

PEXMOR L20081101

PEXMOR Magnetic Bike Trainer Stand Instruction Manual

Model: L20081101

INTRODUCTION

Thank you for choosing the PEXMOR Magnetic Bike Trainer Stand. This manual provides essential information for the safe and efficient assembly, operation, and maintenance of your bike trainer. Please read these instructions thoroughly before use and retain them for future reference.

This trainer allows you to convert your outdoor bicycle into a stationary indoor exercise bike, offering a convenient way to train regardless of weather conditions. It features a magnetic resistance mechanism with 6 adjustable levels and is designed for noise reduction.

SAFETY INFORMATION

- Always ensure the trainer is placed on a flat, stable, and non-slip surface.
- Verify that your bicycle is securely mounted to the trainer before each use.
- Keep children and pets away from the trainer during operation.
- Wear appropriate cycling attire and footwear.
- Do not touch the resistance unit or flywheel during or immediately after use, as they may be hot.
- Regularly inspect the trainer for any loose parts, damage, or wear. Do not use if damaged.
- Consult a physician before starting any new exercise program.

PACKAGE CONTENTS

Please check the package to ensure all components are present:

- PEXMOR Magnetic Bike Trainer Stand Frame
- Magnetic Resistance Unit

- Front Wheel Riser Block
- Quick Release Skewer (for compatible bikes)
- Resistance Adjustment Control Lever
- Assembly Hardware (bolts, nuts, washers)



Image: Overview of the PEXMOR Magnetic Bike Trainer Stand with key components labeled, including adjustment handles, lock, magnetic resistance machine, 5-position rubber feet, and resistance adjustment control.

SETUP INSTRUCTIONS

1. **Unfold the Trainer Stand:** Carefully unfold the trainer stand until it forms a stable A-frame structure. Ensure all locking mechanisms are engaged. The stand is designed to fold for compact storage.

