Effective Training Instructions and Solutions:

TIRE INSPECTION:

WARNING!

Also, check to see that each tire is seated properly.

Inspect your tires regularly for tread wear, cuts, and which may result in serious injury.

Use a tire pressure gauge to check for proper inflation.

which is molded on the sidewall of the tires. Check tires

All tires lose air pressure over time. Keeping the tires

and increase power transfer to the pedals.

By manipulating the resistance setting and your

Effective Training requires some load resistance.

The Linkage pillar

Unfold the Giant Cyclotron Trainer and place it on a /floor, dry surface.

speed. Make sure that your bicycle is properly installed

a safe distance away from your trainer while it is in use.

during your workout. Keep children, pets, and property

if at anytime you feel light-headed, nauseous, or dizzy

the Cyclotron product.

Consult your doctor before beginning any exercise

routine or before using any /fitness product, including

people that made it. Not the people that distribute it.

Like anything else in life - and particularly in sporting

activities, bicycling/training involves risk. The risk is

important to remember.

CAUTION

Made in the USA - except for the following:

ando, are made in China.

one of the following:

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