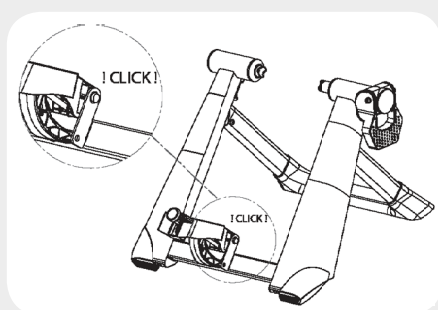
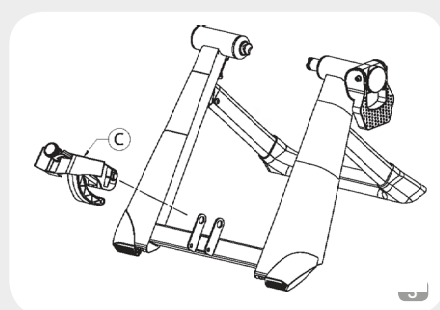
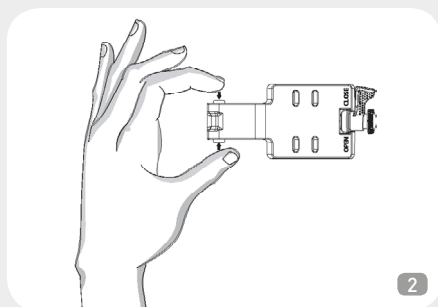
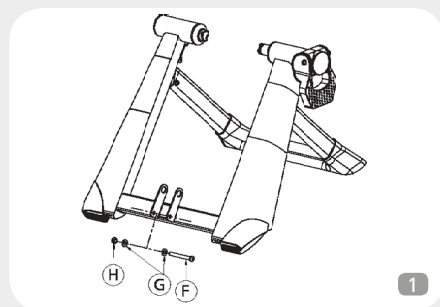
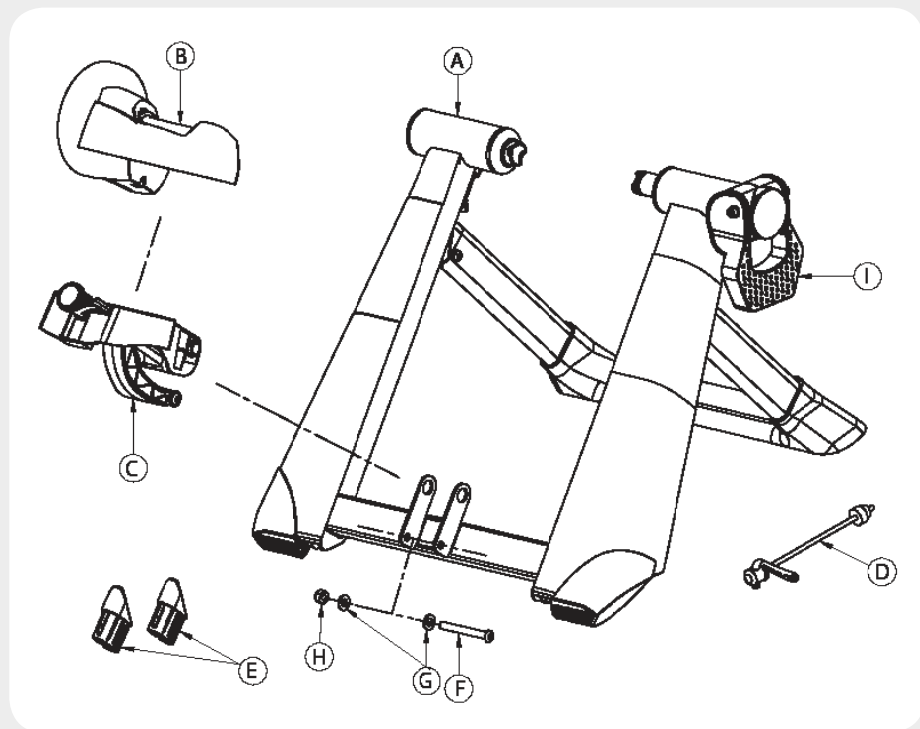




