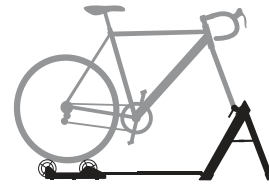




PRODUCT MANUAL FOR:  
**OMNIUM**  
 [PORTABLE TRAINER]



**IMPORTANT NOTES: Please Read Carefully**

Before starting any exercise program, consult with your physician or health professional. He/she can establish an exercise frequency and intensity regimen for you, appropriate for your age and health condition.

The Omnium Trainer is intended for use by people familiar with riding bicycles. Bicycles are sophisticated devices and should not be operated until/unless the user knows how to operate the bicycle, and how to properly secure quick release skewers.

**SETUP and SAFETY:**

- ALWAYS check the safety and stability of the bicycle on the Omnium trainer before each use.
- Check all Omnium Trainer legs are fully open and braces are locked before each use.
- Check all Omnium Trainer Fasteners to ensure they are tight before each use.
- Check that the fork skewer is properly adjusted and tightened on the fork before EVERY training session. Failure to properly secure and tighten the skewer may result in the bike coming loose from the trainer and tipping over, possibly causing damage to the bicycle/trainer and/or possibly injury to the user.
- The Omnium Trainer is designed for use on a flat and level, non-slippery surface. It should not be used on an incline, slant, or uneven surface. Do not use the Omnium trainer on soft ground, where one leg may sink into the ground or become uneven with the others. Make sure the underside of the rollers is not contacting the ground, carpet, or any other item or obstruction.
- While riding the trainer, keep both hands on the handlebars at all times.
- Keep fingers and other objects away from moving parts of the trainer and bicycle.
- Children and pets should be kept clear from your bicycle and trainer during use.

**GETTING ON and OFF:**

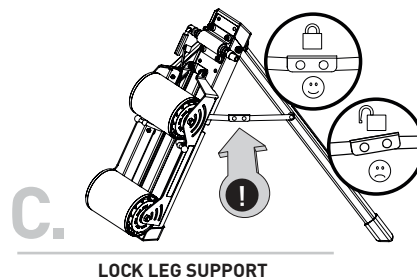
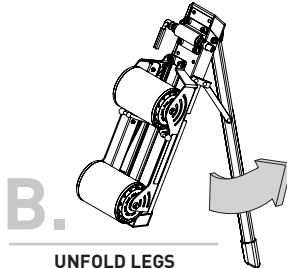
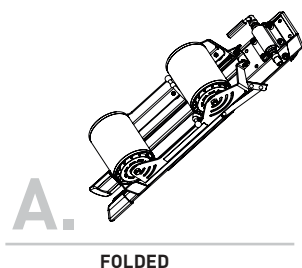
- Please use caution when getting on the trainer. To mount the bicycle when it is affixed to the trainer by the fork mount, we recommend that you first stand close to the saddle of the bicycle. Facing forward, place both hands on the handlebars and center your upper body over the bicycle. Place your outside foot on the pedal, lean forward putting weight on the handlebars, and slowly swing your other leg over the rear tire and saddle of the bicycle and place your other foot on the pedal.
- Begin pedaling slowly at first and increase your speed gradually until you become familiar with the Omnium Trainer.
- Do not dismount from your bicycle until both pedals and rear wheel are completely stopped.

Should you have any questions or concerns with mounting the bicycle on the trainer, or getting onto the bicycle while affixed to the trainer please consult your local retailer or Feedback Sports Tech Support 720.536.2369 or customerservice@feedbacksports.com).

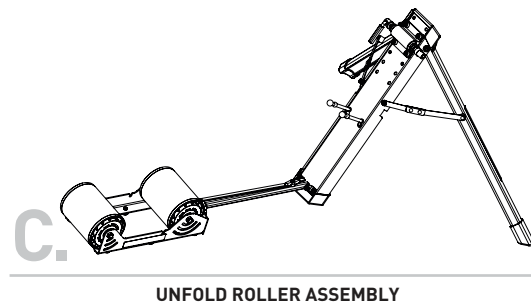
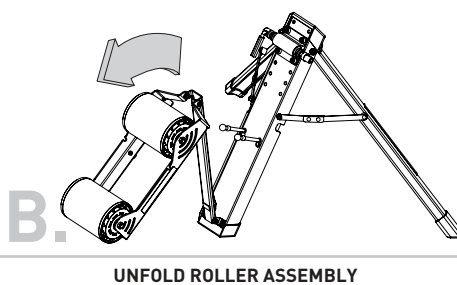
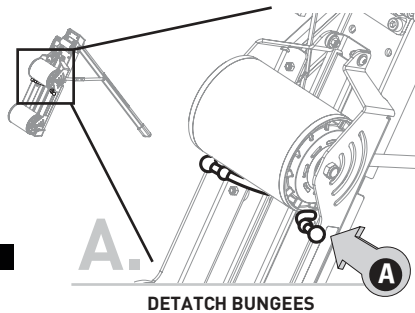
**Care and Maintenance**

- After use, wipe down the Omnium trainer with a damp cloth with water to prevent corrosion; do not use any chemicals.
- Do not clean or degrease the bicycle while mounted to the Omnium as chemicals can cause damage to the trainer bearings or other internal components.
- The Omnium trainer roller bearings are sealed and do not require any maintenance or lubrication.
- To extend the life of your trainer, the Omnium trainer should be stored indoors, in a dry environment away from extreme temperatures.

