

PRECAUTIONS

- This trainer is for intermediate to advanced cyclists only. If you are unfamiliar with proper training technique, please seek professional guidance.
- **Use only on a flat and level surface.** Make sure the underside of the drums does not contact the ground, carpet, etc.
- Do not use in dusty or dirty conditions
- Your roller drums are precision lathe-turned for a smooth ride. Protect the drums from damage during use, handling and storage.

Care and Maintenance

- Always wipe the trainer down after use to avoid corrosion. Use a damp cloth only; do not use any cleaners.
- The bearings are permanently lubricated and sealed, and they do not require maintenance.
- Make sure all fasteners are snug, but do not overtighten.

Warranty

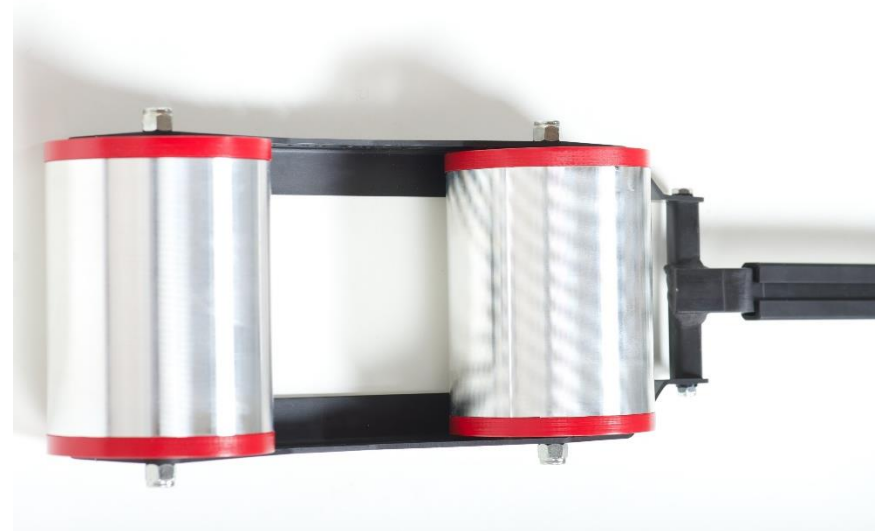
SportCrafters warrants all products to be free of any and all defects in material or workmanship. This warranty does not apply to parts that have excessive wear due to normal use, misuse, neglect, accident, or acts of God. Where applicable, incidental and consequential damages are not covered, and there are no other warranties, expressed or implied. This warranty applies to the original owner, and is valid for a lifetime.

Please retain your receipt as proof of purchase.

In the event of a warranty, please contact us at info@sportcrafters.com, or call 574-243-2453.

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OMNIUM



**SPORT
CRAFTERS**

100% Handmade in the USA

www.SportCrafters.com

Thank you for choosing the SportCrafters Omnium Trainer. This unique device was designed to be the perfect companion for race warm-up and travel, and can also be used to train indoors. The integrated resistance, all contained within the roller drums, packs a punch at higher speeds for a heart-pumping interval workout.



Please review the following information:

- **Trainer Assembly and Use**
- **Precautions**
- **Care and Maintenance**
- **Warranty**

Trainer Assembly and Use

- 1) Unscrew and remove the silver legs
- 2) Loosen the skewer
- 3) Loosen the captive knurled nut (pictured right). When folding the Omnium up after use, loosen this nut before folding.
- 4) Gently unfold the roller base from the fork stand
- 5) Continue to unfold the fork stand away from the telescoping beams
- 6) Place your Omnium on the ground, and install each of the legs into the fork stand:
- 7) Make sure the legs are turned **all the way** until they are seated in the fork stand. Do not overtighten, nor ride with them loosened, as this can damage the legs.



- 8) Remove the front wheel from your bike, and install bike on the Omnium. Make sure your bike is vertical and tighten the skewer so that it is securely clamped on the fork dropouts**
- 9) Adjust the trainer so that the rear wheel settles between the drums and the tire contacts each drum. Spin the wheel by hand gently to assure both drums spin easily, and that your rear tire stays reasonably centered
- 10) Please note that there are a lot of variations in bike geometries and tolerances, so the rear tire may not end up exactly in the middle of the drums. Your tire should be about 2 inches, or 50mm, away from the edge of the drums. If not, recheck your skewer mount.

**SKEWER ADJUSTMENT

WARNING! This quick release skewer must be properly adjusted before using a bicycle on the Omnium Trainer. Failure to properly adjust the skewer may cause damage to the bicycle and/or injury to the user.

Unscrew the adjusting nut of the skewer just enough that the fork slides onto the skewer. Make sure the fork is all the way down onto the skewer, and the bike is vertical. While holding the quick release lever in the OPEN position (with the curve of the lever facing OUT), slowly tighten the adjusting nut in a clockwise direction stopping now and then to check to see if you are close to the right adjustment. This is the point where, as you pivot the curved lever towards the LOCKED position (with the curve of the lever facing IN) the lever requires significant pressure at some point to move the lever all the way LOCKED. In other words, you will need to use the palm of your hand to pivot the lever to the fully closed position. This will leave a slight impression in your palm when you are done. You will know the skewer is tight enough if you can barely force the lever to the LOCKED position. You may have to do this a few times to get the pressure just right. Once this is done, check to make sure the adjusting nut and the base of the Quick release lever are pressed flat against the dropout and not hung up on anything. This can occur if the dropouts are not aligned properly or seated all the way on the Omnium fork mount tube. Check again that the bike is vertical and the rear wheel tracks close to the middle of the resistance drums before completing the rest of the adjustments on the Omnium. Removal is the opposite of assembly. Follow bicycle manufacturer's instructions for removing and reinstalling the front wheel on your bicycle.