

Manuals+

[Q & A](#) | [Deep Search](#) | [Upload](#)

manuals.plus /

› [CYCPLUS](#) /

› [CYCPLUS T2 Smart Bike Resistance Trainer User Manual](#)

CYCPLUS T2

CYCPLUS T2 Smart Bike Resistance Trainer User Manual

Model: T2

INTRODUCTION

Welcome to the user manual for your CYCPLUS T2 Smart Bike Resistance Trainer. This manual provides essential information for setting up, operating, and maintaining your trainer to ensure a safe and effective indoor cycling experience. The T2 trainer features a high-precision brushless motor, dual-mode BLE/ANT+ connectivity, virtual shifting support, and realistic gradient simulation.

1. PRODUCT OVERVIEW AND COMPONENTS

Familiarize yourself with the components included with your CYCPLUS T2 trainer.



Image 1.1: The CYCPLUS T2 Smart Bike Resistance Trainer with its pre-installed cassette.

Packing List:

- CYCPLUS T2 Trainer (1)
- Pre-installed Cassette (11-speed Shimano type)

- AC adapter and cable (1)
- Thru-axle adapters (R and L, pre-installed)
- Quick release adapters (R and L)
- 17mm Wrench (for thru-axle adapter-R)
- H5 Allen key (for quick release adapter-R)
- 8-10 speed cassette spacer
- Cassette adjustment spacers (7x)
- Disc brake spacer
- Cushioning mat (1)
- User Manual (1)

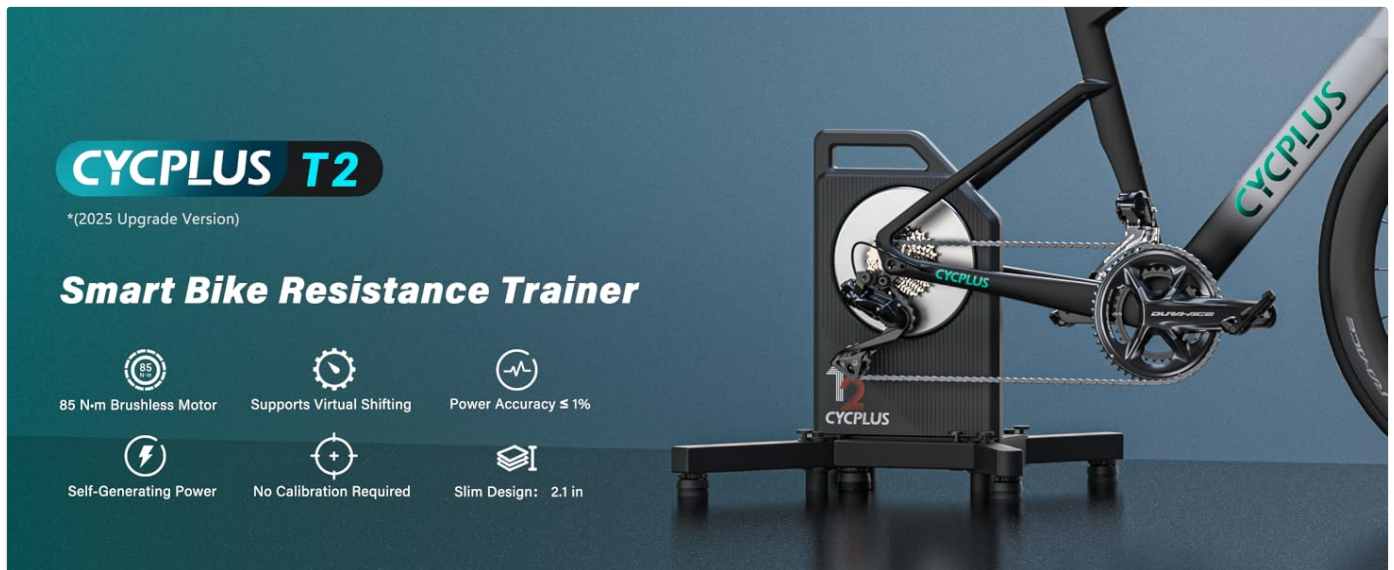


Image 1.2: Detailed diagram of all included components in the CYCPLUS T2 package.

