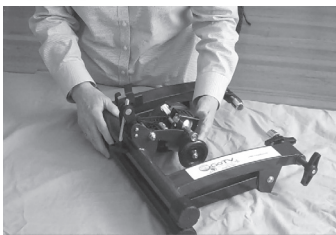


What's in the Box

- 1 Resistance Wheel
- 2 Generator
- 3 Receiver
- 4 Coaxial Cable
- 5 Resistance Knob
- 6 Transmitter Connector
- 7 Transmitter
- 8 Generator Connector
- 9 Transmitter Holder
- 10 Trainer
- 11 Hub clamps (2)
- 12 Outside wing nuts (2)
- 13 Inside wing nuts (2)

Not pictured:
AC power cord

Trainer



Open trainer (10)



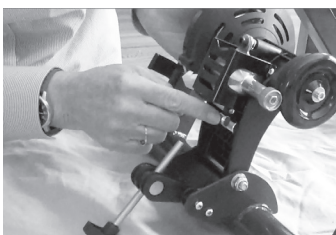
Set trainer upright



Unfold the resistance wheel (1)



Untuck resistance knob (5)



Locate hole into which resistance knob fits



Turning clockwise insert and tighten resistance knob into the hole



Set rear bike wheel on trainer



Position hub clamps (11) on wheel axle bolts (both sides)

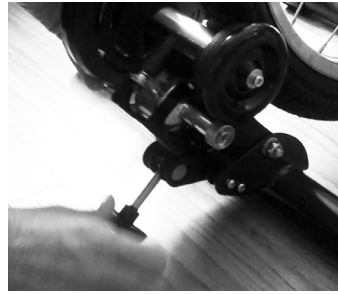
1 Trainer (continued)



Tighten outside wing nuts (12)



Tighten inside wing nuts (13)

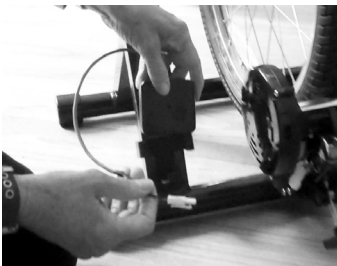


Tighten resistance knob until wheel touches trainer.



Good contact is when generator (2) moves with wheel. Don't overtighten.

2 Transmitter



Slide transmitter (7) into holster (9) on left side of trainer

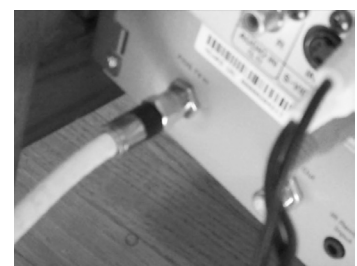


Plug transmitter connector (6) into generator connector (8)

3 Receiver



Locate coaxial cable coming into the house. (i.e. from cable or satellite provider).



Follow that cable to your cable / satellite box. Unscrew coaxial cable from cable / satellite.



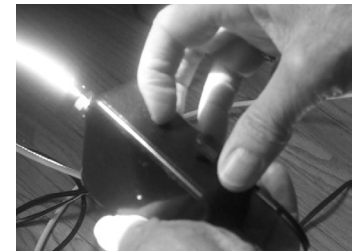
Attach it to one end of the 123GoTV receiver (3). Attach the 123GoTV coaxial cable (4) to the other end of the receiver.



Attach 123GoTV cable back in the same place you removed your cable / satellite feed from earlier.



Plug the AC power adapter into the receiver and an electrical outlet.



Make sure TV is on and showing programming. Turn on the 123GoTV receiver. Programming will freeze when 123GoTV is active.



You're ready to ride! When you begin to pedal the programming will start again. When you stop pedalling, programming will freeze. You can leave 123GoTV installed all the time, and simply turn the 123GoTV receiver on to use and off to watch programming without 123GoTV.

Questions?

Please call the phone number on the box if you have set up questions, or visit support.123gotv.com for knowledge base, live chat, and email support.