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**VAN RYSEL 8487132**

# VAN RYSEL Decathlon 500 Indoor Bike Trainer User Manual

MODEL: 8487132

## Product Overview

The VAN RYSEL Decathlon 500 Indoor Bike Trainer, model 8487132, is designed to provide a smooth and quiet indoor cycling experience. It features a fluid brake system where resistance automatically adjusts with your pedaling speed, mimicking road sensations. This trainer is developed for ease of use and stability, making it suitable for both road and mountain bikes.



Figure 1: The VAN RYSEL Decathlon 500 Indoor Bike Trainer, showcasing its compact design and fluid technology.

## Key Features:

- **Power:** Up to 1500 watts.
- **Brake Control:** Fluid brake system, resistance increases automatically with speed.
- **Connectivity:** Not natively smart, but can be upgraded with a connection kit (item 8487134).
- **Smooth Pedaling:** Equipped with a 2.2 kilogram flywheel and fluid braking for a very smooth pedaling sensation.
- **Easy Assembly/Dismantling:** Features a quick-release system for simple and fast bike attachment.

## Setup Instructions

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Follow these steps to properly set up your VAN RYSEL Decathlon 500 Indoor Bike Trainer and ensure a stable and effective training session.

1. **Unpack and Position:** Carefully remove the trainer from its packaging. Place the trainer on a flat, stable surface. Ensure there is enough clear space around the trainer for safe operation.



Figure 2: The trainer unfolded and positioned, showing its stable base.

2. **Prepare Your Bike:** For optimal performance and tire longevity, it is highly recommended to use a tire specifically designed for home trainers. These tires have a reinforced structure and harder rubber to reduce noise and wear.
3. **Attach the Bike:**
  - Remove the rear wheel of your bicycle.
  - Align the bicycle's rear dropouts with the quick-release skewer of the trainer.
  - Secure the bike firmly using the quick-release mechanism on the trainer. Ensure the bike is centered and stable.



Figure 3: A road bike securely mounted on the VAN RYSEL trainer, ready for indoor cycling.



Figure 4: Detailed view of the quick-release skewer, demonstrating how the bike's rear axle is secured.

4. **Use a Front Wheel Riser Block:** For enhanced stability and to maintain a natural riding position, place a front wheel riser block under your bicycle's front wheel. This elevates the front wheel to match the height of the rear wheel on the trainer.
5. **Protection (Recommended):**
  - **Sweat Guard:** To protect your bike from corrosive perspiration, consider using a sweat guard (e.g., Decathlon item 8056757).
  - **Home Trainer Mat:** A mat placed under the trainer can reduce noise, provide additional stability, and protect your floor from sweat (e.g., Decathlon item 8369937).

## Operating the Trainer

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The VAN RYSEL Decathlon 500 features a fluid brake system that simplifies your training experience.

- **Automatic Resistance:** The resistance level of the trainer automatically increases as you pedal faster. There are no manual adjustments needed for resistance control on the trainer itself. Your bike's gears will be used to manage your effort and speed.



Figure 5: Close-up of the fluid resistance unit, which provides smooth and progressive resistance.

- **Smooth Pedaling:** The 2.2 kg flywheel combined with the fluid braking system ensures a very smooth and realistic pedaling feel, similar to riding on the road.
- **Starting Your Workout:** Simply mount your bike, ensure it is securely fastened, and begin pedaling. Adjust your bike's gears to find your desired cadence and effort level.

## Maintenance and Care

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Proper maintenance will extend the lifespan of your indoor bike trainer and ensure continued smooth operation.

- **Cleaning:** After each use, especially if you sweat heavily, wipe down the trainer with a damp cloth to remove sweat and dust. Avoid using abrasive cleaners or solvents.
- **Storage:** When not in use, the trainer can be folded for compact storage. Store it in a dry place away from direct sunlight and extreme temperatures.



Figure 6: The trainer in its folded position, demonstrating its space-saving design for easy storage.

- **Check Connections:** Periodically check all bolts and quick-release mechanisms to ensure they are tight and secure.
- **Fluid Unit:** The fluid resistance unit is sealed and requires no maintenance. Do not attempt to open or modify it.

## Troubleshooting

Here are some common issues and their potential solutions:

Problem	Possible Cause	Solution
Excessive Noise	Improperly inflated tire. Standard road/mountain bike tire (not a trainer tire). Loose quick-release skewer. Unstable surface.	Ensure tire is inflated to recommended pressure. Consider using a dedicated trainer tire. Tighten the quick-release skewer securely. Place trainer on a flat, stable surface, possibly with a mat.
Bike feels unstable	No front wheel riser block. Bike not securely fastened. Uneven floor.	Use a front wheel riser block. Re-check and tighten the quick-release mechanism. Ensure trainer is on a level surface.
Resistance feels inconsistent	Tire slippage on roller. Tire pressure too low.	Ensure the roller is making firm contact with the tire. Inflate tire to recommended pressure.

## Technical Specifications

<b>Model Number</b>	8487132
<b>Brand</b>	VAN RYSEL
<b>Colour</b>	Black
<b>Material</b>	Aluminium
<b>Bike Type Compatibility</b>	Road Bike (and Mountain Bike with trainer tire)

<b>Wheel Size Compatibility</b>	Up to 29 Inches
<b>Resistance Type</b>	Fluid Brake
<b>Flywheel Weight</b>	2.2 kg
<b>Max Power Output</b>	1500 watts
<b>Package Dimensions</b>	58.5 x 56.4 x 24.1 cm
<b>Item Weight</b>	25.52 kg