

CYCPLUS



Smart Bike Trainer

■ User Manual

FCC Statements

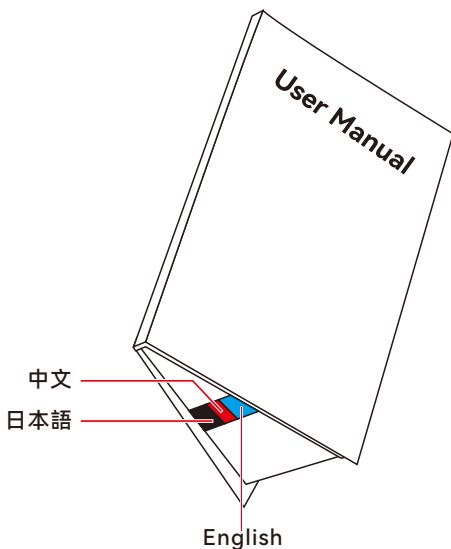
Model: T2H
FCC ID: 2A4HX-CDZNT2

This device complies with part 15 of the FCC Rules. Operation is subject to the following two conditions:

- This device may not cause harmful interference.
- this device must accept any interference received, including interference that may cause undesired operation.

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.



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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 T2H while in use.
2. Keep clear of the motor and moving parts while in use.
3. The T2H 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 T2H on a stable surface with adjusted leveling feet before use.
5. Use caution when standing while riding on T2H.
6. Do not install or disassemble the bicycle until T2H completely stops.
7. Do not use other power source to power T2H.
8. Please confirm whether the bicycle is installed properly before every ride.

1.3 Manufacturer Information

Company: Chengdu Chendian Intelligent Technology Co., Ltd.

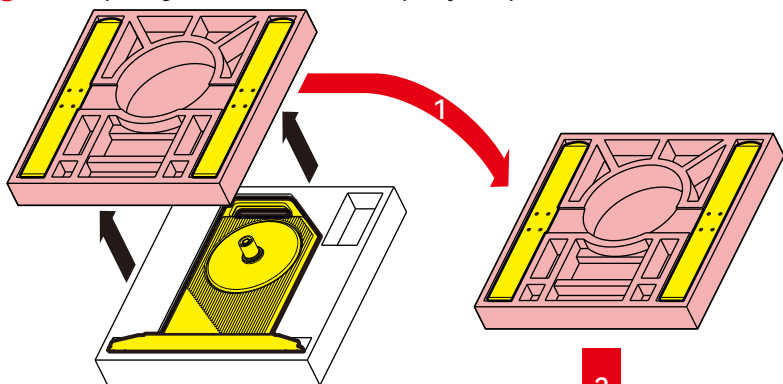
Address: No.88, Tianchen Road, Chengdu, Sichuan Province, China

Warranty : Free repair or replacement within 2 years for non-user-induced damage.

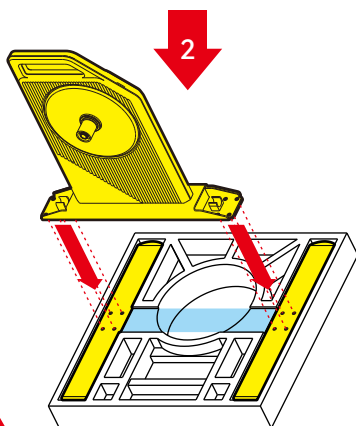
Contact: [steven@cycplus.com](#)

1.4 Unboxing and Quick Installation

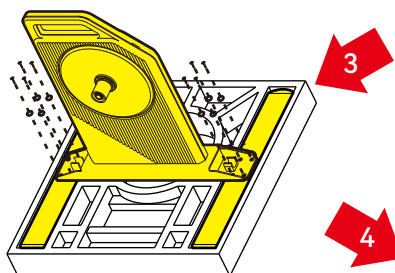
- 1** After opening the box, remove the top tray and place it on a flat surface.



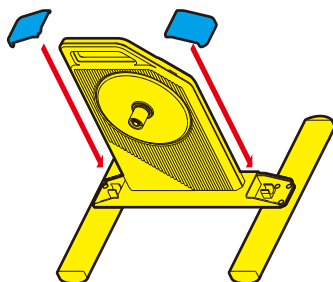
- 2** Take the main unit out and place it upright on the legs. The tray has a slot to help you position it correctly.



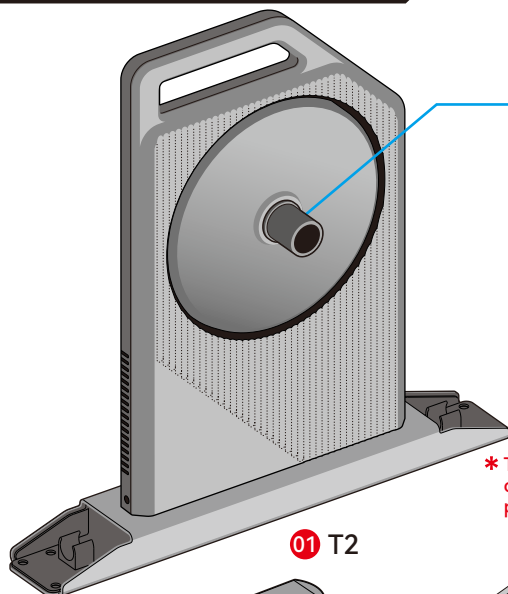
- 3** Secure the legs with screws, and remember to add washers when installing the screws.



