

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 the trainer while in use.
2. Keep clear of the motor and moving parts while in use.
3. The T3 enclosure will heat up during use. Ensure the cooling holes are clear. For high-intensity riding, plug in the power to keep the fan working.
4. Please use the trainer on a stable surface with adjusted leveling feet before use.
5. Use caution when standing while riding on the trainer.
6. Do not install or disassemble the bicycle until the trainer full stops.
7. Do not use other power source to power the trainer.
8. Please confirm whether the bicycle is installed properly before every ride.

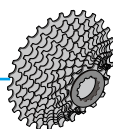
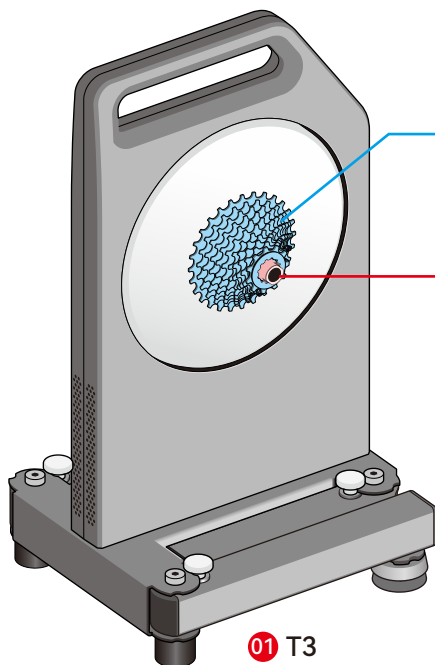
1.3 Factory Info

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



02 Cassette
pre-installed



03 Thru-axle
adapter-R
pre-installed



04 Thru-axle
adapter-L
pre-installed



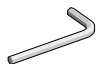
05 Quick release
adapter-R



06 Quick release
adapter-L



07 17mm Wrench
for thru-axle adapter-R



08 Allen key
for quick release adapter-R



09 8-10 speed
cassette spacer



10 Cassette adjustment
spacer [7x]
Including 2 pcs pre-installed



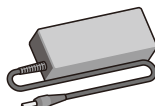
11 Disc brake spacer



12 Oil Disk Brake
Pad Spacer



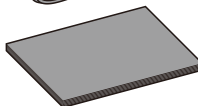
13 Quick release



14 AC adapter



15 AC cable



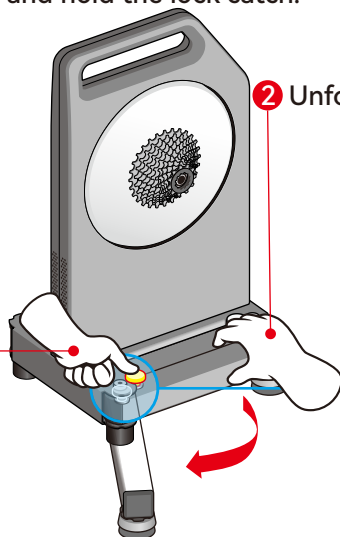
16 Cushioning mat



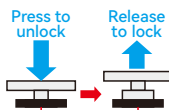
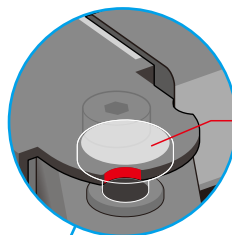
17 USB ANT+
receiver and
Extension Cable

2.1 Ground and stabilize T3

- 1 Press and hold the lock catch.

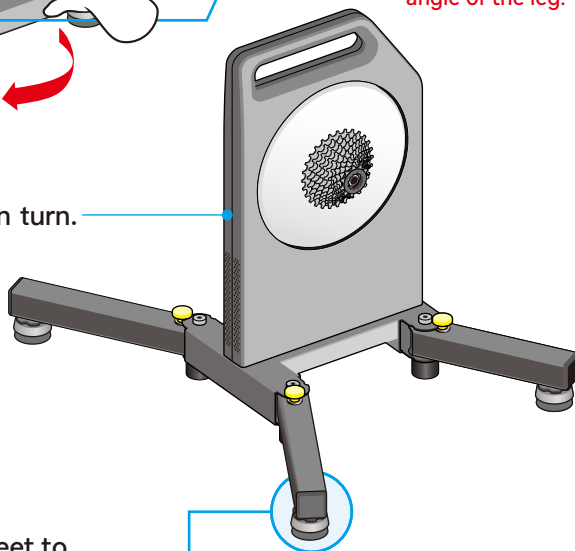


- 2 Unfold the leg.



