

CYCPLUS

Smart Bike Trainer



User Manual

1.1 Quick Start

Find us on Instagram and Facebook for instruction videos, FAQ and more support.

Instagram: [cycplus_official](#)



Facebook: [cycplus](#)

Youtube: [CYCPLUS](#)

Official website: www.cycplus.com

After-sales email: steven@cycplus.com

1.2 Notice

1. Keep children and pets away from T2 while in use.
2. Keep clear of the motor and moving parts while in use.
3. The enclosure will heat up when subject to prolonged, extreme use.
Always keep the cooling holes clear and plug it in for extreme use to keep the fan working.
4. Please use the T2 on a stable surface with adjusted leveling feet before use.
5. Use caution when standing while riding on T2.
6. Do not install or disassemble the bicycle until T2 completely stops.
7. Do not use other power source to power T2.
8. Please confirm whether the bicycle is installed properly before every ride.

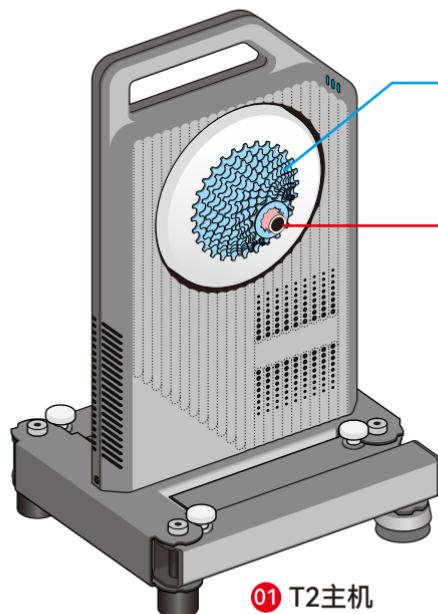
1.3 Factory Info

Manufactuerer: Chengdu Chendian Intelligent Technology Co., Ltd

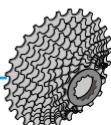
Warranty : Free replacement or repair within 1 year.

After sale email : steven@cycplus.com

1.4 Packing List



01 T2主机



02 Cassette
pre-installed



03 Thru-axle
adapter-R
pre-installed



04 Thru-axle
adapter-L
pre-installed



05 Quick release
adapter-R



06 Quick release
adapter-L



07 17mm Wrench
for thru-axle adapter-R



13 Quick release



08 Allen key
for quick release adapter-R



14 AC adapter



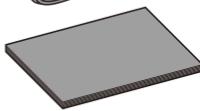
09 8-10 speed
cassette spacer



15 AC cable



10 Cassette adjustment
spacer [5x]



16 Cushioning mat



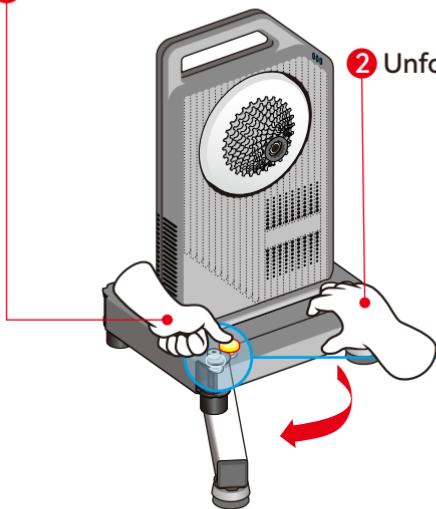
11 Disc brake spacer



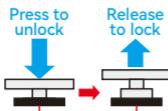
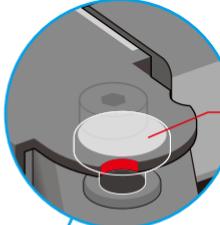
17 USB ANT+
receiver and
Extension Cable

2.1 Ground and stabilize T2

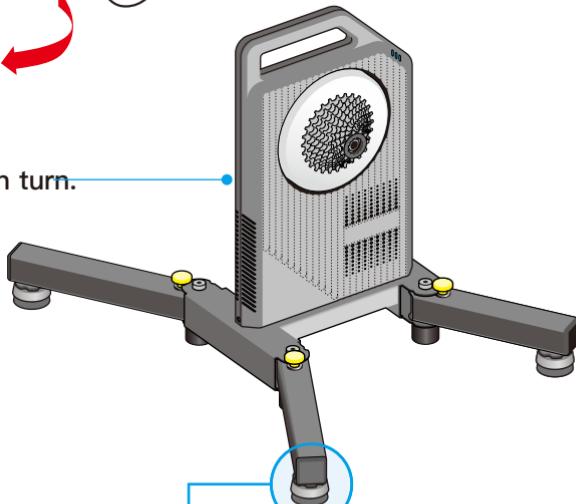
- 1 Press and hold the lock catch.



