

MODEL

T-2400

KINETIC

USER MANUAL

MAGNETIC

RISER RING AND BIKE
NOT INCLUDED WITH
TRAINER

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**REGISTER WARRANTY ONLINE: WWW.KURTKINETIC.COM/WARRANTY
AND RECEIVE A FREE TRAINING VIDEO DOWNLOAD**

TRAINER DETAILS



IN THE BOX

When unpacking, check that the following components are present



T-740 Skewer

SAFETY WARNING

RECOMMENDED SKEWER AND CONE COMBINATION



FOR YOUR SAFETY
We recommend using the T-740 Skewer that shipped with your trainer.

TRAINER PARTS



T-2210
Frame



T-699R
Resistance Unit

Because we test each trainer there will be tire marks on the roller.

T-2201
Cross bar and screws



T-2202
Roller Tension Knob and Washer



T-2203
Spring



T-2204
Mounting Bolt and Nut



T-2111
Standard Cone Cup
(Installed on trainer)



T-2103
Slotted Cone Cup
(Installed on trainer)



T-740
Skewer



REGISTER YOUR TRAINER:
www.kurtkinetic.com/warranty

If any components listed here are missing, please contact Customer Service at
www.kurtkinetic.com/contact

MOUNTING THE BIKE



First loosen roller tension knob to create space for tire. Next loosen lock ring and turn left tensioning knob to center bike



Push right tensioning knob tight against skewer, close quick release and tighten right tensioning knob until tire is centered on roller



Tighten right tensioning knob on quick release side of trainer until wheel is firmly centered on resistance unit roller



Tighten lock ring when wheel is centered on resistance unit and bike is firmly locked in at the skewer



TIP: Test tire friction by sharply moving tire a 1/4 turn back and forth. Apply another 1/2 turn on roller tension knob if needed.

Turn roller tension knob until roller touches tire, then add 2 to 5 full turns



Attach thumb controller to handlebar. Use included shim pad

REMOVING THE BIKE

1. Remove thumb controller from handlebar
2. Loosen the adjustment knob on the resistance unit to back the roller away from the tire until it no longer touches.
3. Reduce axle tension by loosening the right axle knob a minimum of two turns to allow for disengagement of the quick release.
4. Firmly grasp your bike seat stay to stabilize the bike.
5. Disengage the quick release on the right side of the trainer and slide the axle knob to the fully open position. The bike can now be removed from the left cone cup.

SAFETY WARNINGS

- » Be sure that your bike is correctly installed and securely locked into the trainer before riding.
- » Do not over-tighten the roller tension knob. Over-tightening will cause both tire and unit damage. Tighten only enough to avoid tire slippage.
- » When using the trainer for normal use or for extended periods of time, the resistance unit will get hot. **DO NOT** touch the resistance unit while it is in use or while it is hot.
- » Always consult a doctor before beginning any exercise routine or using any fitness product including the Kinetic Trainer. Should you become ill, feel dizzy, light-headed or nauseous while riding the trainer, stop riding immediately and seek medical attention.
- » While in use, the wheel of your bike and the resistance unit may be spinning at high speeds. For this reason keep children, pets and all items safely away from your trainer while in use.
- » Always use the trainer on a flat surface.
- » Single-speed bikes with nudded axles require an additional standard cone cup for proper use.

ADDITIONAL BIKE MOUNTING SOLUTIONS (Ordering & information: kurtkinetic.com)

