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## Cycleinn CI-MT001

# Cycleinn CI-MT001 8-Level Magnetic Resistance Bike Trainer Stand User Manual

Model: CI-MT001

## 1. INTRODUCTION

This manual provides essential instructions for the safe and effective use of your Cycleinn CI-MT001 8-Level Magnetic Resistance Bike Trainer Stand. Please read this manual thoroughly before assembly and operation to ensure proper usage and to prevent injury or damage.

The Cycleinn CI-MT001 is designed to convert your bicycle into a stationary exercise bike, allowing for indoor training regardless of weather conditions. It features 8 levels of magnetic resistance and is compatible with 26-28 inch and 700C wheels.

## 2. SAFETY INFORMATION

- Always ensure the trainer is placed on a flat, stable surface.
- Verify that your bicycle is securely mounted to the trainer before each use. Use the quick-release skewer and dual locking system.
- Keep children and pets away from the trainer during operation.
- Do not exceed the maximum load capacity of 265 lbs (120 kg).
- Wear appropriate cycling attire and footwear.
- Mountain bikes with thru-axles are not suitable for this trainer.
- Regularly inspect the trainer for any signs of wear or damage. Do not use if damaged.

## 3. PACKAGE CONTENTS

Please check that all components are present before beginning assembly:

- Cycleinn Bike Trainer Stand Frame
- Magnetic Resistance Unit
- Handlebar-Mounted Resistance Adjuster
- Front Wheel Riser Block

- Rear Wheel Quick-Release Skewer
- Assembly Tools (Wrenches)
- Product Instruction Manual (this document)

## PRODUCT DETAILS



**Figure 3.1:** Overview of Cycleinn Bike Trainer Stand components. This image displays the main frame, the magnetic resistance unit, the quick-release lever, adjustable foot pads, and the front wheel riser block.

## 4. SETUP AND ASSEMBLY

Follow these steps to assemble your Cycleinn Bike Trainer Stand and mount your bicycle:

### 4.1 Unfolding the Trainer Stand

1. Carefully remove all components from the packaging.
2. Unfold the main frame of the trainer stand until it locks into its open position. Ensure the legs are fully extended for maximum stability.



## FOLDABLE TRAINER STAND

Convenient to store and carry



**Figure 4.1:** The trainer stand in both its folded and unfolded states, illustrating its compact storage and operational dimensions.

### 4.2 Installing the Quick-Release Skewer

1. Remove your bicycle's existing rear wheel skewer.
2. Insert the provided Cycleinn quick-release skewer through the hub of your bicycle's rear wheel.
3. Tighten the skewer nut until it is snug, then close the quick-release lever.

### 4.3 Mounting the Bicycle on the Trainer

1. Position your bicycle with the rear wheel centered between the two clamping mechanisms of the trainer stand.
2. Engage the quick-release clamp on the trainer stand by pressing down the lever. This will secure the bicycle's rear wheel skewer.
3. Tighten the two knobs on both sides of the trainer stand to reinforce the locking mechanism. Ensure the bicycle is firmly held and does not wobble.
4. Place the front wheel riser block under your bicycle's front wheel to level the bike and provide stability.



**Figure 4.2:** A bicycle securely mounted on the trainer stand, demonstrating the correct placement of the front wheel riser block for a level riding position.