2. SETUP AND INSTALLATION

2.1 Unfolding the Trainer Legs

To prepare the trainer for use, unfold its legs for stability.

1. Press and hold the lock latch on one leg.
2. Unfold the leg until you hear a click, indicating it is securely locked in place.
3. Repeat for the other leg.

Your browser does not support the video tag.

Video 2.1: Quick Release Frame Installation Tutorial. This video demonstrates how to unfold the trainer legs and install a bike with a quick-release skewer.

2.2 Installing Your Bike (Thru-Axle Frame)

Follow these steps to install a thru-axle road bike frame onto the trainer.

1. Remove the pre-installed quick release lever and adapter from the trainer using the included #5 Allen key.
2. Select the appropriate thru-axle adapter (142mm for road bikes, 148mm for mountain bikes) and install it with the correct hub width facing outwards.
3. Shift your bike's chain to the smallest cog on its cassette. If doing this alone, raise the rear wheel and turn the crank to shift the chain to the smallest chainwheel.

4. Toggle the rear derailleur and carefully remove the rear wheel from your bike.
5. Align the bike chain with the smallest cog of the cassette on the T2 trainer.
6. Mount the bike frame onto the T2 trainer, ensuring the spacing is aligned with the axle.
7. Install the thru-axle through the bike frame and trainer, then secure it firmly.
8. Gently shake the bike frame to confirm it is securely attached to the T2 trainer.

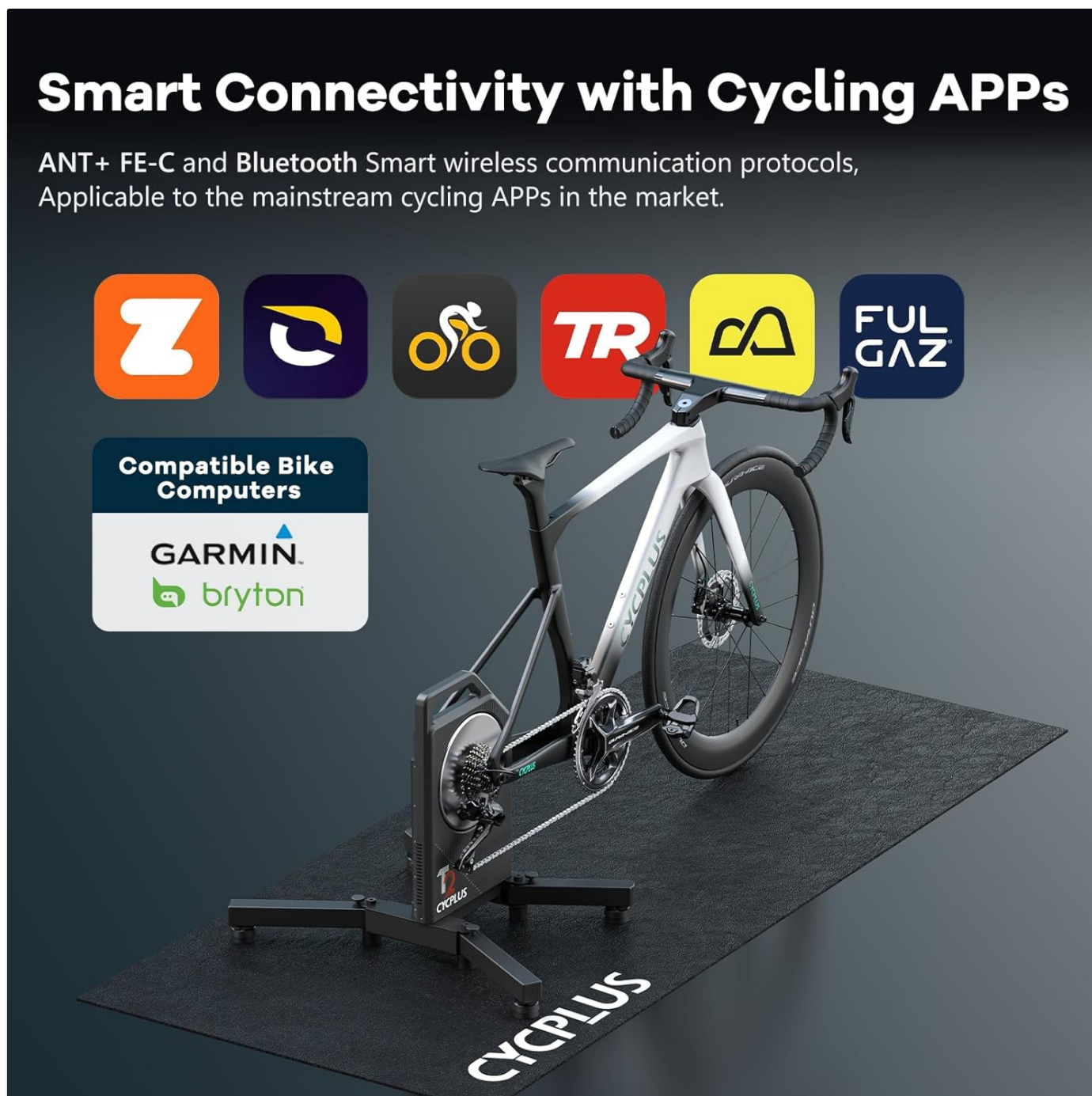
Your browser does not support the video tag.