- 2 Unfold the leg.



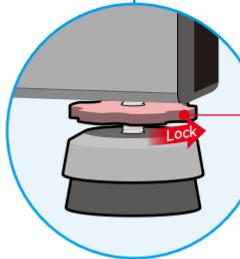
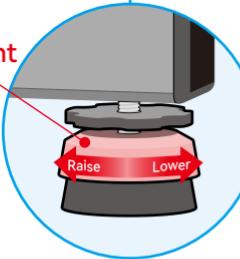
- 3 Unfold all the legs in turn.



- 4 Adjust the leveling feet to balance and stabilize T2.

Adjust the height of the foot

Rotate clockwise to raise
Rotate counterclockwise to lower



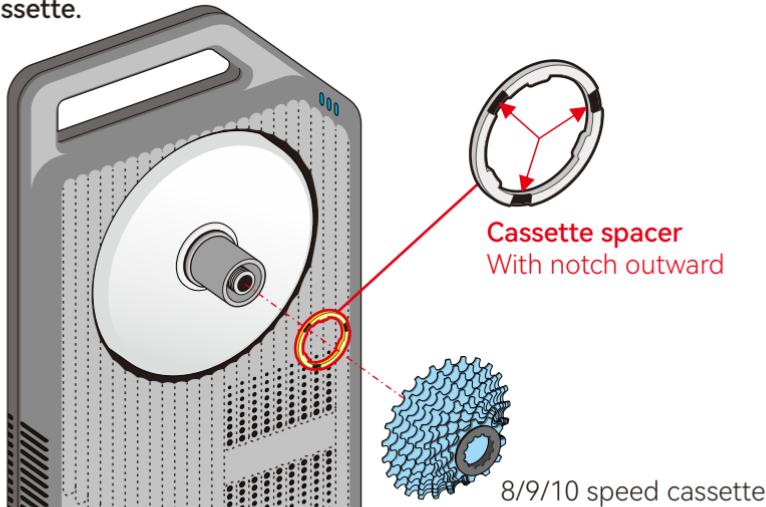
Lock the height of the foot

Rotate counterclockwise to secure

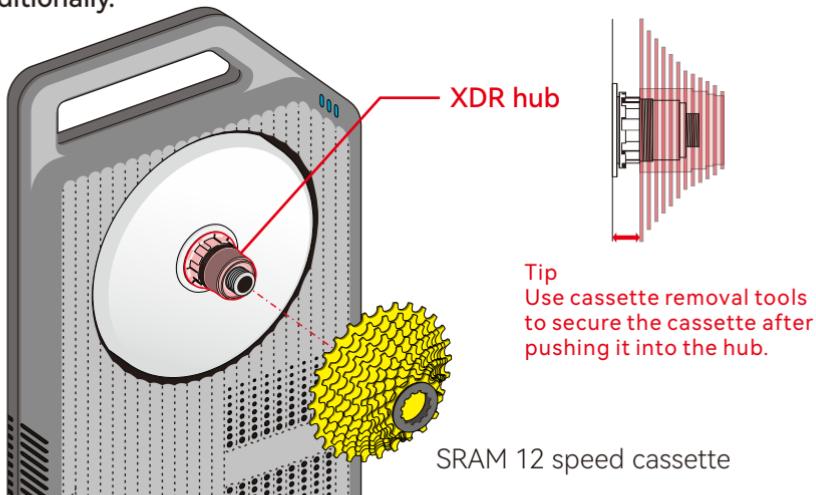
2.2 Cassette Mounting

T2 comes preinstalled with a cassette. Read instruction below if you need to mount another one.

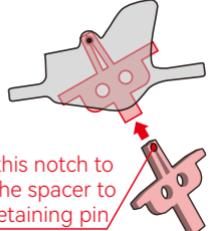
1. For 8/9/10 speed cassettes, put on the spacer before installing the cassette.