Align the lock catch with the notch, and make sure the latch pops up and locks angle of the leg.

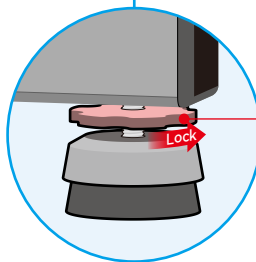
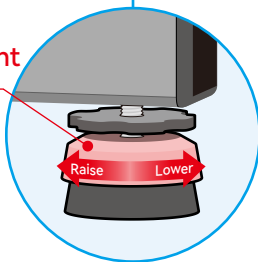
- 3 Unfold all the legs in turn.



- 4 Adjust the leveling feet to balance and stabilize T3.

Adjust the height of the foot

Rotate clockwise to raise
Rotate counterclockwise to lower



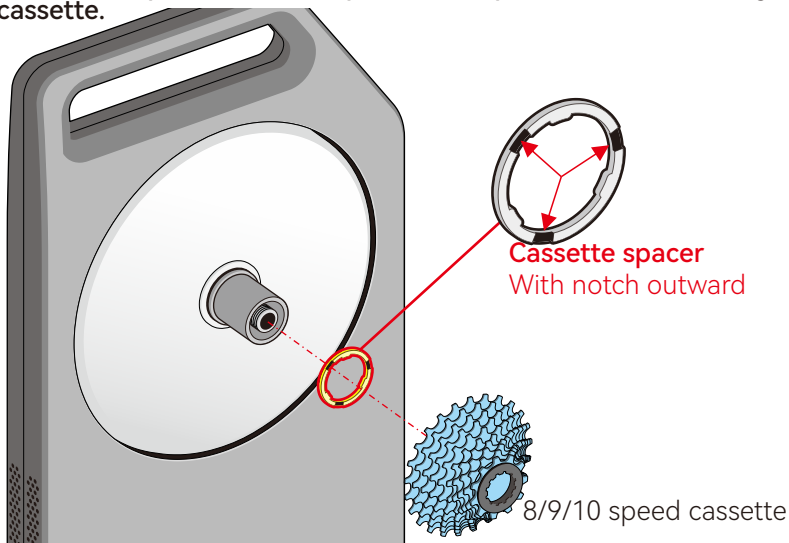
Lock the height of the foot

Rotate counterclockwise to secure

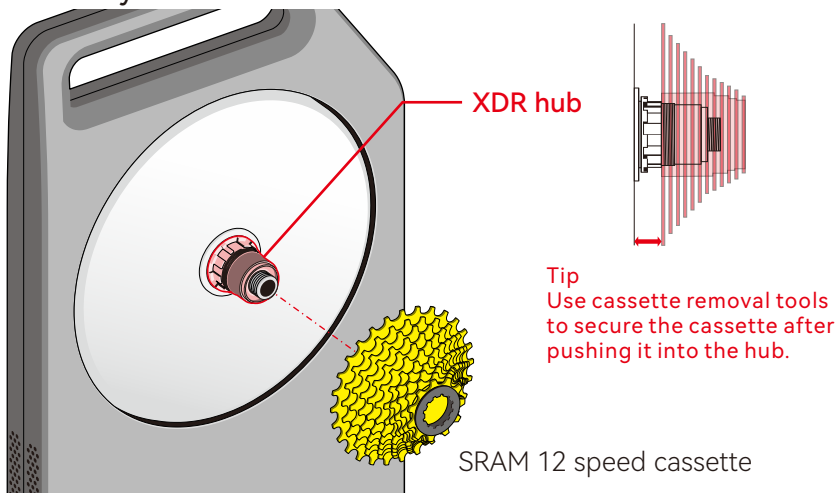
2.2 Cassette Mounting

T3 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.