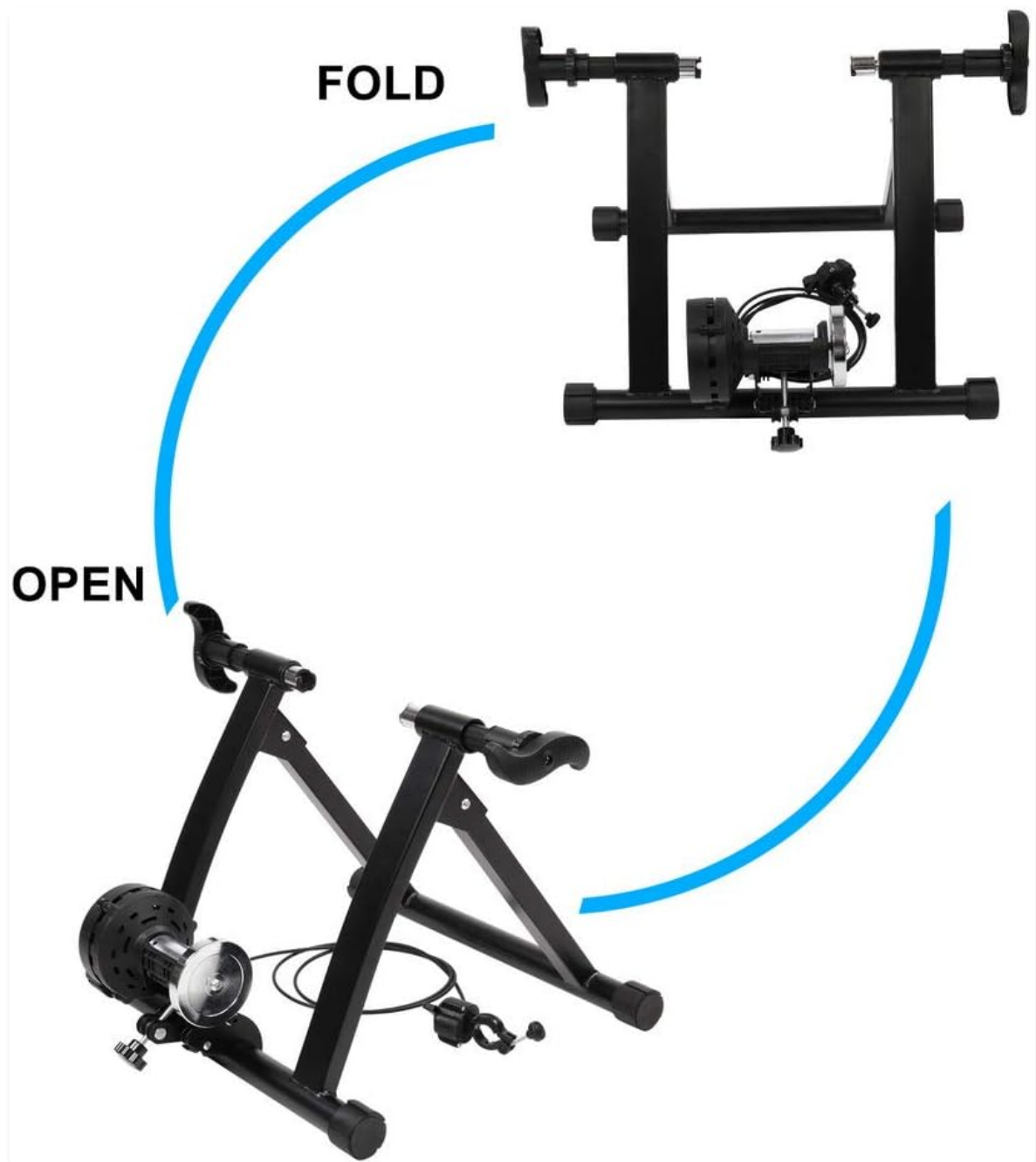


Image: Diagram illustrating how the bike trainer stand folds for storage and opens for use, with arrows indicating the movement.

2. **Attach the Resistance Unit:** Secure the magnetic resistance unit to the trainer frame using the provided hardware. Ensure it is firmly attached and aligned with where your bike's rear wheel will sit.
3. **Install the Resistance Control Lever:** Mount the resistance adjustment control lever onto your bike's handlebars. Route the cable neatly to the resistance unit.
4. **Prepare Your Bike:** If your bike uses a standard quick-release skewer, replace it with the quick-release skewer provided with the trainer. This ensures a secure fit.
5. **Mount Your Bike:** Place your bike's rear wheel axle into the clamps on the trainer stand. Adjust the adjustment handles on both sides to firmly secure the bike. The width between the clamps is adjustable from approximately 5 to 7.7 inches to accommodate various bike hubs.