 <p>STANDARD CONE CUP PART NO: T-2111</p>	 <p>SLOTTED CONE CUP PART NO: T-2103</p>	 <p>TRACK CONE CUP PART NO: T-2104</p>	 <p>SHALLOW CONE CUP PART NO: T-2105</p>	 <p>INTERNAL CA CONE CUP PART NO: T-2106</p>	 <p>BMX CONE CUP PART NO: T-2107</p>
<p>Pre-installed on all Kinetic trainers and fits most nudded axles and track bikes.</p>	<p>Comes in the trainer box and works with many non-Kinetic quick release skewers.</p>	<p>An oversized version of the Standard Cone Cup for track axle nuts larger than 15mm.</p>	<p>Designed with a shallow outside diameter to work on any frame with a tight drive-side dropout tolerance.</p>	<p>Works with chain-actuated internal hubs like Sturmey Archer. Great for Brompton bikes.</p>	<p>For oversized 14mm bmx axles with axle nuts 19mm and larger.</p>
 <p>KINETIC TRAXLE FINE PART NO: T-2100</p> <p>For fine-threaded 12mm thru-axle systems including: Syntace X-12, DT SWISS (Tapered and Flat) and Specialized</p>	 <p>KINETIC TRAXLE FINE XL PART NO: T-2120</p> <p>Same thread pitch as Fine Traxle, with wider width. For Santa Cruz bikes with closed dropout on the drive side - requires removal of hex cap in drive side dropout.</p>	 <p>KINETIC TRAXLE MEDIUM PART NO: T-2102</p> <p>For medium-threaded 12mm thru-axle systems including: SHIMANO SM-AX75 and SM-AX65 142mm x 12mm</p>	 <p>KINETIC TRAXLE COARSE PART NO: T-2101</p> <p>For coarse-threaded 12mm thru-axle systems including: RockShox Maxle, Trek APB Maxle and others</p>		

ACCESSORIES (Available at kurtkinetic.com and Kinetic dealers)

 <p>RISER RINGS</p>	 <p>TRAINER MATS</p>	 <p>SWEAT GUARDS</p>	 <p>TRAINER BAGS</p>	 <p>TRAINER TIRES</p>	 <p>PRO FLYWHEEL</p>
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WARRANTY

Kinetic by Kurt offers the original owner a lifetime warranty against manufacturing defects for the frame and the resistance unit. This warranty is not applicable to damage caused by misuse, abuse, neglect, accident or unauthorized modification of materials or parts. If the unit is disassembled by the consumer, this warranty is void. There are no other warranties, expressed or implied.

It is the responsibility of the purchaser to file a warranty card via mail or on-line with Kinetic in the event that repairs are needed. It is also the responsibility of the purchaser to retain receipts for proof of purchase in the event that repairs are needed. No warranty repairs will be accepted without the warranty registration and the serial number of the trainer located on the resistance unit.

WARRANTY REGISTRATION

Please complete the warranty within 30 days of purchase at www.kurtkinetic.com.

WARRANTY CLAIMS/REPLACEMENT PARTS

If you experience problems with your trainer, please call our **Customer Service Hotline at 877-226-7824** or email us at kineticbykurt@kurt.com. To help us handle your call as efficiently as possible, please have your trainer's serial number ready to give to the customer service representative.

After determining what repairs or replacement parts may be needed, you will be provided with procedures for returning your product to Kinetic.

In some cases replacement parts may be shipped directly to you, depending on the nature of the problem.

RECORD THE SERIAL NUMBER OF YOUR KINETIC TRAINER HERE

CRASH REPLACEMENT POLICY

Kinetic trainers come with a lifetime warranty on the frame and the resistance unit to the original owner.

However, we understand that accidents can happen involving our products, so we also offer a crash replacement policy for incidents not covered by our lifetime warranty. Here is how it works: Kinetic will replace any part or parts on your Kinetic Trainer that are damaged due to an accident, regardless of the cause of that accident, and within reason for a \$50.00 cost plus the cost of parts and shipping charges.

We reserve the right to reject any product that has been so severely

damaged that it cannot be rebuilt. To be eligible, you must complete the warranty registration process online. Crash replacement repairs require warranty information and the serial number of your unit. This crash replacement policy and its related charge may be subject to change without notice.

To process a claim, please call our **Customer Service Hotline at 877-226-7824** or email us at kineticbykurt@kurt.com. You will be given instructions for returning the product to us. In some cases replacement parts may be shipped to you.

CARING FOR YOUR TRAINER

By purchasing the Kinetic Trainer you've made an investment in a top-quality piece of equipment. When used according to the manufacturer's instructions and cared for with common sense, your Kinetic trainer will

provide a lifetime of training. Store the trainer indoors, out of the rain and away from temperature extremes. Since sweat is corrosive, you can extend the life of your trainer by wiping it off after your workout.



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www.kurtkinetic.com