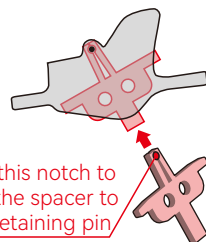
2. For SRAM 12 speed cassettes, an XDR hub will be needed to buy additionally.



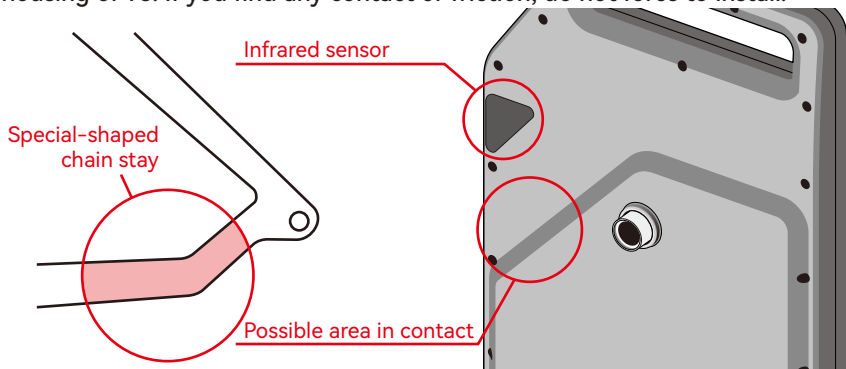
2.3 Precautions and Disclaimer

- 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-Axles" 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 T3.

- 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 T3 is not compatible with your disc brake.

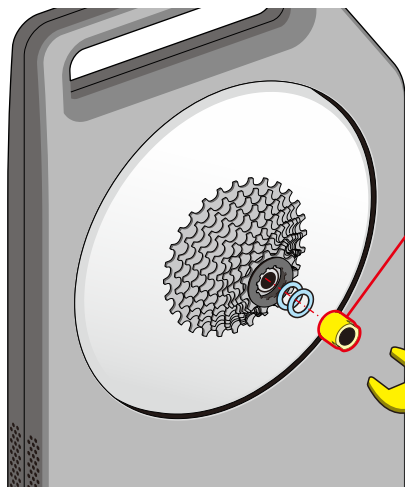


- 3 T3 is compatible with most quick release and thru axle frames including those with disc brake sets. However, there are still a few special frames, because of the shape of the rear fork and the location of the disc brake set, may not be compatible with T3.
For bikes with disc brake sets and a chain stay shaped as shown below, they are very likely to be incompatible with T3, and do not force to install.
For bikes with disc brake sets, make sure the disc brake set is not against the housing of T3. If you find any contact or friction, do not force to install.

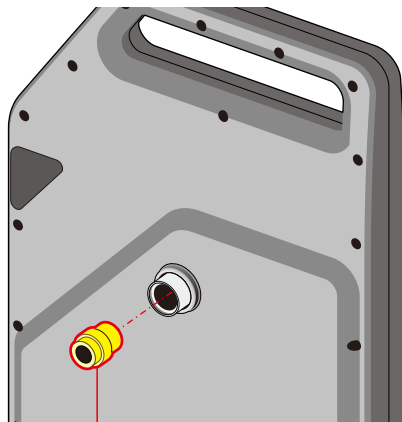
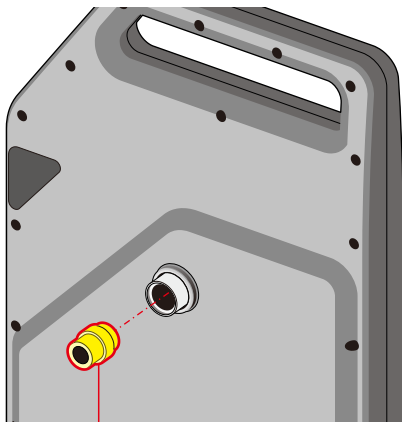


- 4 Please keep the lens of infrared sensor clean and clear of any obstructions.
- 5 Read the manual thoroughly and be sure to follow the instructions provided in the manuals when using T3. Don't hesitate to contact us for support and don't force to install.
CYCPLUS is not responsible for damage or loss caused by incorrect installation, incompatible bike frame or customer's forcing installation.

