User Manual

IndoorTrainer

Revised 11.07.2013

Schoberer Rad Messtechnik GmbH
Rudolf Schulten Str. 6
D-52428 Jülich
Tel.: +49-2461-69123-0
Fax:+49-2461-69123-17
www.SRM.de

SRM IndoorTrainer User manual

Schoberer Rad Messtechnik GmbH
Rudolf Schulten Str. 6
D-52428 Jülich
Tel.: +49-2461-69123-0
Fax:+49-2461-69123-17
www.SRM.de

Important notes before you start

- **The flywheel can get very hot during training! Please be careful not to touch it!**
- **If the flywheel shifter becomes difficult to turn, do not force! To ensure the best functionality from the flywheel shifter, only shift when flywheel is turning.**
- **After initial operation of the NuVinci N360 hub, the shifter cables will slightly lengthen. This free play must be removed as it can lead to poor shifting performance and damage to the shifter, possibly resulting in shifter failure. To eliminate this free play, use barrel adjusters at shifter to remove all free play from both cables.**
- **The height-adjustable handlebar and saddle move freely when the adjusting lever is open. Take care when adjusting to ensure the tube does not fall into or hit the frame.**
- **The flywheel-ring is made of aluminum. Aluminum is a soft metal that is damaged easily.**
- **Never remove the aluminum flywheel-ring, as the magnetic brake will lose its braking power.**

Schoberer Rad Messtechnik GmbH
Rudolf Schulten Str. 6
D-52428 Jülich
Tel.: +49-2461-69123-0
Fax:+49-2461-69123-17
www.SRM.de

Adjusting the seat position

The SRM IndoorTrainer is constructed for all riders between 165 cm and 200 cm height.

You can adjust your seat position until you find your optimum position.

The position of the saddle as well as the handlebar are adjustable in height and setback/ reach, as shown by the red arrows.

The four feet are height adjustable to compensate for uneven floor levels. The IndoortTrainer has two wheels for easy movement without lifting.

Schoberer Rad Messtechnik GmbH
Rudolf Schulten Str. 6
D-52428 Jülich
Tel.: +49-2461-69123-0
Fax:+49-2461-69123-17
www.SRM.de

Clamping the sliding sections

By opening the quick-release levers, you can quickly adjust all of the dimensions to meet your needs.
Open the lever, adjust the height or distance as needed, and then close the lever again. The lever should be tight when closed, but don't over tighten them or they will stretch and will eventually snap.
After closing the lever you can adjust by pulling out and turning so that it will not interfere during use.

Adjusting the handlebar

To significantly reduce the distance to the handlebar, you can remove the adjustment piece of the handlebar and turn it around completely. In order to do this you need to take off the front cap and the handlebar. Then turn the adjustment piece of the handlebar 180° and remount the handlebar and the lid.

Schoberer Rad Messtechnik GmbH
Rudolf Schulten Str. 6
D-52428 Jülich
Tel.: +49-2461-69123-0
Fax:+49-2461-69123-17
www.SRM.de

Rear Hub

The IndoorTrainer is equipped with a continuously variable NuVinci hub N360. The hub has a gear ratio of 360 %.

Hub adjustment is not necessary. However, the two shifter cables may slightly lengthen resulting in free play at the shifter. This free play can result in the hub not remaining in the preset ratio or the cables inside the shifter damaging the shifter. To eliminate this free play, use barrel adjusters at the shifter to remove all free play from both cables.

Since it is the NuVinci hub to a continuous circuit, there are no transitions. The ratio is indicated by the line in the twist shifter.

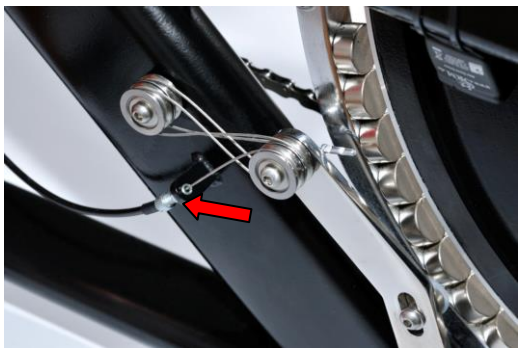
When the line is straight, the NuVinci hub is in a large gear ratio and the flywheel is rotating rapidly.