Video 2.2: Thru-Axle Frame Installation Tutorial. This video guides you through installing a thru-axle bike onto the CYCPLUS T2 trainer.

2.3 Adjusting Trainer Height

Adjust the trainer's feet to ensure stability and level positioning on your training surface.

1. Rotate the foot to fit the cushioning mat (if used).
2. Adjust the lock nut until the foot is fixed at the desired height. The maximum adjustable height is 16mm.



Smart Connectivity with Cycling APPs

ANT+ FE-C and Bluetooth Smart wireless communication protocols,
Applicable to the mainstream cycling APPs in the market.

Compatible Bike Computers

GARMIN
bryton

FULGAZ

The image shows a white road bike mounted on a black CYCPLUS T2 trainer. Above the bike, there are six app logos: Z, a stylized 'C' in a circle, a cyclist icon, TR, a stylized 'A' in a circle, and FULGAZ. The trainer is on a black mat with the CYCPLUS logo.

Image 2.3: Close-up of the adjustable feet on the CYCPLUS T2 trainer, showing how to rotate and fix them for stability.

3. OPERATING INSTRUCTIONS

3.1 Connectivity and App Usage

The CYCPLUS T2 trainer supports dual-mode BLE/ANT+ connectivity, allowing it to connect with various cycling applications and devices.

1. Download the CYCPLUS APP from your device's app store (App Store, Google Play).
2. Open the CYCPLUS APP and select your T2 cycling trainer to connect.
3. Once connected, you can adjust various parameters in the settings, such as body weight, rider weight, chain drive coefficient, and downhill coefficient, for a personalized and realistic training experience.
4. You can also reset personal data (mileage/duration) within the app. Note that the system's cumulative mileage cannot be reset.
5. Enter exercise mode to train with fixed power or fixed gradient by sliding the respective controls.

Your browser does not support the video tag.

Video 3.1: CYCPLUS Application User Tutorial. This video demonstrates how to connect the trainer to the CYCPLUS app and adjust settings.

Virtual Shifting Smooth Gear Changes

Enjoy silent, jerk-free transitions with virtual gearing-no more chain noise or constant shifting, just seamless resistance control.

*Requires the CYCPLUS BC2 Shifter (sold separately) and is not available in ERG mode.



Image 3.1: The CYCPLUS T2 trainer showing compatibility with various cycling applications like Zwift, Rouvy, and others.

3.2 Virtual Shifting

The T2 trainer supports virtual shifting for quiet, jerk-free transitions and seamless resistance control. This feature requires the CYCPLUS BC2 Shifter, sold separately, and is not available in ERG mode.

Self-Powered Design

The T2 enables cordless operation without external power. It breaks free from outlet limitations with unrestricted mobility.