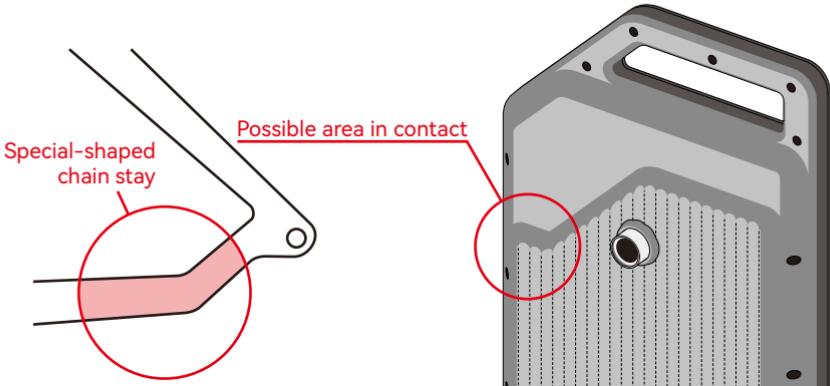


2. For SRAM 12 speed cassettes, an XDR hub will be needed to buy additionally.



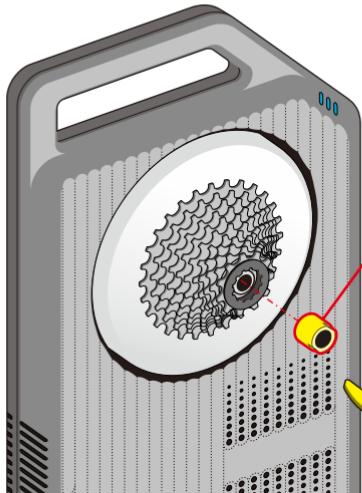
2.3 Precautions and Disclaimer

- ① Identify the frame type and standard (thru-axle or quick release) before proceeding with installation.
For **thru-axle**, refer to "2.4 For Bikes with Rear Thru-Axes" for installation.
For **quick release**, refer to "2.5 For Bikes with Quick Release Skewers" for installation.
Carefully go through the manual and compare it with the actual parts to make sure all of them are complete and properly installed before mounting your bike to T2.
- ② For hydraulic disc brakes, install the pad spacer between the brake pads (as shown on the right) after removing the rear wheel, to prevent you from accidentally closing the brake without the rotor in place.
Please use your own pad spacer if the spacer coming with T2 is not compatible with your disc brake.
- ③ T2 is compatible with most quick release and thru axle frames including those with disc brake sets. However, there are still a few special frames, because of the shape of the rear fork and the location of the disc brake set, may not be compatible with T2.
For bikes with disc brake sets and a chain stay shaped as shown below, they are very likely to be incompatible with T2, and do not force to install.
For bikes with disc brake sets, make sure the disc brake set is not against the housing of T2. If you find any contact or friction, do not force to install.

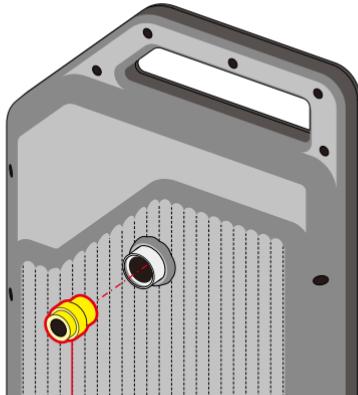
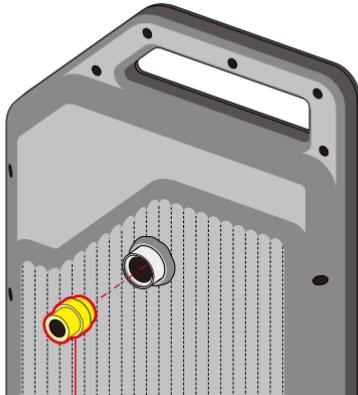
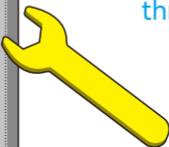


- ④ Read the manual thoroughly and be sure to follow the instructions provided in the manuals when using T2. Don't hesitate to contact us for support and don't force to install.
CYCPLUS is not responsible for damage or loss caused by incorrect installation, incompatible bike frame or customer's forcing installation.