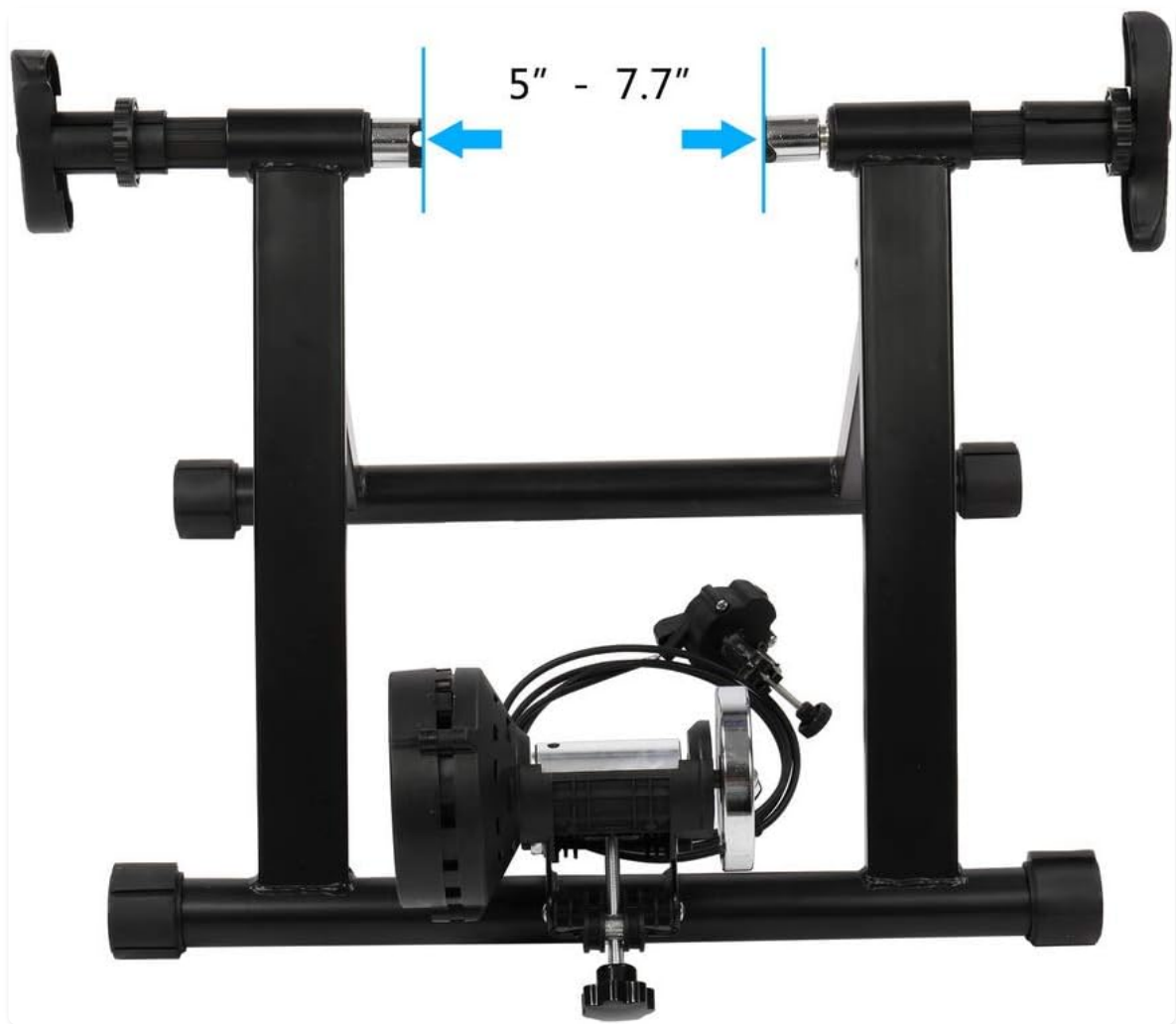


Image: The bike trainer stand with arrows indicating the adjustable width of the mounting clamps, ranging from 5 to 7.7 inches.

- 6. Position the Front Wheel Riser Block:** Place the front wheel riser block under your bike's front wheel to level the bike and provide stability during your workout.



Image: A detailed view of the front wheel riser block, designed to stabilize the bike's front wheel during indoor training.

- 7. Adjust Resistance Unit Contact:** Ensure the roller of the magnetic resistance unit makes firm, even contact with your bike's rear tire. Adjust the resistance screw if necessary to achieve optimal contact without excessive pressure.



Image: A close-up view of the adjustable resistance screw, used to fine-tune the contact between the resistance unit and the bike's rear tire.

- 8. Check Stability:** Before riding, gently rock the bike to ensure it is stable and securely fastened to the trainer. The protective foot caps on the trainer's legs help prevent slipping and protect your floor.



Image: A close-up of the protective foot caps located at the base of the trainer stand, designed to enhance stability and prevent floor damage.

OPERATING INSTRUCTIONS

Resistance Adjustment

The PEXMOR Magnetic Bike Trainer Stand offers 6 levels of magnetic resistance. Use the handlebar-mounted control lever to adjust the resistance during your workout. Lower numbers (1-2) provide lighter resistance suitable for warm-ups or endurance, while higher numbers (5-6) offer greater resistance for intense training or climbing simulations.



Image: A diagram illustrating the 6-speed adjustment resistance control, with visual examples of cycling intensity for levels 1-2 (easy), 3-4 (moderate), and 5-6 (challenging).

Starting Your Workout

1. Ensure your bike is securely mounted and the front wheel is on the riser block.
2. Select your desired resistance level using the handlebar control.
3. Begin pedaling. You can also use your bike's gears to further fine-tune your workout intensity.



Image: A bicycle securely mounted on the PEXMOR Magnetic Bike Trainer Stand, positioned indoors on a wooden floor, ready for a workout.

COMPATIBILITY

This trainer is designed to be compatible with most mountain and road bikes. It accommodates various wheel sizes, with a specified wheel size of 27.5 inches in the product specifications. The adjustable mounting clamps allow for a range of rear axle widths.

MAINTENANCE

- **Cleaning:** Wipe down the trainer frame and resistance unit with a damp cloth after each use to remove sweat and dust. Do not use abrasive cleaners.
- **Inspection:** Periodically check all bolts and connections to ensure they are tight. Inspect the resistance unit for any signs of wear or damage.
- **Tire Wear:** Indoor training can cause accelerated wear on your bike's rear tire. Consider using a dedicated trainer tire for extended use.
- **Storage:** When not in use, the trainer can be folded for compact storage. Store in a dry, cool place

away from direct sunlight.



Image: A close-up view of the noise reduction wheel, part of the magnetic resistance unit, designed to minimize operational sound.

TROUBLESHOOTING

- **Bike is unstable:** Ensure the trainer is on a level surface. Check that the quick-release skewer is fully tightened and the adjustment handles are securely locked. Verify the front wheel riser block is correctly positioned.
- **Too much noise:** Ensure the resistance unit roller has proper contact with the tire. Inflate your tire to the recommended pressure. A dedicated trainer tire can also reduce noise. Check for any loose parts on the trainer or your bike.
- **No or inconsistent resistance:** Check the connection of the resistance control cable to the magnetic unit. Ensure the resistance unit roller is making firm contact with the tire.
- **Tire slipping on roller:** Increase the pressure of the resistance unit against the tire using the adjustable resistance screw. Ensure your tire is clean and dry.