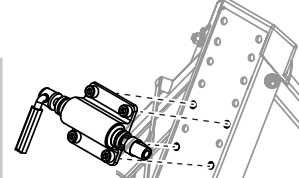
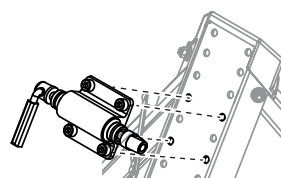
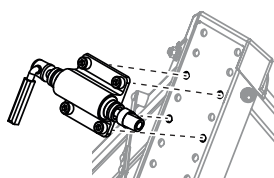
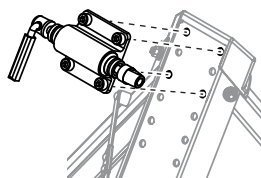
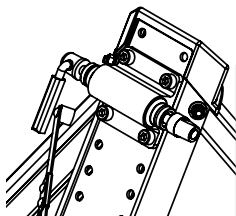
**1.**



**2.**



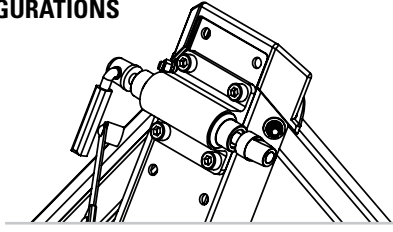
**3.**



This is how the Omnium Ships from the factory

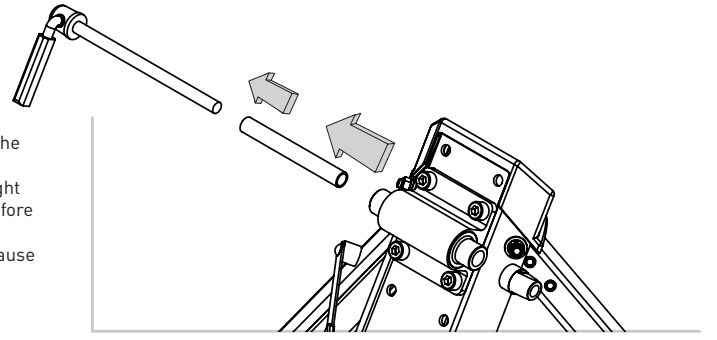
## FORK CONFIGURATIONS

# 4.

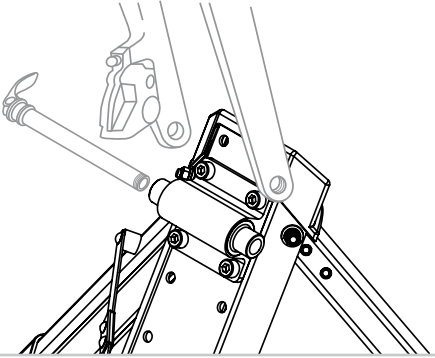


STANDARD QR

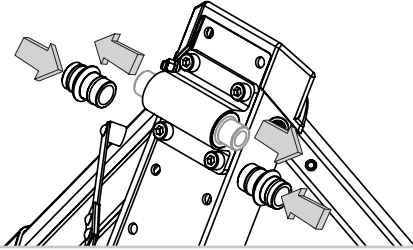
**WARNING!** Check that the fork skewer is properly adjusted for a secure tight grip on the front fork before every training session. Failure to do this may cause damage to the bicycle, trainer and/or possible injury to the user.



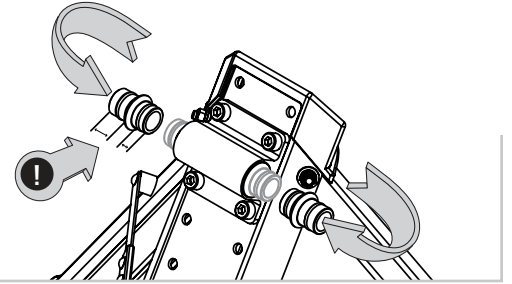
THRU AXLE: REMOVE QR ASSEMBLY, GO TO NEXT STEP FOR AXLE SIZES