2.5 For Bikes with Rear Thru-Axes



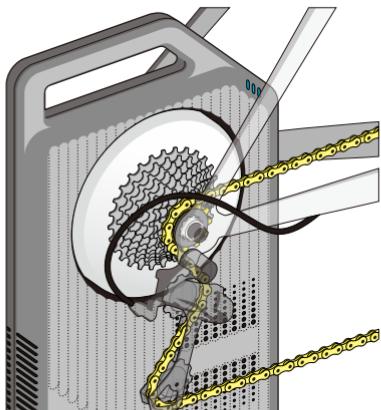
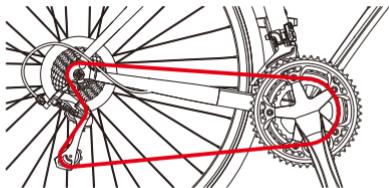
- 1 Install the Thru-axle adapter-R(03) with 17mm wrench(07)
T2 comes preinstalled with thru-axle adapter.



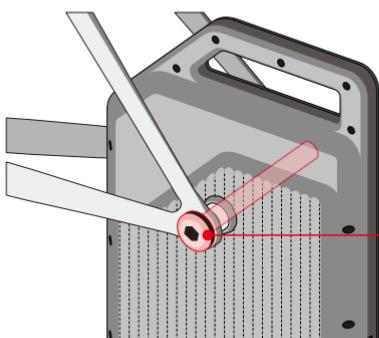
- 2 Install the Thru-axle adapter-L(04)



③ Insert the quick release skewer into the axle of T2 and install the nut in place, but don't tighten it yet, in order to install the bike frame.



④ Adjust the shifter until the chain is on the smallest sprockets of both chainwheel and cassette.



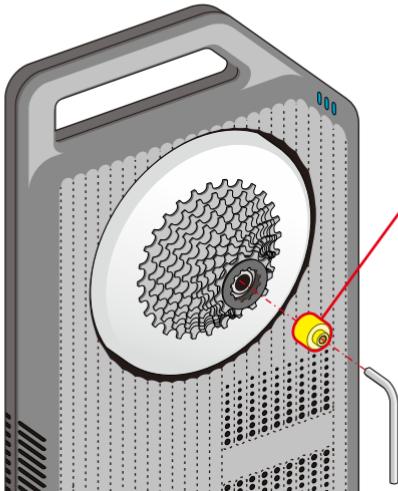
⑤ Secure the bike with the thru-axe of your bike.

⑥ Shake the bike frame after installation to make sure the frame is secured to T2.

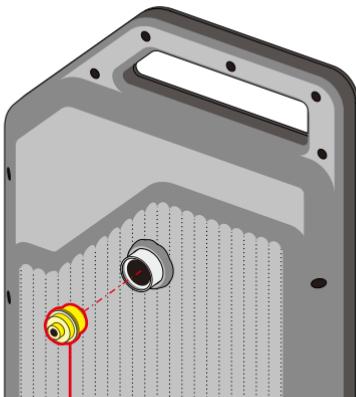
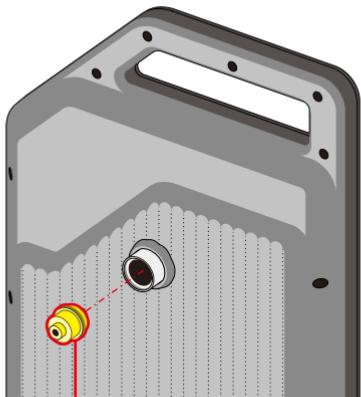


① Failure to properly secure the bike can result in serious property damage and personal injury.
② Never adjust the quick release skewer or thru axle while someone is sitting on the bike.
③ There're still a few bike frames incompatible with T2. Stop the installation immediately if any abnormalities occur.
④ Please refer to the disclaimer and don't hesitate to contact us for any installation problems.

2.5 For Bikes with Quick Release Skewers

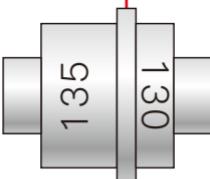


- 1 Install the Quick release adapter-R(05) with the Allen key(08).
T2 comes preinstalled with quick release adapter.
Remove it before installation.