2.4 For Bikes with Rear Thru-Axles

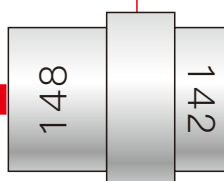


- 1** Install the Thru-axle adapter-R(03) with 17mm wrench(07)
T3 comes preinstalled with thru-axle adapter and 2 spacers.



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

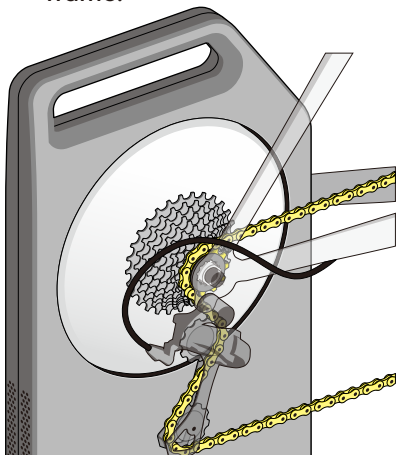
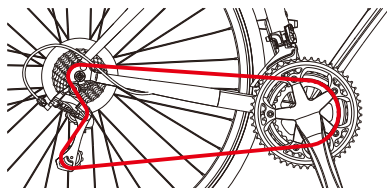
Outwards for
Mountain bike



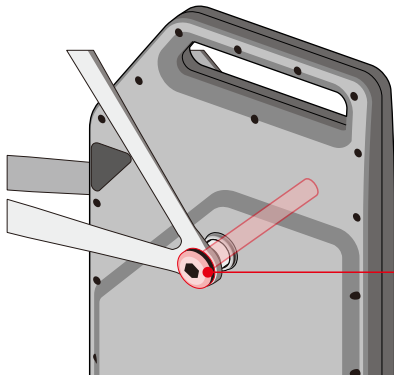
Outwards for
Road bike



- 3** Insert the quick release skewer into the axle of T3 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-axle of your bike.

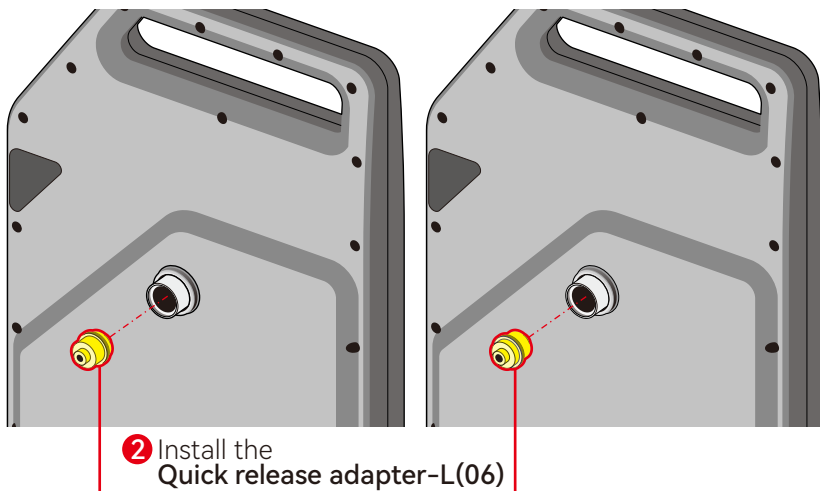
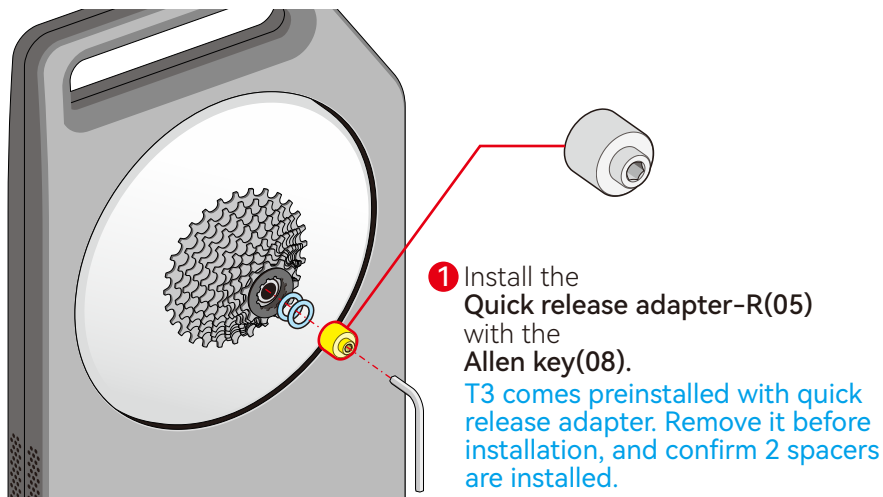
Original thru-axle