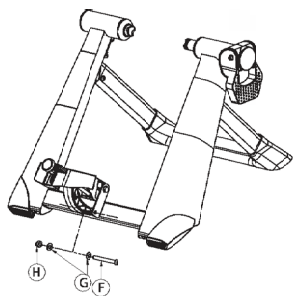
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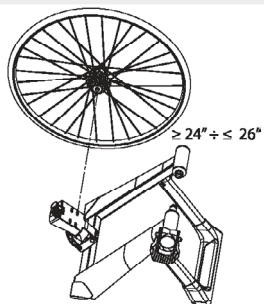




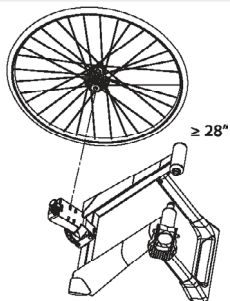
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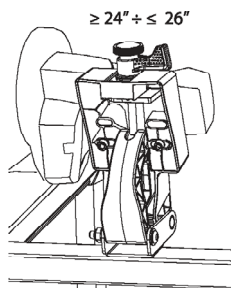
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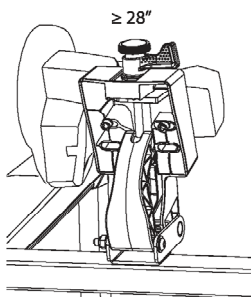
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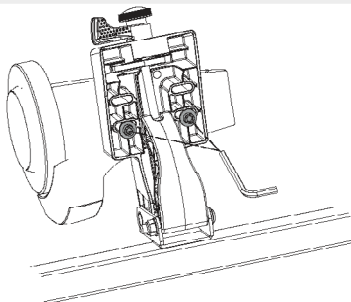
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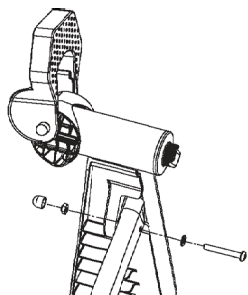
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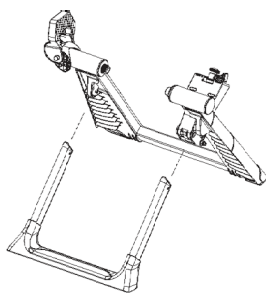
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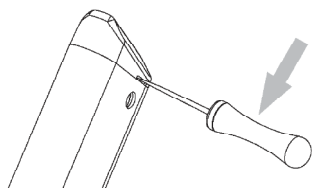


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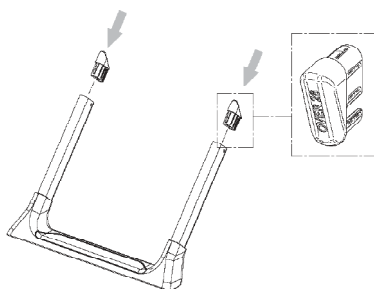