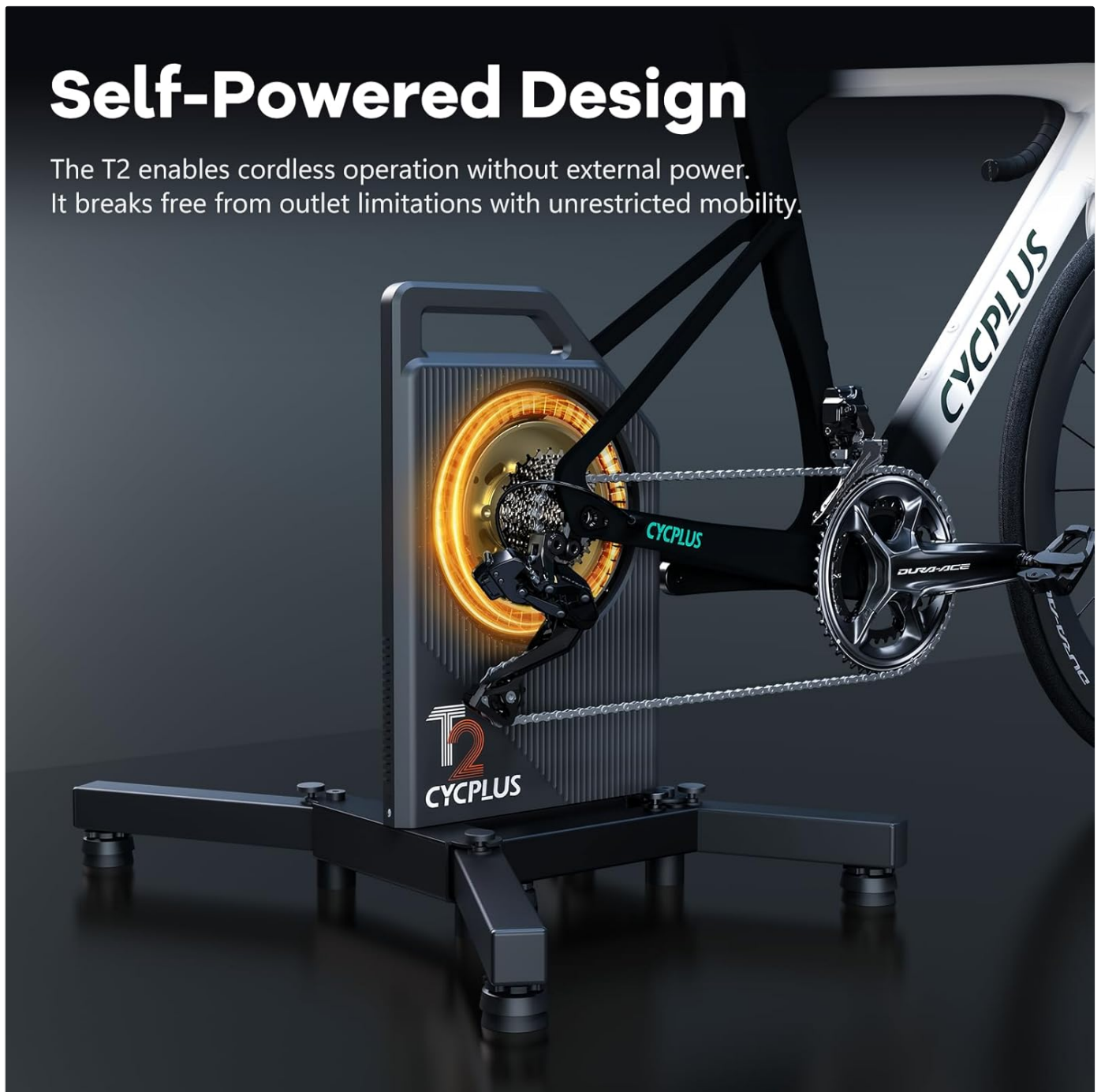


Image 3.2: Diagram illustrating virtual shifting functionality with the optional CYCPLUS BC2 Shifter.

3.3 Realistic Gradient Simulation

The trainer can simulate inclines up to 20%, automatically adjusting with your cycling apps for a true-to-life riding experience. When connected to an external power source, the motor neutralizes frictional resistance and simulates higher rotational inertia for enhanced realism during downhill scenarios.

Rapid Heat Dissipation

The dual-fan system paired with motor-optimized thermal conduction ensures stable temperature control without overheating.



Image 3.3: Visual representation of the T2 trainer's uphill and downhill simulation capabilities.

4. MAINTENANCE

Regular maintenance ensures the longevity and optimal performance of your CYCPLUS T2 trainer.