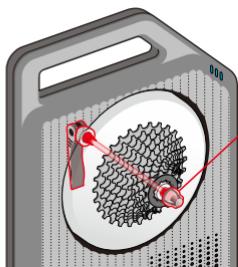


- 2 Install the Quick release adapter-L(06)

Outwards for
Mountain bike
& Road bike
with disk-brake

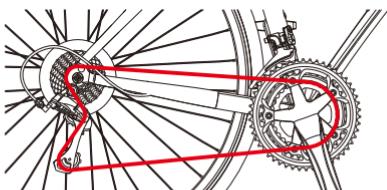
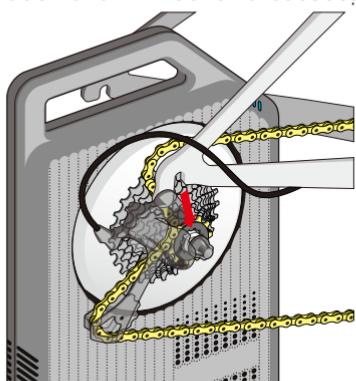


Outwards for
Road bike
with rim brake

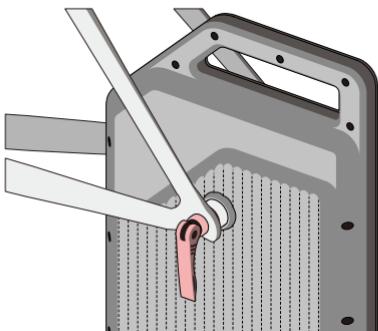


③ Insert the quick release skewer into the axle of T2 and install the nut in place, but don't tighten it yet, in order to install the bike frame.

④ Adjust the shifter until the chain is on the smallest sprockets of both chainwheel and cassette.



⑤ Align the bike chain with the smallest sprocket of the cassette on T2, and mount the frame to T2.



⑥ Adjust the lock nut of the quick release skewer, and lift and press the handle frequently at the same time until the pressing resistance is appropriate, then press the handle to secure the skewer.

⑦ Shake the bike frame after installation to make sure the frame is secured to T2.

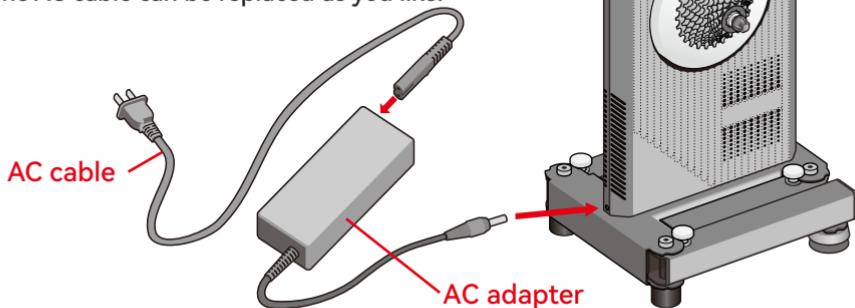


WARNING!

- ① Failure to properly secure the bike can result in serious property damage and personal injury.
- ② Never adjust the quick release skewer or thru axle while someone is sitting on the bike.
- ③ There're still a few bike frames incompatible with T2. Stop the installation immediately if any abnormalities occur.
- ④ Please refer to the disclaimer and don't hesitate to contact us for any installation problems.

2.6 Power Connection

Please use the AC adapter only that comes with T2 to power the device.
The AC cable can be replaced as you like.



3 Working Status

1. Working modes

T2 has 2 working modes, unplugged mode and plug-in mode. Plug-in mode can provide a better riding experience. The main functional differences between the two modes are as follows.

	Unplugged mode	Plug-in mode
Signal connection	When you start riding, you need to pedal to generate power for wireless connection. After you stop, the LED indicator may go out, but the stored power will be available for the wireless signal to work for 5 more minutes.	Ready to connect Bluetooth and ANT anytime
Downhill and inertia simulation	Unable to simulate downhill and flywheel inertia	Able to simulate downhill and flywheel inertia
Climbing simulation	When riding at low speed (<15KMH), maximum gradient supported <15%. No effect at high speed.	15%

Notice: It is recommended for high-intensity riders to ride in plug-in mode for electricity to dissipate heat for T2 after stop.