# Great Compatibility

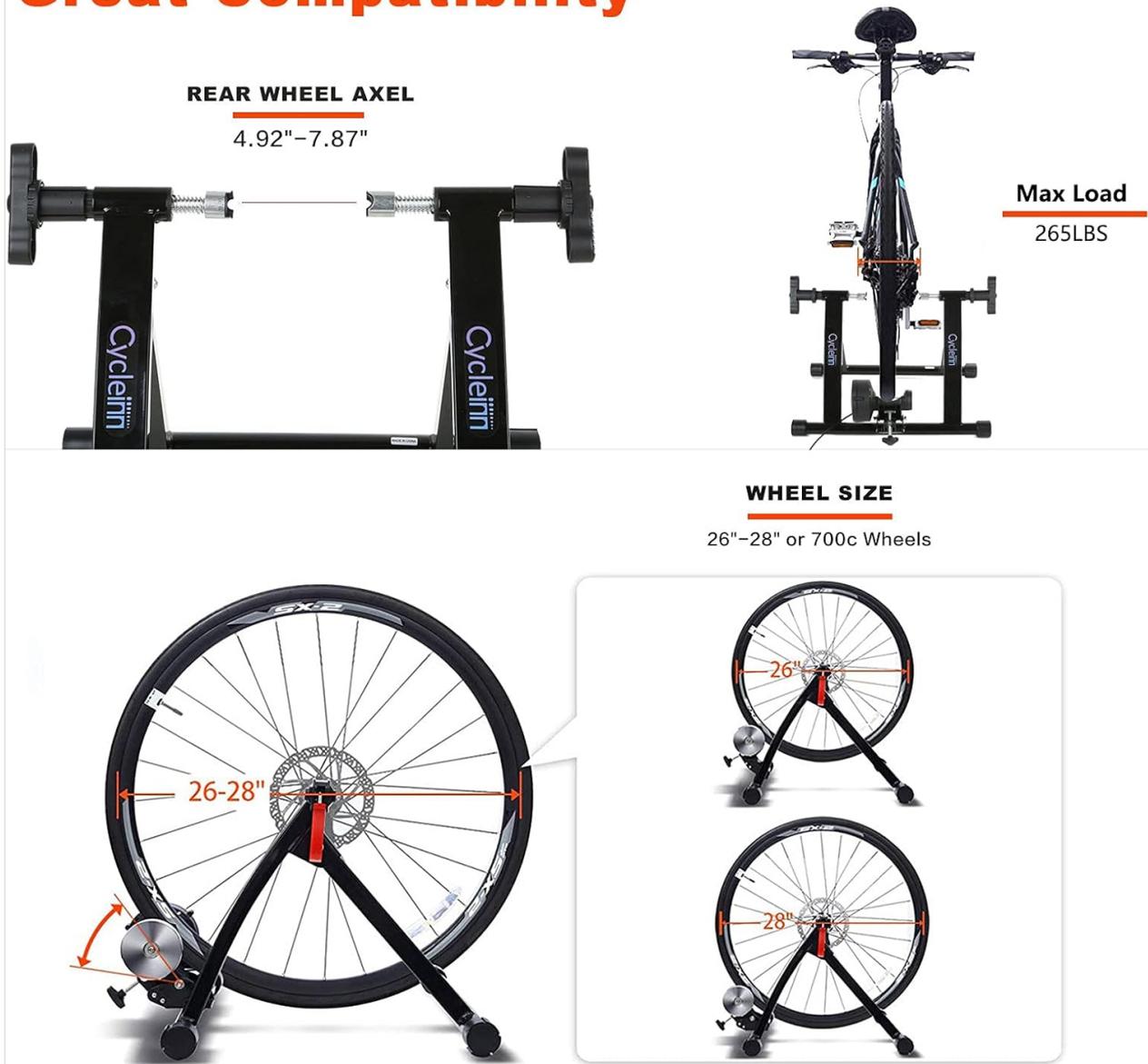


Figure 4.3: Diagram illustrating the compatible rear wheel axle width (4.92-7.87 inches) and wheel sizes (26-28 inches or 700C) for the trainer stand.

## 4.4 Adjusting the Resistance Unit

1. Ensure the magnetic resistance unit is positioned against the rear tire.
2. Use the pressure regulating device (knob) to apply appropriate pressure between the resistance roller and the tire. The roller should be firmly against the tire, but not so tight as to cause excessive wear or drag.



**Figure 4.4:** Detailed view of the magnetic resistance unit, highlighting the smoother design for tire protection, the pressure regulating device, and the magnetic flywheel for quiet operation.

#### 4.5 Installing the Handlebar Resistance Adjuster

1. Attach the handlebar-mounted resistance adjuster to your bicycle's handlebars using the provided clamp.
2. Route the cable from the adjuster to the magnetic resistance unit, ensuring it does not interfere with steering or pedaling.

### 5. OPERATING INSTRUCTIONS

#### 5.1 Adjusting Resistance Levels

The Cycleinn CI-MT001 offers 8 levels of magnetic resistance. These levels are controlled by the handlebar-mounted adjuster.

- To increase resistance, twist the adjuster clockwise to a higher number (e.g., from 1 to 8).
- To decrease resistance, twist the adjuster counter-clockwise to a lower number (e.g., from 8 to 1).

Adjust the resistance to simulate various cycling conditions, from flat roads to steep inclines, to match your training goals.



## ADJUSTABLE RESISTANCE SETTINGS

BRING YOU MORE REALISTIC ROAD FEELING



1-2



3-4



5-6



7-8

Figure 5.1: The handlebar-mounted resistance adjuster, showing the dial for selecting one of the 8 resistance levels.

### 5.2 Starting Your Workout

1. Ensure your bike is securely mounted and the front wheel riser block is in place.
2. Begin pedaling at a comfortable pace.
3. Adjust the resistance level as desired using the handlebar control.

### 5.3 Dismounting Your Bicycle

1. Bring your bicycle to a complete stop.
2. Loosen the two side knobs on the trainer stand.
3. Release the quick-release lever clamp to detach the bicycle.
4. Carefully remove your bicycle from the trainer.

## 6. MAINTENANCE

- **Cleaning:** Wipe down the trainer stand with a damp cloth after each use to remove sweat and dust. Avoid abrasive cleaners.
- **Inspection:** Periodically check all bolts, nuts, and moving parts for tightness and wear. Tighten any loose fasteners.