- **Cleaning:** Wipe down the trainer regularly with a damp cloth to remove sweat and dust. Avoid using abrasive cleaners or solvents.
- **Storage:** When not in use, store the trainer in a dry, cool place. Its compact, foldable design and oversized handle make it easy to move and store.
- **Firmware Updates:** Check the CYCPLUS app periodically for firmware updates to ensure your trainer has the latest features and performance improvements.
- **Heat Dissipation:** The T2 features a dual-fan cooling system for efficient heat dissipation. Ensure the vents are not obstructed during use.

Uphill/ Downhill Simulation

Uphill Simulation

Maximum Gradient Simulation

20%



Downhill Simulation

When connected to an external power source, the motor neutralizes frictional resistance and simulates higher rotational inertia, enhancing realism for downhill scenarios



Image 4.1: Illustration of the T2 trainer's dual-fan cooling system for rapid heat dissipation.

5. TROUBLESHOOTING

If you encounter any issues with your CYCPLUS T2 trainer, refer to the following common troubleshooting tips:

- **Connectivity Issues:** Ensure Bluetooth or ANT+ is enabled on your device. Restart both the trainer and your device. Check for app updates.
- **Inaccurate Power Readings:** Verify that the chain drive coefficient is correctly set in the CYCPLUS app. Ensure the trainer is on a stable, level surface.
- **Unusual Noise:** Check that all bike components (chain, derailleur) are properly aligned and lubricated. Ensure the trainer legs are fully unfolded and locked.
- **Resistance Problems:** Confirm the trainer is connected to a power source if using features that require external power (e.g., downhill simulation). Check app settings for power or gradient modes.

For further assistance, please contact CYCPLUS customer support.

6. SPECIFICATIONS

Feature	Specification
Brand	CYCPLUS
Model Name	T2
Color	Black
Material	Alloy Steel, Metal, Plastic, Stainless Steel
Resistance Mechanism	Electromagnetic
Max Power	2200W
Power Accuracy	±1%
Max Torque	85 N·m
Max Gradient Simulation	20%
Connectivity	BLE 5.0 & ANT+
Noise Level	Under 40 dB
Folded Footprint	11.8" x 10.1" (300 mm x 257 mm)
Weight	38.1 lbs (17.3 kg)
Cassette Compatibility	8-12 Speed HG Cassettes (XDR/XD Cassettes user-provided)
Axle Support	Thru-Axle: 12x142 mm, 12x148 mm; Quick Release: 5x130 mm, 5x135 mm