2. Indicators



Shines steadily: ANT data broadcast working properly

Shines steadily: bluetooth connected

Flashes: bluetooth not connected

Shines steadily: Power supply works properly

4 Application

1. Please download "CYCPLUS" App in [App Store](#) or [Google Play](#).



CYCPLUS APP



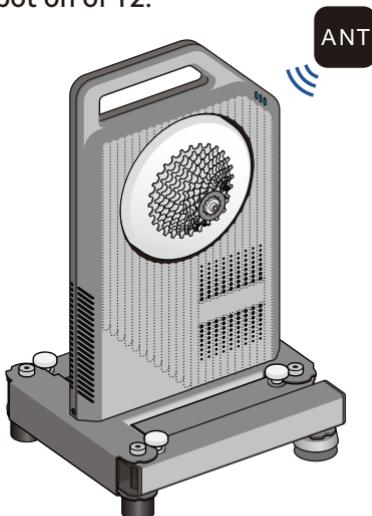
App Store



Google Play

2. T2 is a true direct-drive trainer and requires no calibration.

3. T2 supports both Bluetooth and ANT+ wireless connection protocols when using indoor cycling Apps.
We recommend using Bluetooth connection in preference, for more stable signal.
For ANT+ connection, place the ANT receiver as close as possible to the indicator spot on of T2.



5 Spacers(for possible noise and friction)

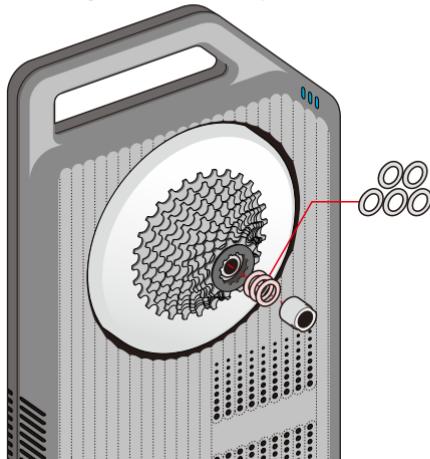
5.1 Cassette adjustment spacer(for loud chain noise)

If the chain noise becomes too loud while training, it may be because the distance between the T2 cassette and the rear fork (A) and the distance between your original cassette and the rear fork (B) are different, and the bike chain and cassette do not fit well.

1. A<B Try adding more cassette adjustment spacers to T2.

Each piece is about 0.5mm thick.

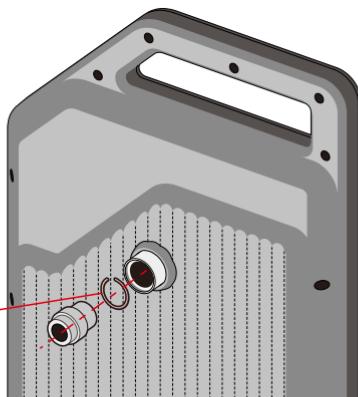
2. A>B Contact us directly for more help.



5.2 Disc brake spacer(for friction)

If friction occurs between the disc brake on your bike and the T2 housing, you can use disc brake spacers to increase the distance between to avoid friction while training.

*This mostly happens with SRAM spec 140mm disc brakes.



Visit our youtube channel ([CYCPLUS](#)) for more detailed official videos, or contact our customer service for more information.

5 Specifications

Model	CYCPLUS T2
Type	Intelligent Direct - Drive Trainer
Magnet	50 neodymium magnets + 45 sets of electromagnets
Structure	Foldable X-shape
Dimension(unfolded)	520*699*510 mm
Dimension(folded)	300*257*510 mm
Net Weight(with cassette)	33.5lbs(15.2kg)
Power supply	48V/1.25A(Unplugged mode supported)
Max power	2200 W
Output power (40km/h)	1600 W
Accuracy	±1%
Calibration	No calibration needed
Max gradient	15%
Downhill simulation	Plug-in mode only
Max torque	60 N.m
Max braking force	176 N
Wireless signal	Bluetooth 5.0 & ANT+
ANT+FE-C protocol	✓
FTMS protocol	✓
Frame compatible	5*130/5*135(Quick release) 12*142/12*148(Thru-axle)
Cassette compatible	Shimano 8-12 speed cassette SRAM 8-11 speed cassette SRAM 12 speed cassette(XDR hub needed)

FCC Statement

This device complies with part 15 of the FCC Rules. Operation is subject to the following two conditions:(1) This device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

Any Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

Note: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment.

This equipment should be installed and operated with minimum distance 20cm between the radiator & your body.