- 4** Remove the tray and place the trainer on a flat surface to check the installation. Then cover the connection with the caps.



1.4 Packing List



08 Hub **pre-installed**



09 Thru-axle Adapter-R



10 Thru-axle Adapter-L



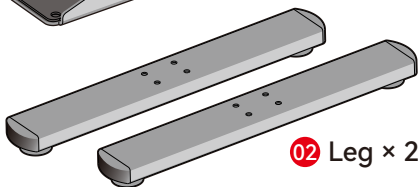
11 Quick Release Adapter-R



12 Quick Release Adapter-L

* The adapters are standard parts. If the optional cassette is selected, the thru-axle adapters are pre-installed by default.

01 T2



02 Leg x 2



13 Quick Release



14 8-10 speed Cassette Spacer



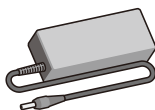
15 Cassette adjustment spacer [7x]
Including 2 pcs pre-installed with adapter



16 Disc Brake Spacer



17 Hydraulic Disk Brake Pad Spacer



18 AC Adapter



19 AC Cable



04 Screw for Leg x 8



05 Screw Washer x 8



06 5mm Allen Key
for legs & quick release adapter-R



07 17mm Wrench
for thru-axle adapter-R

2.1 Installation

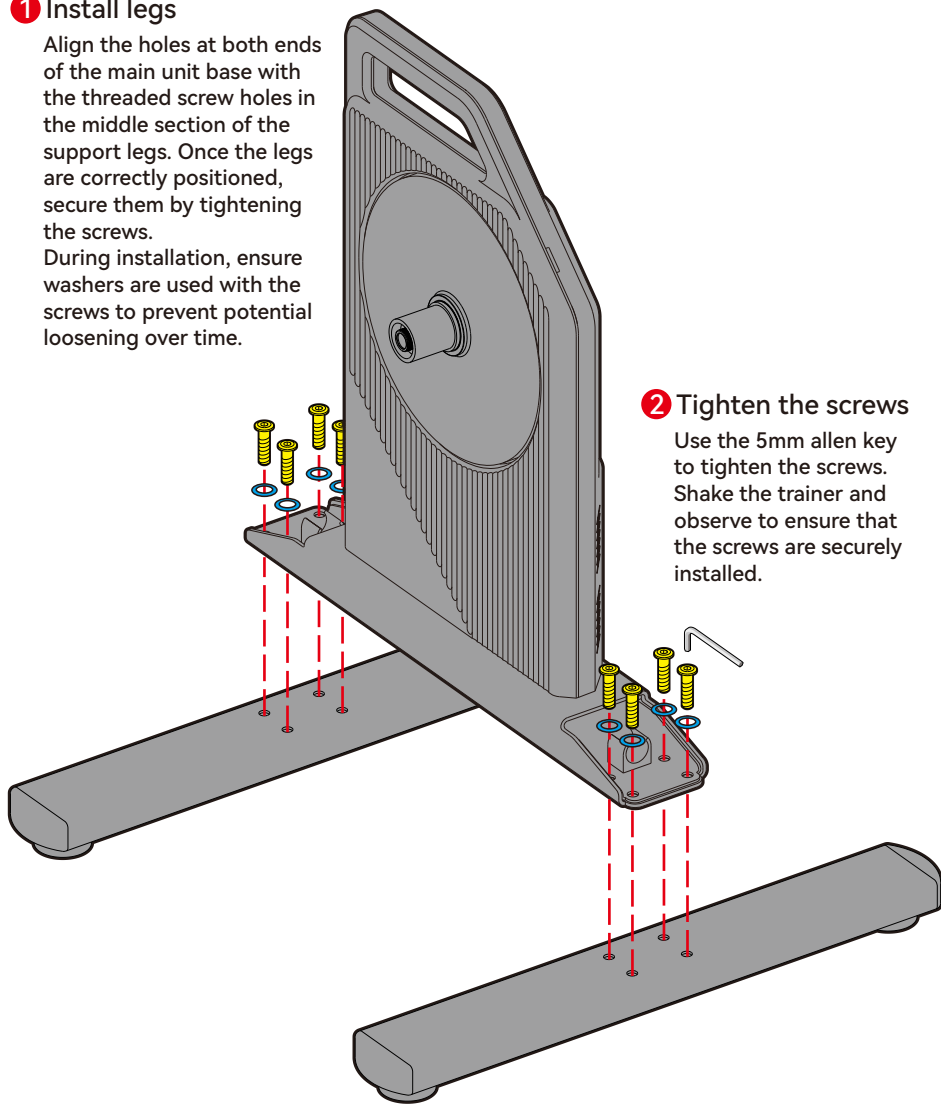
1 Install legs

Align the holes at both ends of the main unit base with the threaded screw holes in the middle section of the support legs. Once the legs are correctly positioned, secure them by tightening the screws.