When the line is curved, the NuVinci hub is in a smaller gear ratio and the flywheel is rotating slowly.

For further information about the hub please contact www.nuvinci.com

Schoberer Rad Messtechnik GmbH
Rudolf Schulten Str. 6
D-52428 Jülich
Tel.: +49-2461-69123-0
Fax:+49-2461-69123-17
www.SRM.de

Magnetic brake



The resistance of the flywheel is regulated via a wearless magnetic brake, which is operated via a modified SRM SRAM twist shifter. With this shifter, the distance between the magnet-arm and the flywheel can be adjusted in 40 steps. To reduce the effort needed to operate the magnetic brake, a system of four pulleys is used on the magnet arm. To maintain even tension on these pulleys, a spring is fixed on a rubber cap between the magnet arm and the IndoorTrainer frame.

When the shifter is in position 1, the distance from the magnet-arm and flywheel is at the maximum distance and braking power is minimal.

When the shifter is in position 20, the distance from the magnet-arm and flywheel is at the minimum distance and the braking power is maximal.

The cable length of the brake may initially stretch. If this happens, you can tighten both cable adjusters on the shifter and at the frame.

The magnetic brake itself does not need maintenance.

Schoberer Rad Messtechnik GmbH
Rudolf Schulten Str. 6
D-52428 Jülich
Tel.: +49-2461-69123-0
Fax:+49-2461-69123-17
www.SRM.de

Braking Performance

The data below is for the magnetic brake set at the factory setting with a 53 tooth chainring. As the linkage of the magnetic brake elongates slightly from use, the actual values may differ from the data in this table.

Cadence	Brake full off/ Lowest gear	Brake full off/ highest gear	Brake full off/ lowest gear	Brake full on/ highest gear
40 rpm	5 – 10 Watt	90 – 100 Watt	30 – 40 Watt	240 – 250 Watt
50 rpm	10 – 20 Watt	140 – 150 Watt	50 – 60 Watt	340 – 350 Watt
60 rpm	20 – 30 Watt	190 – 200 Watt	70 – 80 Watt	450 – 460 Watt
70 rpm	30 – 40 Watt	240 – 250 Watt	90 – 100 Watt	560 – 570 Watt
80 rpm	40 – 50 Watt	290 – 300 Watt	110 – 120 Watt	670 – 680 Watt
90 rpm	50 – 60 Watt	340 – 350 Watt	140 – 150 Watt	780 – 790 Watt
100 rpm	60 – 70 Watt	390 – 400 Watt	170 – 180 Watt	890 – 900 Watt
110 rpm	70 – 80 Watt	440 – 450 Watt	200 – 210 Watt	1.000 – 1.010 Watt
120 rpm	80 – 90 Watt	490 – 500 Watt	230 – 240 Watt	1.110 – 1.120 Watt
130 rpm	90 – 100 Watt	540 – 590 Watt	260 – 270 Watt	1.220 – 1.230 Watt
140 rpm	100 – 110 Watt	590 – 600Watt	290 – 300 Watt	1.330 – 1.340 Watt

Adjusting the braking power

If the factory setting of the braking power is too strong or too weak, try the following:

1. Increase braking power by installing a larger outer chainring
2. Decrease braking power by moving the chain to the smaller inner chainring
3. Increase braking power by moving the magnetic brake closer to the flywheel
4. Reduce braking power by moving the magnetic brake further from the flywheel

Schoberer Rad Messtechnik GmbH
Rudolf Schulten Str. 6
D-52428 Jülich
Tel.: +49-2461-69123-0
Fax:+49-2461-69123-17
www.SRM.de

Adjusting the magnetic brake

Eventually the cable winch to adjust the distance between the magnets and the wheel can lengthen because of heavy use, so the magnet rocker has to be readjusted from time to time. Please adjust the rocker so that the distance of the magnets to the aluminium ring is 3-5 mm for the first and last magnet. To clamp the cable, turn the adjusting screw outwards first.