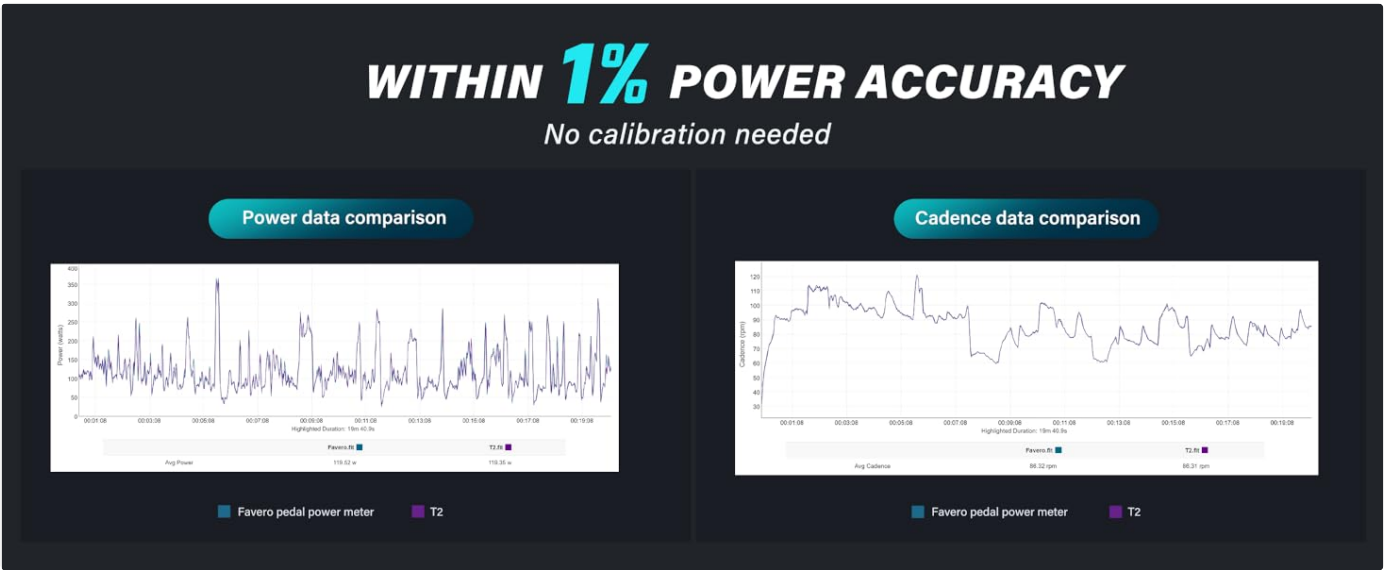


Image 6.1: Comparison table of CYCPLUS smart bike trainers, including T2 specifications.

7. WARRANTY INFORMATION

The CYCPLUS T2 Smart Bike Resistance Trainer comes with a two-year warranty. Please retain your proof of purchase




for warranty claims. For detailed warranty terms and conditions, refer to the official CYCPLUS website or contact customer support.



8. CUSTOMER SUPPORT

For any questions, technical support, or service inquiries regarding your CYCPLUS T2 trainer, please visit the official CYCPLUS website or contact their customer service department. Contact information can typically be found on the product packaging or the official brand website.

You can also visit the [CYCPLUS Store on Amazon](#) for more product information and support resources.

Related Documents - T2

<div><div>CYCPLUS</div><div>Smart Bike Trainer</div><div></div><div>User Manual</div></div>	<div>CYCPLUS T3 Smart Bike Trainer User Manual</div> <div>Comprehensive user manual for the CYCPLUS T3 Smart Bike Trainer, covering setup, installation, operation, and specifications. Learn how to connect your bike, use the CYCPLUS app, and troubleshoot common issues.</div>
<div><div>CYCPLUS</div><div>Smart Bike Trainer</div><div></div><div>User Manual</div></div>	<div>CYCPLUS T2 Smart Bike Trainer User Manual</div> <div>User manual for the CYCPLUS T2 Smart Bike Trainer, covering setup, installation, working modes, applications, and specifications.</div>
<div><div>CYCPLUS</div><div>R200</div><div>Smart Bike Trainer</div><div>User Manual</div></div>	<div>CYCPLUS R200 Smart Bike Trainer User Manual</div> <div>This user manual provides instructions for the CYCPLUS R200 Smart Bike Trainer, covering unboxing, installation, setup, and specifications. Learn how to connect your bike, use different modes, and troubleshoot common issues.</div>
<div><div>CYCPLUS</div><div>Smart Bike Trainer</div><div></div><div>User Manual</div></div>	<div>CYCPLUS T2 Smart Bike Trainer User Manual</div> <div>Comprehensive user manual for the CYCPLUS T2 Smart Bike Trainer, covering setup, operation, specifications, and troubleshooting.</div>

<div data-bbox="150 114 277 165"><p>CYCPLUS Smart Bike Trainer</p></div> <div data-bbox="172 197 255 277"></div> <div data-bbox="165 302 261 324"><p>User Manual</p></div>	<div data-bbox="341 219 874 248"><p>CYCPLUS T3 Smart Bike Trainer User Manual</p></div> <div data-bbox="341 259 1414 367"><p>User manual for the CYCPLUS T3 Smart Bike Trainer, covering setup, installation, usage, and specifications. Learn how to connect your bike, understand working modes, and troubleshoot common issues.</p></div>
<div data-bbox="143 555 284 624"><p>CYCPLUS Smart Bike Trainer</p></div> <div data-bbox="165 640 261 721"></div> <div data-bbox="159 734 268 757"><p>User Manual</p></div>	<div data-bbox="341 620 893 649"><p>CYCPLUS T2H Smart Bike Trainer User Manual</p></div> <div data-bbox="341 660 1385 730"><p>Comprehensive user manual for the CYCPLUS T2H Smart Bike Trainer, covering unboxing, installation, setup, working modes, application usage, troubleshooting, and specifications.</p></div>