SPECIFICATIONS

Feature	Detail
Brand	PEXMOR
Model Number	L20081101
Resistance Mechanism	Magnetic
Resistance Levels	6
Material	Iron
Compatible Bike Types	Road Bike, Mountain Bike
Wheel Size (Example)	27.5 Inches (check bike for compatibility)
Adjustable Clamp Width	Approx. 5" - 7.7"

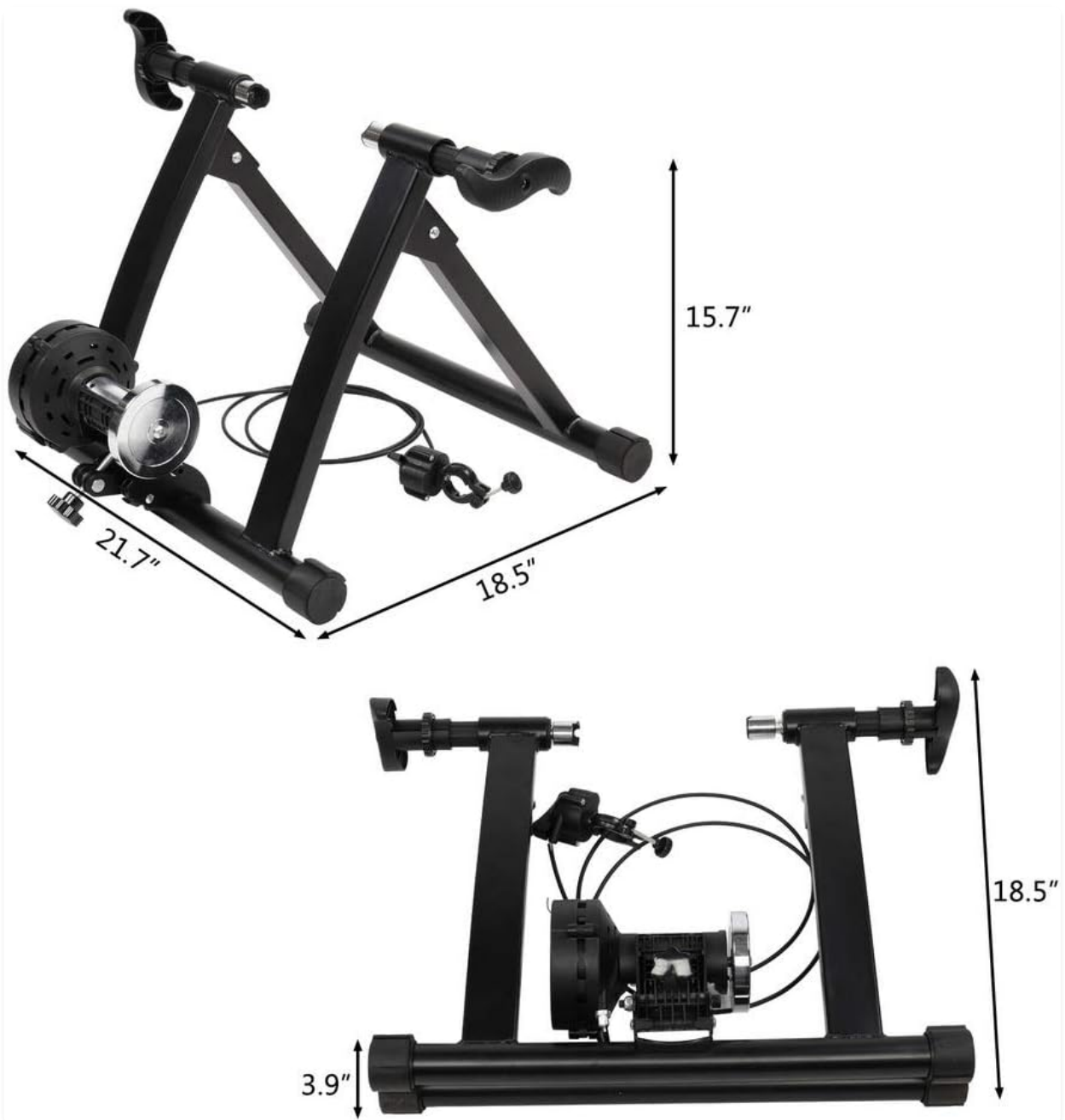


Image: Technical drawing showing the dimensions of the PEXMOR bike trainer stand when open (15.7" height, 21.7" depth, 18.5" width) and when folded (18.5" width, 3.9" height).

WARRANTY INFORMATION

PEXMOR products are manufactured to high-quality standards. For specific warranty details, including coverage period and terms, please refer to the warranty card included with your purchase or contact PEXMOR customer support directly. Keep your proof of purchase for warranty claims.

CUSTOMER SUPPORT

If you have any questions, require assistance with assembly, or encounter issues with your PEXMOR Magnetic Bike Trainer Stand, please contact our customer support team. Refer to the contact information provided in your product packaging or visit the official PEXMOR website for support options.

