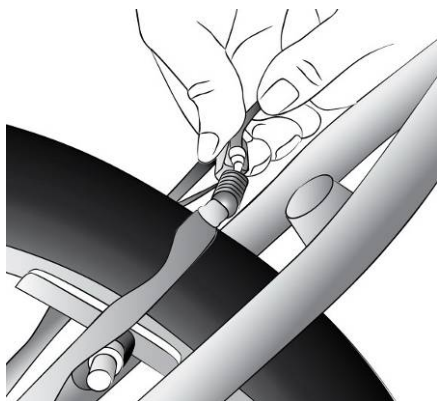


● If the ground is uneven, the leveler may be adjusted until the machine is horizontal. Please make the 4 levelers stay in contact with the ground!

## IV. Installing your bicycle to the trainer

Step1. Shift your bicycle into the smallest cog of the cassette


Step2. Disengage the rear brake of the bicycle; remove the rear wheel quick release and remove the rear wheel. (Please see the following figure.)

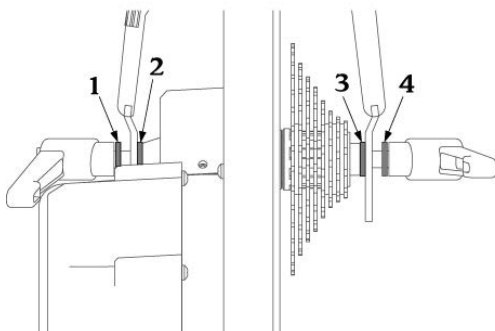


**Note!! If you are not familiar with the correct steps for removing the rear wheel, please read the user manual for your bicycle or consult your local bicycle dealer.**

Step3. Unscrew the tightening knob, insert the texture washer in position as shown below.

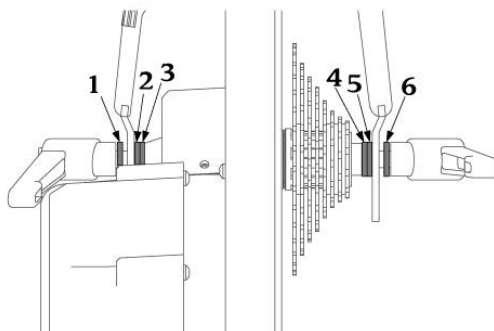
### *Road bicycle*

 Texture washer x 4



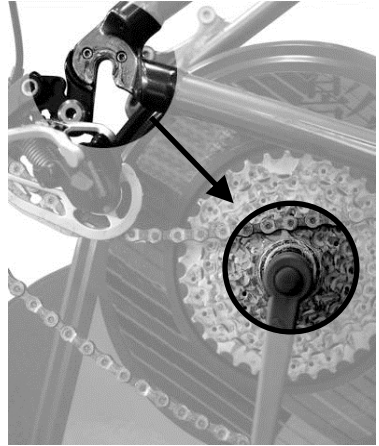
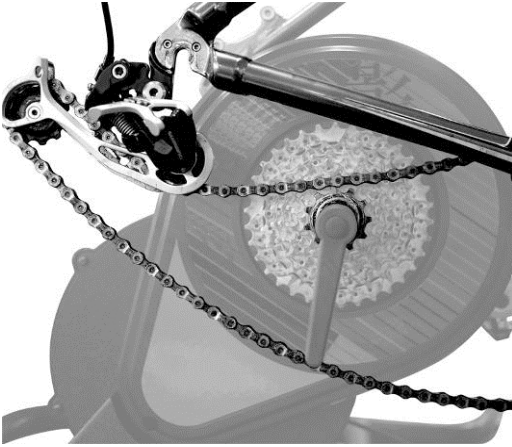
### *Mountain bicycle*

 Texture washer x 6



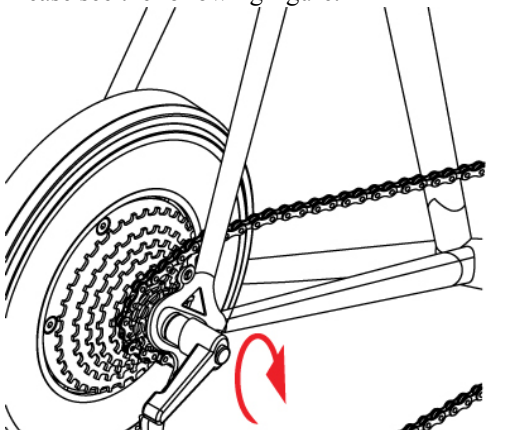
**Note!!Texture side to the chain stay.**

Step4. Place the bicycle on the trainer: place the chain on the smallest cog on the trainer cassette, and place the bicycle dropouts on the axle of the trainer. Please see the following figure.