- 6** Shake the bike frame after installation to make sure the frame is secured to T3.

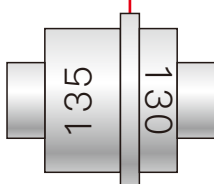


- WARNING!**
- ① Failure to properly secure the bike can result in serious property damage and personal injury.
 - ② Never adjust the quick release skewer or thru axle while someone is sitting on the bike.
 - ③ There're still a few bike frames incompatible with T3. Stop the installation immediately if any abnormalities occur.
 - ④ Please refer to the disclaimer and don't hesitate to contact us for any installation problems.

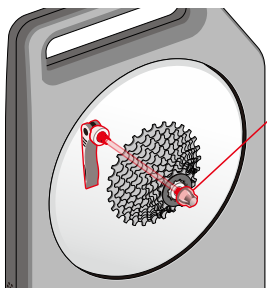
2.5 For Bikes with Quick Release Skewers



Outwards for
Mountain bike
& Road bike
with disk-brake

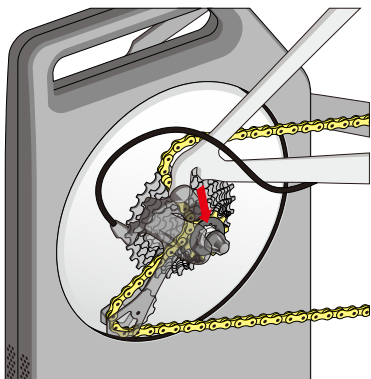
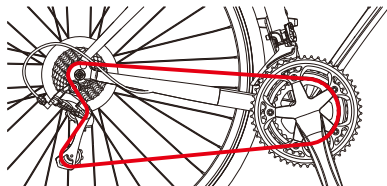


Outwards for
Road bike
with rim brake

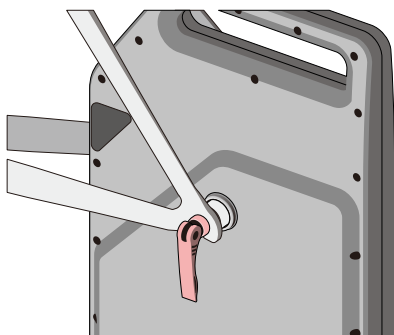


- 3** Insert the quick release skewer into the axle of T3 and install the nut in place, but don't tighten it yet, in order to install the bike frame.

- 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 T3, and mount the frame to T3.



- 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.

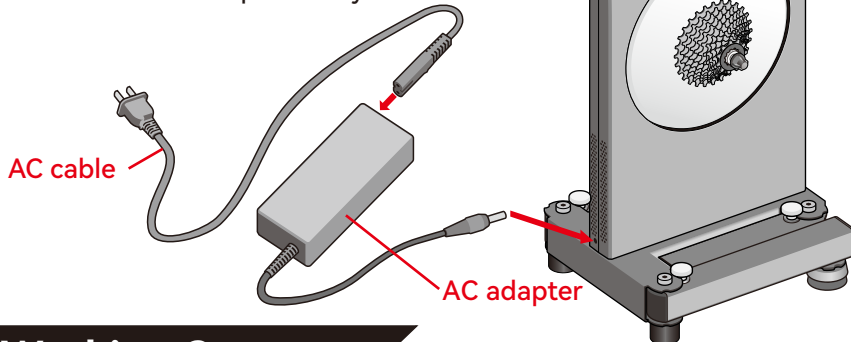
- 7** Shake the bike frame after installation to make sure the frame is secured to T3.



