

# TRUETRAINER

## QUICK START GUIDE



TRUEKINETIX



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# 1. BEFORE YOU START

The TrueTrainer is not just another indoor trainer; it is the world's first robotic indoor direct-drive trainer with many features to enhance indoor training. To use the trainer properly, first read this quick start guide. This document contains instructions for assembling your TrueTrainer correctly and starting your first ride.

## 1.1 IMPORTANT PRECAUTIONS

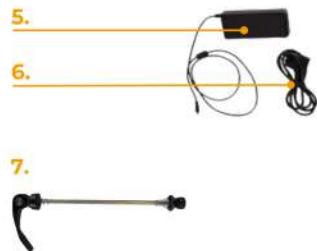
- Only use the external power adapter that came with the TrueTrainer. Using another type or brand of external power adapter may cause a dangerous situation, which could lead to personal injury, damage to the equipment, or even fire, or it can cause irreversible damage to the TrueTrainer.
- Keep the TrueTrainer and power cord away from heat.
- Please shut down the trainer correctly after use to ensure your data is saved. Shut down by pressing the switch for 3 seconds or via the TrueKinetix app.
- Update the TrueTrainer if possible. Ensure proper updating by connecting the charger, and do not force shut on the trainer while updating.
- Perspiration, moisture, and condensation can harm the electronics. Therefore, do not use the TrueTrainer in damp areas or expose the product to water or moisture.
- Incorrect use and/or maintenance will void the warranty.
- Only use the TrueTrainer when fully assembled and properly set up.
- We recommend keeping the original packaging for the return period. If you lose the original packaging, you can request new packaging through the TrueKinetix Online Support Centre. Additional costs may apply.
- Before beginning any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.
- This appliance is not intended for use by persons (including children) with reduced physical, sensory, or mental capabilities or lack of experience and knowledge unless they have been given supervision or instruction concerning its use by a person responsible for their safety.
- Never allow children under age 14 or pets on or around the trainer. Children should be supervised to ensure they do not play with the appliance.

## 1.2 PARTS OF THE TRUETRAINER

- |                         |                                       |
|-------------------------|---------------------------------------|
| 1. Power button         | 9. TrueTrainer                        |
| 2. Bolts 2x             | 10. Motor unit                        |
| 3. Legs 2x              | 11. User status LED                   |
| 4. Rubber feet 5x       | 12. Battery status LED                |
| 5. Power adapter        | 13. HDMI port **                      |
| 6. Power cable          | 14. USB port **                       |
| 7. Quick release skewer | 15. Thru axle adapter set (S-L-R)     |
| 8.8. Cassette*          | 16. Quick release adapter set (S-L-R) |

\*Included with TrueTrainer 6.2 and 8.2.

\*\*Only TrueTrainer 8.2



## 1.3 TOOLS NEEDED FOR ASSEMBLY [NOT INCLUDED]

- Lockring tool (only TrueTrainer 4.2)
- 1.8 mm spacer (only 8, 9 or 10 speed cassette)
- 5 mm allen key (only thru axle bikes)

## 2. SET UP THE TRAINER

### 2.1 UNPACK & UNFOLD THE LEGS

1. Remove the trainer from the packaging.
2. Unfold the legs at both sides.
3. Secure each leg with the supplied bolts (a).
4. Turn the rubber feet (b) until trainer is levelled.



### 2.2 INSTALL THE CASSETTE [ONLY TRUETRAINER 4.2]

You can skip this step if you have a TrueTrainer 6.2 with a pre-installed cassette.

1. To install an 11-speed cassette, place it on the hub and use a lockring tool (not included) to secure it.
2. To install an 8, 9 or 10-speed cassette, a 1.8mm spacer (not included) must be used between the hub and cassette.
3. Ensure the free hub is aligned with the trainer (image 1). If the freehub sticks out (image 2), push the three pawls with a screwdriver and push the cassette simultaneously while turning the cassette anti-clockwise (image 3).



Image 1



Image 2



Image 3

## 2.3 MOUNT YOUR BIKE [QUICK RELEASE]

If your bike has thru axle, proceed to the next page (2.4).

### 1. MEASURE YOUR BIKE

Depending on the distance between the rear-ends and thus the length of your axle, part S should be inside or outside your frame.

1. Measure the distance between your rear-ends by using the arrows on this page.
2. For a 130mm axle, part S should be on the outside of the bike frame.
3. For a 135mm axle part S should be on the inside of the bike frame.



### 2. MOUNT THE ADAPTERS AND ATTACH YOUR BIKE

1. Part R is already mounted on the trainer.
2. Position parts L and S on the non-drive side.
3. Shift your bike into its smallest sprocket.
4. Install your bike by aligning the chain with the smallest sprocket and placing the rear ends onto the adapters. Make sure part S is on the right side of the bike frame.
5. Make sure the rear ends are fully seated, and then tighten and close the lever. This should take significant effort.