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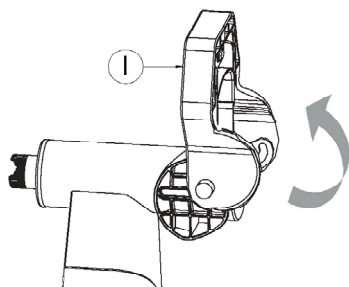
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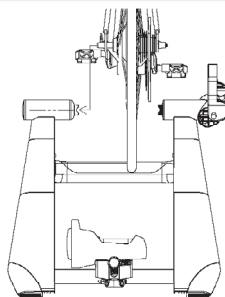
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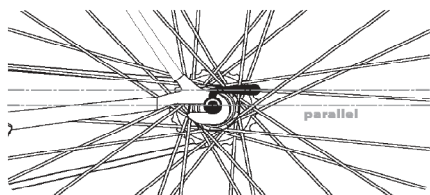
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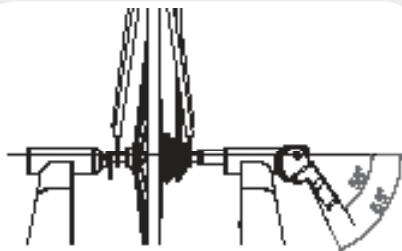
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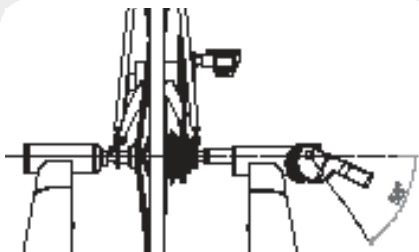
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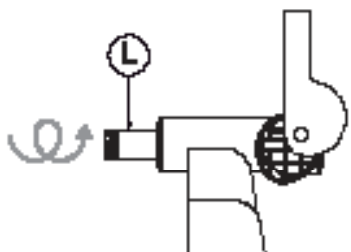
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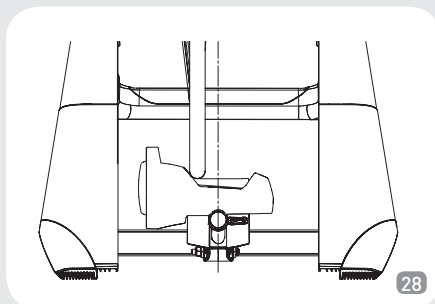
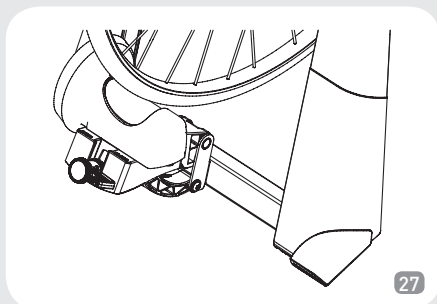
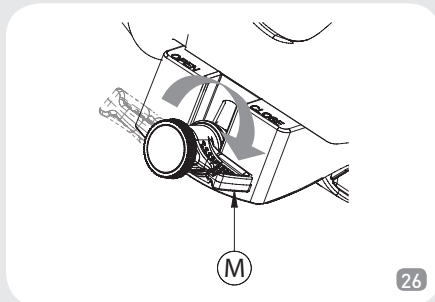
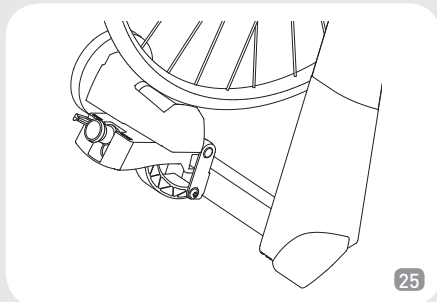
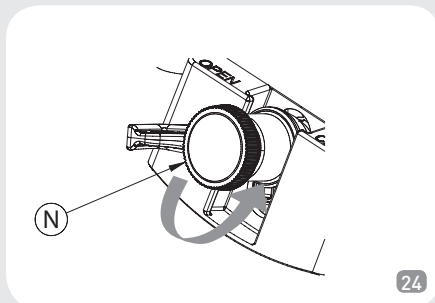
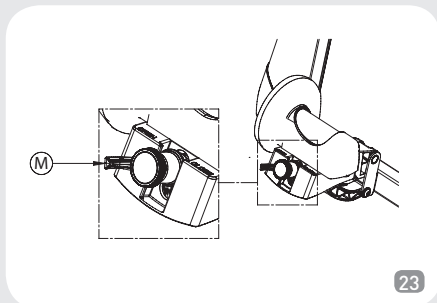
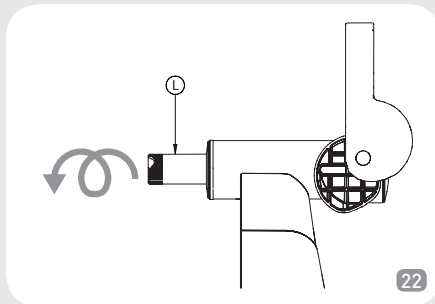
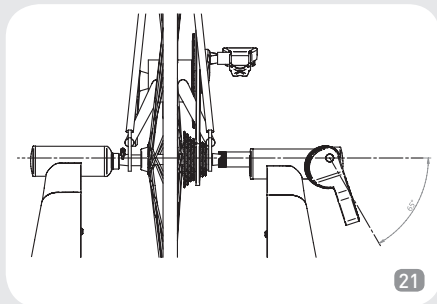