12MM X 100: USE RED END CAPS & YOUR THRU AXLE

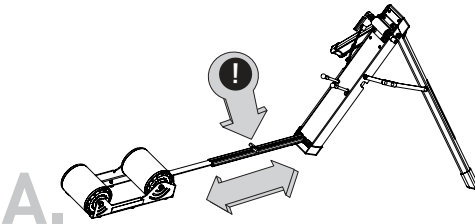


15MM X 100: USE BLACK ENDCAPS & YOUR THRU AXLE

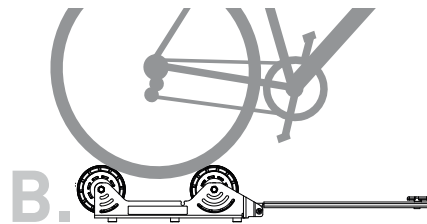


15MM X 110: FLIP BLACK ENDCAPS & USE YOUR THRU AXLE

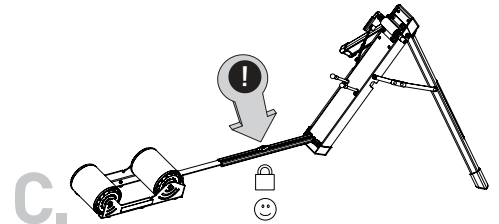
# 5.



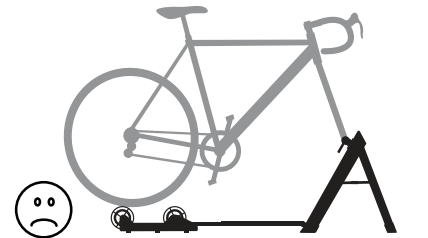
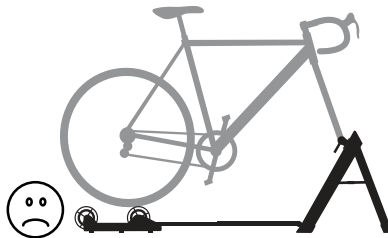
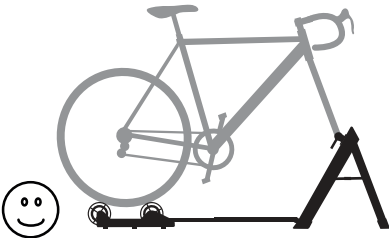
A. LOOSEN Z-KNOB & SET ROLLER DISTANCE



B. TIRE MUST CONTACT BOTH ROLLERS EVENLY



C. TIGHTEN Z-KNOB



### GETTING ON and OFF:

Please use caution when getting on the trainer. To mount the bicycle when it is affixed to the trainer by the fork mount, we recommend that you first stand close to the saddle of the bicycle. Facing forward, place both hands on the handlebars and center your upper body over the bicycle. Place your outside foot on the pedal, lean forward putting weight on the handlebars, and slowly swing your other leg over the rear tire and saddle of the bicycle and place your other foot on the pedal. Begin pedaling slowly at first and increase your speed gradually until you become familiar with the Omnium Trainer. Do not dismount from your bicycle until both pedals and rear wheel are completely stopped. Should you have any questions or concerns with mounting the bicycle on the trainer, or getting onto the bicycle while affixed to the trainer please consult your local retailer or Feedback Sports Tech Support 720.536.2369 or [customerservice@feedbacksports.com](mailto:customerservice@feedbacksports.com).

Feedback Sports LLC provides a limited 3-Year warranty on all Omnium Portable Trainers. This warranty is to the original user/purchaser of the Feedback Sports product. Feedback Sports warrants this product to be free from manufacturing defects. This warranty does not include damage to the product resulting from normal wear and tear, accident, misuse, improper installation or operation or unauthorized repair or alterations. If the product should become defective within the warranty provisions, we will elect to repair or replace it free of charge at our option, including free return postage, provided it is delivered prepaid to Feedback Sports. Proof of purchase must be submitted with the returned product and all products

needing to be sent to Feedback Sports for repair or replacement. Returned item must have a Return Authorization Number and will be returned to the sender un-repaired if one is not included. It is the sender's responsibility to pay for shipment to Feedback Sports. If the product is determined to fall under warranty, Feedback Sports will pay for return shipping to the customer. Please call Feedback Sports for a Return Authorization Number and return instructions at 720-536-2369 or e-mail: [customerservice@feedbacksports.com](mailto:customerservice@feedbacksports.com). Products will be repaired or replaced at Feedback Sports' discretion. Should Feedback Sports deem a product non-warranty, we will contact the sender for authorization to repair the product and make arrangements for payment.

THE PURCHASER'S/USER'S SOLE REMEDY SHALL BE SUCH REPAIR OR REPLACEMENT AS IS EXPRESSLY PROVIDED ABOVE, AND FEEDBACK SPORTS SHALL IN NO EVENT BE LIABLE FOR ANY INCIDENTAL OR CONSEQUENTIAL DAMAGES ARISING OUT OF THE USE OR INABILITY TO USE THIS PRODUCT FOR ANY PURPOSE WHATSOEVER.

For answers to any questions regarding warranty and service visit website or call 9 to 5 Mtn time Customer Support 720.536.2369 email: [customerservice@feedbacksports.com](mailto:customerservice@feedbacksports.com). For warranty registration visit [www.feedbacksports.com](http://www.feedbacksports.com).



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