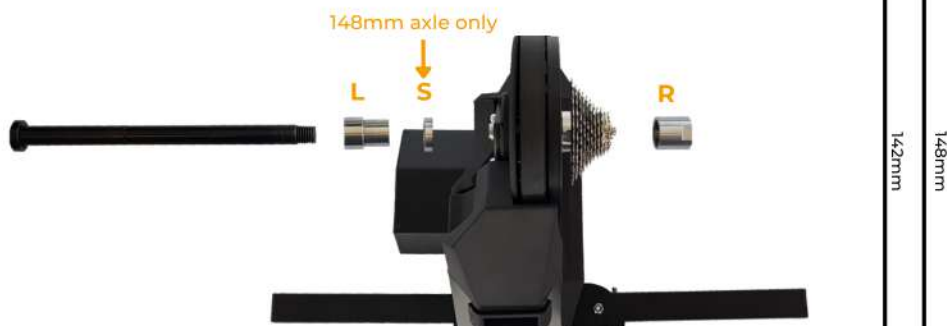


## 2.4 MOUNT YOUR BIKE [THRU AXLE]

### 1. MEASURE YOUR BIKE

Depending on the distance between the rear-ends and thus the length of your axle, part S should be included.

1. Measure the distance between your rear-ends by using the arrows on this page.
2. For a 142mm thru axle, part S should be left out.
3. For a 148mm thru axle, part S should slide over part L.



### 2. MOUNT THE ADAPTERS AND ATTACH YOUR BIKE

1. Remove the nut on the drive side using a 5 mm allen key. Make sure the cassette stays aligned with the trainer. If it is not, refer to step 2.2.
2. Position part R (of the thru-axle adapter set) at the drive side and tighten gently. It should be hand-tight, and the cassette must be able to turn freely.
3. Position part L and, if necessary, S on the non-drive side.
4. Shift your bike into its smallest sprocket.
5. Install your bike by aligning the chain with the smallest sprocket and placing the rear ends onto the adapters.
6. Ensure the rear-ends are fully seated, and then pass the thru-axle through the rear-ends and tighten until fastened.



### 3. START TRAINING

Before you proceed, please download the TrueKinetix app and create a TrueAthletes account. Using the TrueKinetix app, you can connect the TrueTrainer with your WIFI network, configure virtual gears (if TrueTrainer 6.2), and view your training data. Scan the QR code below to download the TrueKinetix app from the Google Play Store (Android) or App Store (iOS) and create a TrueAthletes account.

#### TRUEKINETIX APP



#### 3.1 CONNECT THE TRUEKINETIX APP

1. Connect the adapter to the TrueTrainer and a main power source.
2. Push the power button. The LEDs will start to color green, followed by blue.
3. Once the LEDs are blue, open the TrueKinetix app and select 'CONNECT'.
4. Select the TrueTrainer with the corresponding TrueTrainer ID.
5. Once connection has been established, the 'CONNECT' button has changed to 'SETUP'.



**Caution: please fully run the start-up procedure before your start your training. The TrueTrainer is ready when the motor has spun.**

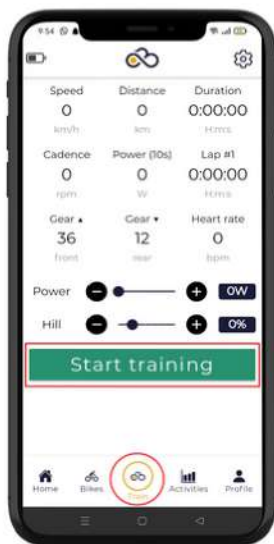
#### 3.2 START TRAINING SESSION

1. In the TrueKinetix app navigate to the 'TRAIN' tab.
2. Select 'START TRAINING'.
3. To simulate hills or descends, move the HILL slider to the desired elevation percentage.
4. To train with ERG mode, move the POWER slider to the desired power level in watts.



### 3.3 END TRAINING SESSION

1. To end the training session, select 'FINISH training'.
2. To ensure your training is saved correctly, shut down the trainer by pressing the power button until white lights start flashing (approximately 3 seconds) or via the TrueKinetix App.



## 4. NEED MORE HELP?

In case you have further questions regarding your TrueTrainer, please visit one of the following links for further help and clarification. Or visit the following URL: <https://truekinetix.com/support/>.

### LINK TO MANUAL

Scan the QR-code below to view a more detailed manual of your TrueTrainer.



### LINK TO TRUETRAINER VIDEOS

Scan the QR-code below to view supporting videos on how to get started with your TrueTrainer and get visual support with installing the TrueTrainer.



### LINK TO OUR SUPPORT CENTER

If you run into issues, please scan the QR-code below to visit the support center to look at the frequently asked questions and troubleshooting instructions.



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