Step5. Press the saddle down, and lift the front wheel from the ground to confirm that the frame has been completely fixed to the trainer.

Step6. Tighten the knob on the axle spindle, and secure the bicycle frame to the machine. Please see the following figure.

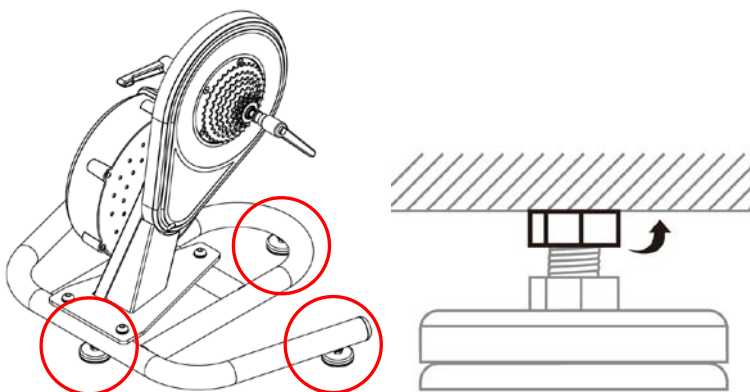




The tightening knob has spring-loaded function, and it may be pulled outward and rotated as needed.

Step7. Visually inspect and confirm whether the bicycle has been vertically fixed to the trainer. If not, please repeat steps 4-6, and confirm the bicycle is properly fixed to the trainer.

Step8. After adjusting the height of the leveler, tighten each upper nut of the 4 adjusting levelers to the base to avoid loosening.



Step9. Install the resistance adjustment lever to the proper position and lock it.

a. Vertical



b. Horizontal



**[Simple troubleshooting]**

**Vibration during riding:**

1. Inspect whether the bicycle has been properly installed in accordance with the manual.
2. Inspect whether the quick release handle of base has been fixed.
3. If the cassette has been removed and reinstalled, please confirm that it has been completely tightened.

### **Speed changer trip stop when riding:**

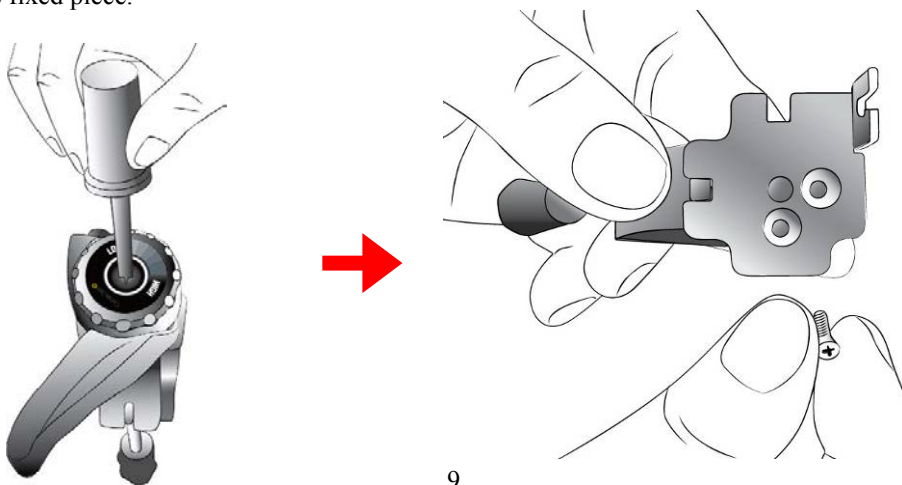
**Note:** The machine is compatible with multiple types of bicycle. However, under some circumstances, your bicycles drivetrain may not be completely compatible with the cassette. If you experience problems with compatibility, please follow the steps below:

1. Inspect whether the bicycle has been properly installed in accordance with the manual.
2. Inspect whether your bicycles drivetrain is compatible with the cassette.
3. The Silencer trainer has a 10/11 speed SHIMANO/SRAM freehub body, if your bicycle is 9 speed SHIMANO/SRAM or CAMPY a new freehub body is required. Please contact CycleOps customer service for availability of parts.
4. Perform small adjustment of rear derailleur limit screws to compensate for small differences in spacing.
5. Inspect your chain. A worn chain will be elongated and may not interface well with the new cassette. Use a chain gauge to check the wear of your chain and replace if necessary.