Before you align the magnet rocker, put a piece of cardboard between the magnet rocker and the flywheel. This is to make sure that the magnets don't touch the flywheel, because it would be very difficult to detach them again.

To adjust the upper catch you need to loosen the cable with a 10 mm ring wrench and the attachment of the magnet rocker with an 8mm hexagon wrench (don't unscrew completely), and then move the magnet rocker as far as needed. Then retighten the screws. The lower catch can be adjusted by turning the allen screw.

Special Features

The magnet for switching on the PowerMeter is attached by a cable-tie and heat shrink tubing under the bottom bracket. If you do not see power or cadence displayed, first check if the magnet is present and positioned properly.

Speed is sent from a speed sensor on the rear frame of the IndoorTrainer and a magnet on the flywheel. If you do not see speed displayed, first check if the magnet is present and positioned properly.

Since the NuVinci N360 sprocket is wider than normal, the use of a KMC X-8-99 chain or equivalent is recommended.

If the IndoorTrainer is produced after March 2012, then a Shimano sprocket is used. In this case please us a KMC X-10-73 chain or equivalent.

Schoberer Rad Messtechnik GmbH
Rudolf Schulten Str. 6
D-52428 Jülich
Tel.: +49-2461-69123-0
Fax:+49-2461-69123-17
www.SRM.de

Caring for your Indoortrainer

To get the most life from your IndoorTrainer, we recommend that you wipe off the sweat after every workout. Wipe the entire frame, handlebar, seat, and seat-tube with a clean soft cloth. We also recommend that the surfaces of the IndoorTrainer be treated with a silicone polish to further protect the surfaces. Avoid touching the aluminum flywheel-ring with sweaty or dirty hands. Sweat is a very aggressive fluid which leads to the oxidation of aluminum. To maintain the aluminum flywheel-ring, we recommend that you clean it regularly and use a stainless-steel or chrome polish. Lubricate the chain as needed with a „dry“ bicycle chain lubricant

Resetting the magnetic brake cable

If the magnetic brake cable comes out of the pulley system, it is not necessary to loosen the cable-anchor bolt. Wrap the cable around the pulleys by starting with the cable end that is attached to the magnet-arm. Wrap the cable under the inner pulley attached to the frame. Next, wrap the cable under the inner pulley attached to the magnet-arm. Third, wrap the cable under the outer pulley attached to the frame. Lastly, wrap the cable under the outer pulley attached to the magnet-arm.

Schoberer Rad Messtechnik GmbH
Rudolf Schulten Str. 6
D-52428 Jülich
Tel.: +49-2461-69123-0
Fax:+49-2461-69123-17
www.SRM.de

Adjustment range of IndoorTrainer

Measurement	Distance
Saddle height, maximum from BB	90 cm
Saddle height, minimum from BB	65 cm
Saddle setback, maximum behind BB	6 – 14 cm
Saddle setback, maximum in front of BB	7 – 15 cm
Handlebar height, minimum horizontal from BB	52 cm
Handlebar reach, minimum from BB	33 cm
Handlebar height, minimum horizontal from BB	73 cm
Handlebar reach, minimum from BB	55 cm
Saddle tip to handlebar, maximum	65 cm
Saddle tip to handlebar, minimum	22 cm

Technical Data and Specifications

Materials used	Stainless steel, powder-coated steel, chrome steel, aluminum
Weight	62,5 kg
Flywheel weight	29, 5 kg
Circumferrence of the flywheel	1.430 mm
Dimensions (L x W)	1330 cm x 550 mm
Bottom Bracket	BSA 68 mm
Seatpost diameter	27,2 mm
Rear Hub	NuVinci®N360™, continuously variable gear hub
Chain tensioner	Shimano
Brake	Magnetic-brake
Saddle	Prologo
Handlebar	31,8 mm
Chain	KMC X-8-99, from March 2012: KMC X-10-73

Schoberer Rad Messtechnik GmbH
Rudolf Schulten Str. 6
D-52428 Jülich
Tel.: +49-2461-69123-0
Fax:+49-2461-69123-17
www.SRM.de