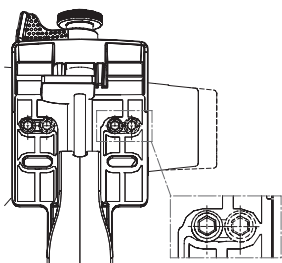
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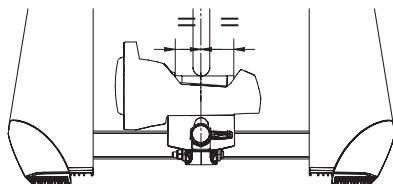
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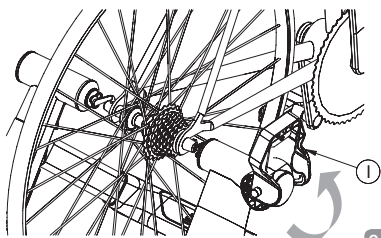




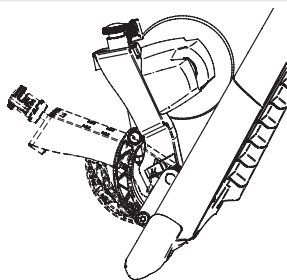
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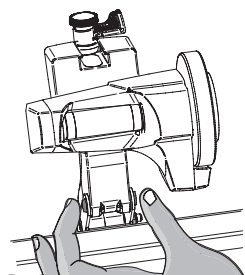
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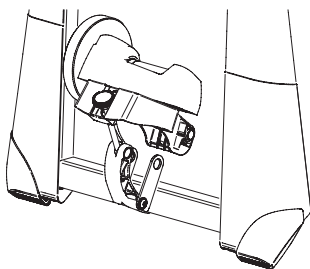
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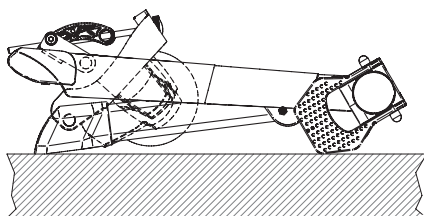
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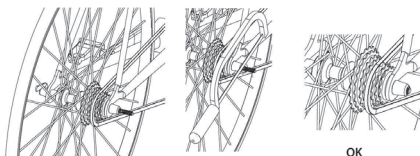
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DUTCH

Thank you for choosing the Novo

INTRODUCTION

Check the presence of all the following components:

- N°1 Novo frame (Ref. A)
- N°1 Unit (Ref. B)
- N°1 Unit support (Ref. C)
- N°1 Quick release (Ref. D)
- N°2 Plugs for wheels larger than 28" (Ref. E)
- N°1 Screw (Ref. F)
- N°2 Washer (G)
- N°1 Nut (H)
- N°1 Fixing lever (I)



ATTENTION



Resistance unit depicted here may vary from production models

STAND ASSEMBLY

- Open the stand and position it on a flat surface.
- Remove the screws (F+G+H) on the stand (Fig.1).
- Take the unit support (C), press the two buttons on the upper part of the support (Fig. 2) with fingers, and fit it inside the two holes in the frame (Fig.3 and Fig.4)
- Using the screw shown in Fig.1 (F+G+H), fit the unit support (C) on the respective frame (Fig.5). Use the correct tightening force, otherwise the unit support will be prevented from turning.

UNIT INSTALLATION

- There are two pairs of holes in the base of the support; use the various holes according to the bicycle wheel:

1) for wheels $\geq 24" \div \leq 26"$, front pair of holes (Fig. 6);

2) for wheels $\geq 28"$, rear pair of holes (Fig.7).

- Depending on the wheel, tighten the M6 screws (Fig. 8 and Fig. 9).

• Use solely the included wrench to attach the resistance unit to the frame base as shown in the figure 10. Tighten $\frac{1}{4}$ of a turn after contact is made between resistance unit and frame base (apply max force 2 Nm).

- For bicycles with wheels larger than 28" it is necessary to operate on the frame, changing the plugs of the front uprights with the oversize plugs provided (E). These differ for the stand opening angle.

ATTENTION: This operation must be carried out with the unit removed from the support.

- Remove the screws from both front uprights (Fig.11 and Fig.12).
- Remove the plug, using a screwdriver if necessary Fig. 13.
- Insert it inside the seat specially created in the plug and prise, pushing the screwdriver downward and the plug upward.
- Repeat the same operation also for the other plug.
- Fit the plugs for wheels larger than 28" (E), using a rubber hammer if necessary (Fig. 14).
- Reposition the tubes with respective screws (Fig. 11 and Fig. 12).