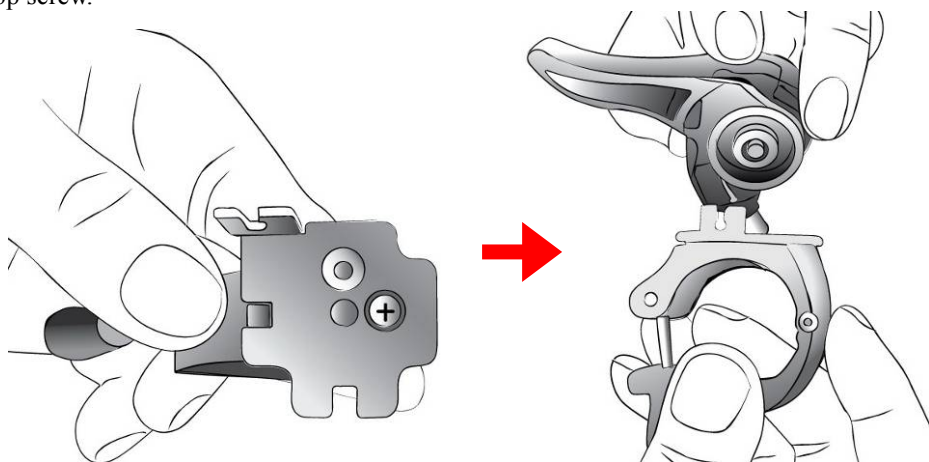
## **V. Change resistance regulator direction**

●The direction may be subject to 90° rotation in clockwise direction according to the actual needs

Step1. Loosen the top screw of the resistance lever, and then remove the small screw of the fixed piece.

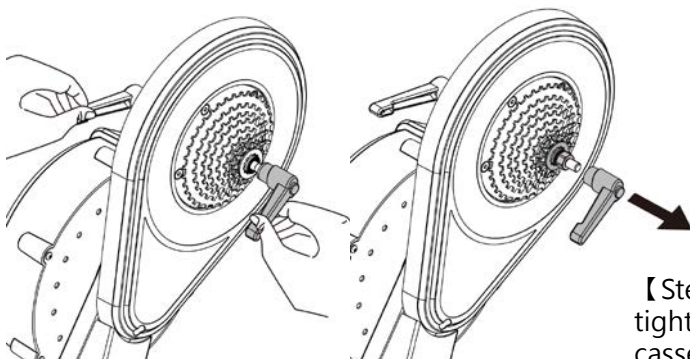


Step2. Turn the fixed piece and align it with the groove; replace the small screw and tighten it. Then turn the resistance lever assembly to the proper position, and tighten the top screw.

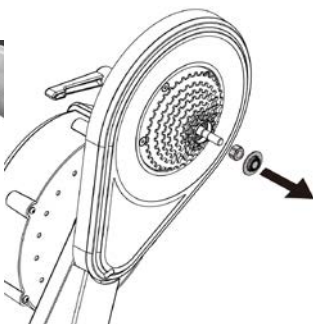


## VI. Replace cassette (SHIMANO / SRAM / Campagnolo)

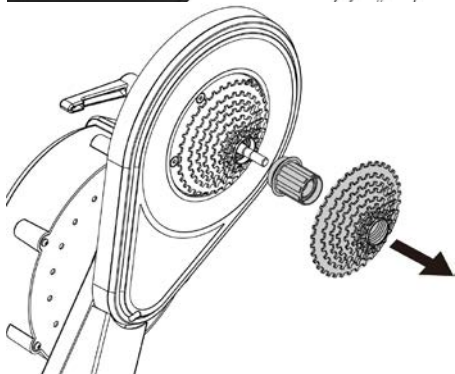
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【Step1.】 Remove the tightening knob on cassette side



【Step2.】 Use chain whip and cassette locking tool to remove the lockring.



【Step3.】 Then slide the cassette off the freehub body and replace with new one.

## VII. Specification table

Dimensions L*W*H	24x18.5x19.5" (612x465x493 mm)
Weight	39lbs (17.6kg)
Fixed mode	Rear wheel fixed mode
Weight of magnetic control flywheel	13lbs (5.9kg) flywheel diameter: 250mm
Applicable frame size	<p>Applicable frame rear fork width: 130mm and 135mm</p> <p>Applicable wheel diameter: 700c and 20~28 inch series (road bicycle, mountain bicycle)</p> <p>The use of a riser block is unnecessary for wheel diameters of 20~28 inch and 700c.</p>

	Riser blocks may be used for the wheel diameter of 20~26 inch.
Flywheel	Cassette type (SHIMANO –road bicycle 10-gear 11T-25T) or SRAM –road bicycle 10-gear 11T-26T
Resistance	Magnetic control resistance Five sections of wire control for resistance adjustment
Maximum load (excluding bicycle)	100kg/220 pounds
Heat dissipation mode	Air cooling
Cassette compatibility	SHIMANO; SRAM

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