- 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 T3. 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 T3 to power the device.
The AC cable can be replaced as you like.



3 Working Status

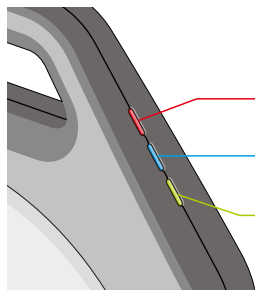
1. Working modes

T3 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

Notice: It is recommended for high-intensity riders to ride in plug-in mode for electricity to dissipate heat for T3 after stop.

2. Indicators



Solid light: Power supply works properly

Solid light: bluetooth connected

Flashing: bluetooth not connected

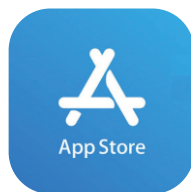
Solid light: ANT data broadcast working properly

4 Application

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



CYCPLUS APP



App Store



Google Play

2. T3 is a true direct-drive trainer and requires no calibration.

3. T3 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 T3.



5 Spacers(for possible noise and friction)

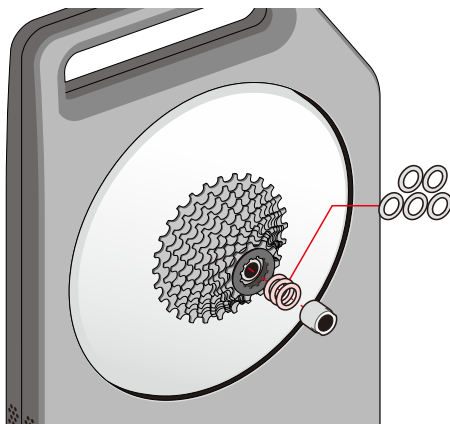
5.1 Cassette adjustment spacer(for loud chain noise)

If the chain noise becomes too loud while training, it may be because the distance between the T3 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.

For your convenience in adjusting the distance, there are 2 spacers pre-installed between the cassette and the Thru-axle adapter-R or Quick release adapter-R.

1. $A < B$ Try adding more cassette adjustment spacers to T3. Each piece is about 0.4mm thick.

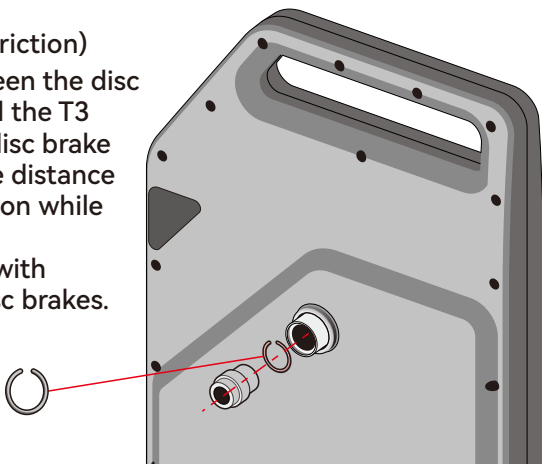
2. $A > B$ Try removing some spacers to reduce the distance. If there are still issues after removing all the spacers, please contact us for help.



5.2 Disc brake spacer(for friction)

If friction occurs between the disc brake on your bike and the T3 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 T3
Type	Intelligent Direct - Drive Trainer
Magnet	50 neodymium magnets + 45 sets of electromagnetic coils
Structure	Foldable X-shape
Dimension(unfolded)	520*699*547 mm
Dimension(folded)	300*257*547 mm
Net Weight(with cassette)	42.8 lbs (19.4 kg)
Power supply	48V/1.25A(Unplugged mode supported)
Max power	2800 W
Output power (40km/h)	2400 W
Accuracy	±1%
Left-right power balance	√
Calibration	No calibration needed
Max gradient	27%
Downhill simulation	Plug-in mode only
Max torque	110 N.m
Max braking force	323 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)
Cassete compatible	Shimano 8-12 speed cassette SRAM 8-11 speed cassette SRAM 12 speed cassette(XDR hub needed)