FITTING THE BICYCLE

- Make sure the quick release of the bicycle rear wheel is properly fixed.
- Turn the lever (F) to the "open" position (fig. 15).

- Put the bicycle in position, inserting the left end of the rear quick release in the left bushing (fig. 16). For safer clamping of the bicycle on the stand, make sure the lever of the quick release is horizontal (fig. 17).
- Close the lever (I), making sure it starts pressing the quick release inside the predefined work area; between 55° and 65° (Fig.18).
- If the lever (I) starts pressing the quick release in the advanced work position (fig. 19), screw the right bushing pin (L) (fig. 20) so that the lever starts working inside the predefined work area (between 55° and 65°) (Fig.18).
- If the lever (I) starts pressing the quick release in the delayed work position (fig. 21), unscrew the right bushing pin (fig. 22) so that the lever starts working inside the predefined work area (between 55° and 65°) (Fig.18).
- Make sure the overtravel lever (M) is in the "OPEN" position (Fig. 23).
- Turn the knob (N) anticlockwise (Fig. 24) until the roller of the resistance unit touches the wheel (Fig. 25).
- Turn the overtravel lever (M) 180° to the right (Fig. 26) to the "CLOSE" position and check the pressure of the wheel on the unit support (Fig.27).
- If the wheel is moved too far from the middle of the Roller (Fig.28), shift the resistance unit by bringing the overtravel lever to the "OPEN" position (Fig.24), loosening the fixing screws of the unit (Fig.29), tightening them in a more correct position (Fig.30) and turning the overtravel lever (M) 180° to the right to the "CLOSE" position (Fig.26).
- Push the bicycle towards the resistance unit until the rear wheel touches the roller (fig. 30).

BIKE REMOVAL

- Open the overtravel lever (Fig.24).
- Hold the bicycle with one hand and with the other open the lever (I), turning it to the "open" position (fig. 31). Remove the bicycle.

- For carrying, or storage, it is advisable to close the stand.
 - For storage and transport, turn the knob (N) anticlockwise (Fig. 24) up to its maximum height (Fig. 32).
 - You can further reduce the space occupied by the trainer by releasing the resistance unit from the frame (Fig. 33-34) and folding it flat (Fig. 35).
- ATTENTION:** to avoid pinching of hands, do not to put them between the uprights during the closing operation.

ATTENTION

- Keep people, children and animals away from the roller during use, since the moving and rotating parts of the roller and the bicycle can cause damage in case of contact.
- Before starting training, position the trainer in a dry place, away from potentially hazardous objects (furniture, tables, chairs, etc.) in order to avoid any risk of inadvertent or accidental contact with them.
- The stand is designed for use by just one cyclist.
- Check the safety and stability of the bicycle before every training session.
- If the quick release is not compatible with the bushings of the stand, replace it with the one supplied (O).
- There are no individually usable components on the inside.
- Since the feet are made from soft non-slip material, during use they may leave rubber marks on the floor.
- Detach the unit from the stand before moving the hometrainer to avoid risk of damaging the system.

ADVICE ON USE

- For less tyre wear and better grip on the roller,

it is advisable to use tyres of 23 mm width.

- Recommended rear wheel pressure: 7 -8 atmospheres for racing tyres; 3.5 - 4 atmospheres for MTB tyres. For particular cases, comply with the pressure recommended by the tyre manufacturer.

- For quieter use, better grip of the tyre on the roller and reduced vibration, use slick tyres (also for Mountain bikes).

- Before use, clean the tyre with alcohol or water.

- If any slipping of the wheel on the roller of the unit is noticed, increase the pressure of the roller on the wheel as follows:

- 1) Turn the overtravel lever to the "OPEN" position (Fig.23)

- 2) Turn the knob anticlockwise, thereby increasing the pressure of the roller on the tyre (Fig.24)

- 3) Turn the overtravel lever to the "CLOSE" position (Fig.26)

- If, in any case, slipping of the wheel on the roller of the unit is noticed, make the force on the pedal more progressive. Training with the tyre slipping can permanently damage the roller and tyre.

- If the pin of the quick release supplied protrudes more than 3 mm from the fixing nut, cut off the protruding part (fig. 36).

NOTES

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