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Tacx Flow Smart Trainer (Model T2240.60)

Tacx Flow Smart Trainer Instruction Manual

MODEL: T2240.60

Overview

The Tacx Flow Smart Trainer is designed to provide a fully interactive indoor cycling experience for year-round training. Its wheel-on design facilitates easy setup and storage, making it a convenient option for cyclists. This trainer is compatible with popular third-party training applications, including Zwift, Tacx, and TrainerRoad, offering a versatile platform for virtual rides and structured workouts.

Setup

Before beginning, ensure all components are present. The package includes the Flow Smart Trainer, a front wheel support, and a quick release for road bikes and mountain bikes (5mm).

1. Unpack and Assemble

Carefully remove the trainer and all accessories from the packaging. The trainer's frame is designed to fold for storage; unfold it until it locks securely into its operational position.

2. Install Front Wheel Support

Place the front wheel support under your bicycle's front wheel to stabilize the bike and level your riding position.

3. Mount Bicycle on Trainer

The Tacx Flow Smart Trainer features a wheel-on design. Secure your bicycle's rear wheel into the trainer's clamping mechanism using the provided quick release skewer. Ensure the skewer is properly aligned and tightened to hold the bike firmly in place. The resistance unit should make firm contact with the tire.



Image: The Tacx Flow Smart Trainer with a bicycle securely mounted, illustrating the wheel-on setup. The trainer's sturdy frame supports the rear wheel, while the front wheel rests on a separate support block (not visible in this specific image but part of the setup process).

4. Power Connection

Connect the power adapter to the trainer and plug it into a suitable electrical outlet. The trainer will typically indicate power status with an LED light.

Operating Instructions

The Tacx Flow Smart Trainer offers a dynamic and interactive training experience. Follow these guidelines for optimal use:

- **Wheel-on Design:** The trainer sets up with two easy clicks and securely locks your bike in place, ensuring stability during your ride.
- **Performance Metrics:** The trainer measures and transmits key cycling data including speed, power, and cadence, allowing you to track your performance accurately.
- **Quiet Operation:** Experience a virtually silent flywheel, enabling you to train without disturbing others in your household.
- **App Compatibility:** Seamlessly connect with popular third-party training apps such as Zwift, Tacx Training App, and TrainerRoad for immersive virtual rides and structured workouts.
- **Realistic Incline Simulation:** Train with realistically simulated inclines up to a 7% gradient, providing a challenging and engaging ride experience.

Maintenance

Regular maintenance ensures the longevity and optimal performance of your Tacx Flow Smart Trainer.

- **Cleaning:** Wipe down the trainer with a damp cloth after each use to remove sweat and dust. Avoid using abrasive cleaners or solvents.
- **Tire Pressure:** Ensure your bicycle's rear tire is inflated to the recommended pressure before each training session to maintain consistent contact with the resistance unit and prevent slippage.
- **Connection Check:** Periodically inspect all connections, including the quick release skewer and power cable, to ensure they are secure and free from damage.
- **Storage:** When not in use, fold the trainer for compact storage in a dry, temperate environment.

Troubleshooting

If you encounter issues with your Tacx Flow Smart Trainer, consider the following common solutions:

- **No Power/LED Off:** Check the power cable connection to both the trainer and the wall outlet. Ensure the outlet is functional.
- **Connectivity Issues:** If the trainer is not connecting to your chosen app (e.g., Zwift, Tacx Training App), ensure Bluetooth is enabled on your device and the trainer is not connected to another device. Try restarting both the trainer and your device.
- **Inaccurate Readings (Speed, Power, Cadence):** Verify that your tire pressure is correct and the resistance unit is making firm, consistent contact with the tire. Calibration through the Tacx Training App may also be required.
- **Excessive Noise:** Ensure the quick release skewer is properly tightened and the bike is securely mounted. Check for any foreign objects near the flywheel or resistance unit. Proper tire pressure can also reduce noise.
- **Tire Slippage:** Increase the pressure of your rear tire to the maximum recommended by the tire manufacturer. Ensure the resistance unit is adequately tightened against the tire.

Specifications

Feature	Detail
Brand	Tacx
Model Name	Flow
Model Number	T2240.60
Resistance Mechanism	Electromagnetic / Electronic
Max Incline Simulation	7%
Measures	Speed, Power, Cadence
Wheel Size Compatibility	29 Inches (and other standard road/mountain bike wheel sizes with appropriate quick release)
Frame Material	Metal
Product Dimensions (LxWxH)	23.79" x 18" x 5.79"
Item Weight	21 Pounds

Included Components	Flow Smart Trainer, Front wheel support, Quick release for road bikes and mountain bikes (5mm)
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Warranty

The Tacx Flow Smart Trainer comes with a 1-year limited warranty. Please retain your proof of purchase for any warranty claims. The warranty covers defects in materials and workmanship under normal use.

Support

For further assistance, technical support, or to inquire about replacement parts, please visit the official Tacx or Garmin support website. You may also find helpful resources, FAQs, and contact information for customer service there.