- **Storage:** When not in use, the trainer can be folded for compact storage. Store in a dry, cool place away from direct sunlight.
- **Tire Wear:** The resistance unit will cause some wear on your bicycle's rear tire. Consider using a dedicated trainer tire for extended indoor use to preserve your outdoor tires.

## 7. TROUBLESHOOTING

Problem	Possible Cause	Solution
<b>Excessive Noise</b>	<ul style="list-style-type: none"> <li>◦ Rough or knobby bicycle tires (e.g., mountain bike tires).</li> <li>◦ Insufficient pressure between resistance roller and tire.</li> <li>◦ Loose components on the trainer or bicycle.</li> </ul>	<ul style="list-style-type: none"> <li>◦ Use a smooth road bike tire or a dedicated trainer tire.</li> <li>◦ Increase pressure on the resistance roller using the regulating device.</li> <li>◦ Check and tighten all bolts and connections on the trainer and your bike.</li> </ul>
<b>Bike feels unstable</b>	<ul style="list-style-type: none"> <li>◦ Trainer not on a flat surface.</li> <li>◦ Bicycle not securely clamped.</li> <li>◦ Front wheel riser block not used or improperly placed.</li> </ul>	<ul style="list-style-type: none"> <li>◦ Move trainer to a level surface.</li> <li>◦ Ensure quick-release and side knobs are fully tightened.</li> <li>◦ Always use the front wheel riser block and ensure it's centered.</li> </ul>
<b>No resistance or inconsistent resistance</b>	<ul style="list-style-type: none"> <li>◦ Resistance cable loose or disconnected.</li> <li>◦ Resistance roller not making proper contact with tire.</li> </ul>	<ul style="list-style-type: none"> <li>◦ Check cable connection at both the handlebar adjuster and the resistance unit.</li> <li>◦ Adjust the pressure regulating device to ensure firm contact.</li> </ul>

## 8. SPECIFICATIONS

<b>Model Number</b>	CI-MT001
<b>Brand</b>	Cycleinn
<b>Resistance Mechanism</b>	Magnetic
<b>Resistance Levels</b>	8
<b>Compatible Wheel Sizes</b>	26" - 28" and 700C
<b>Maximum Load Capacity</b>	265 lbs (120 kg)
<b>Frame Material</b>	Stainless Steel
<b>Product Dimensions (Unfolded)</b>	Approx. 54.86 x 45.01 x 50.98 cm (21.65 x 17.72 x 20.07 inches)

<b>Item Weight</b>	8.19 kg (18.05 lbs)
<b>Included Components</b>	Front Wheel Riser Block, Product Instruction Manual, Rear Wheel Skewer

## 9. WARRANTY AND SUPPORT

This product may be eligible for extended warranty options. Please refer to your purchase documentation or contact your retailer for details regarding available warranty plans.

For technical support or inquiries regarding your Cycleinn CI-MT001 Bike Trainer Stand, please contact Cycleinn customer service through the retailer where the product was purchased.

## Related Documents - CI-MT001

	<p><a href="#">Cycleinn Bike Trainer Operation Instructions and User Guide</a></p> <p>Comprehensive operation instructions, installation guide, spare parts list, and maintenance tips for the Cycleinn Bike Trainer (Model CI-FT001), designed for indoor cycling.</p>
	<p><a href="#">Cycleinn Bike Trainer Operation Instructions and User Guide</a></p> <p>Comprehensive operation instructions, installation guide, spare parts list, and maintenance tips for the Cycleinn Bike Trainer (Model CI-FT001), designed for indoor cycling.</p>
	<p><a href="#">NTN Premium Base 2w1 Funky Neon - Professional Nail Base Coat Instructions &amp; Ingredients</a></p> <p>Official product information for NTN Premium Base 2w1 Funky Neon, including detailed ingredients and professional usage instructions. This guide is presented in English.</p>
	<p><a href="#">Advanced Bionics M Zn-Air Battery Pak CI-5501 Instructions for Use</a></p> <p>User guide for the Advanced Bionics M Zn-Air Battery Pak (CI-5501), providing instructions on operation, care, maintenance, and safety for cochlear implant users and professionals.</p>
	<p><a href="#">PureGlow Essential Gel - Material Safety Data Sheet (MSDS)</a></p> <p>Material Safety Data Sheet (MSDS) for Vetsy LLC's PureGlow Essential Gel, detailing identification, composition, hazards, first aid, handling, storage, and regulatory information.</p>



## [BRAWA HO Scale Passenger and Command Cars: Operating Instructions and Technical Guide](#)

Comprehensive operating instructions and technical guide for BRAWA HO scale model railway passenger cars (Pwi-28, Bi-29, BCI-28, Ci-28) and command cars (Bif-28, BPwif-28), covering installation, maintenance, and spare parts.

## Documents - Cycleinn – CI-MT001

### [\[pdf\]](#) Instructions Frequently Asked Questions Borchure

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### [\[pdf\]](#) Instructions Frequently Asked Questions Guide Borchure

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