During installation, ensure washers are used with the screws to prevent potential loosening over time.

2 Tighten the screws

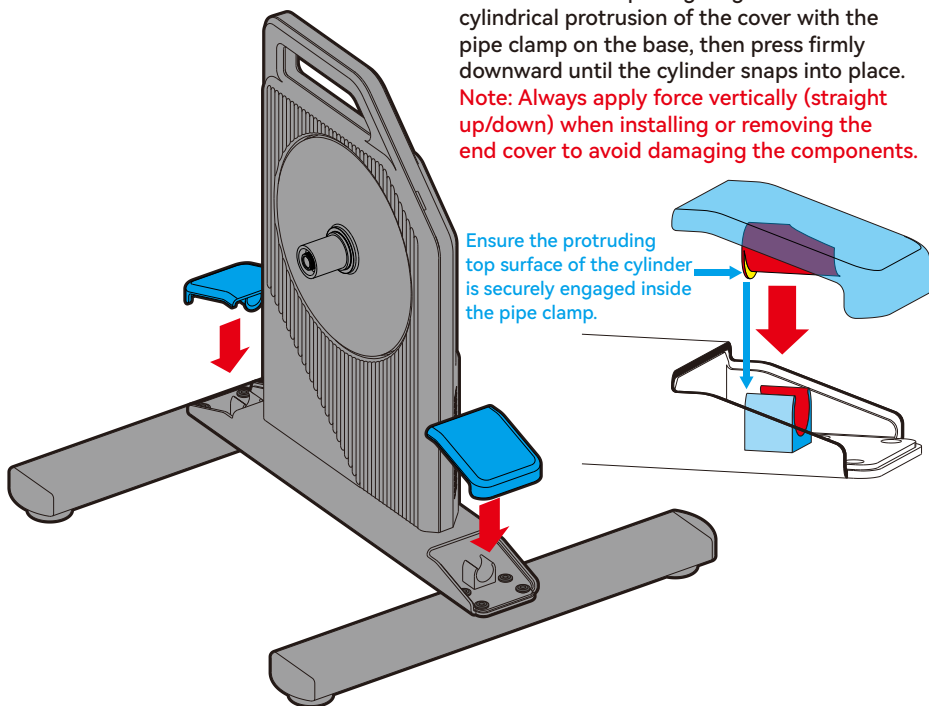
Use the 5mm allen key to tighten the screws. Shake the trainer and observe to ensure that the screws are securely installed.



3 Install the connection cap

Hold the connection cap and position it directly above the base opening. Align the internal cylindrical protrusion of the cover with the pipe clamp on the base, then press firmly downward until the cylinder snaps into place.

Note: Always apply force vertically (straight up/down) when installing or removing the end cover to avoid damaging the components.



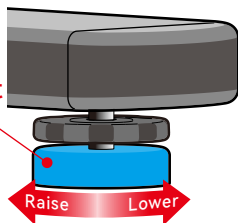
4 Adjust the leveling feet to balance and stabilize the trainer.

Adjust the height of the feet to stabilize the trainer after finishing the installation.

Please make sure the trainer is placed stably before installing the bike for training.

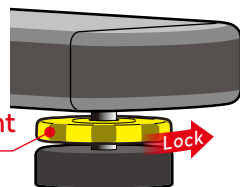
Adjust the height of the foot

Rotate
clockwise to raise
Rotate
counterclockwise
to lower



Lock the height of the foot

Rotate
counterclockwise
to secure



2.2 Cassette Mounting

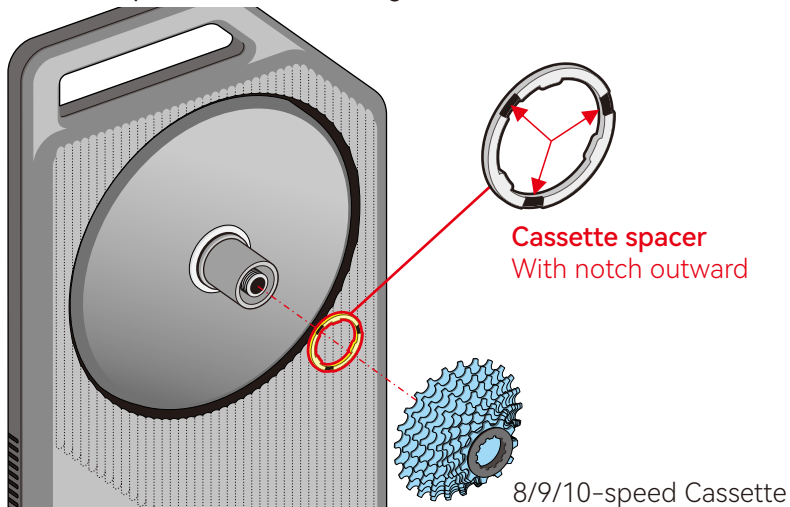
1. Shimano 11/12-speed Cassettes

SRAM 11-speed Cassette

Install the cassette to the default hub directly.

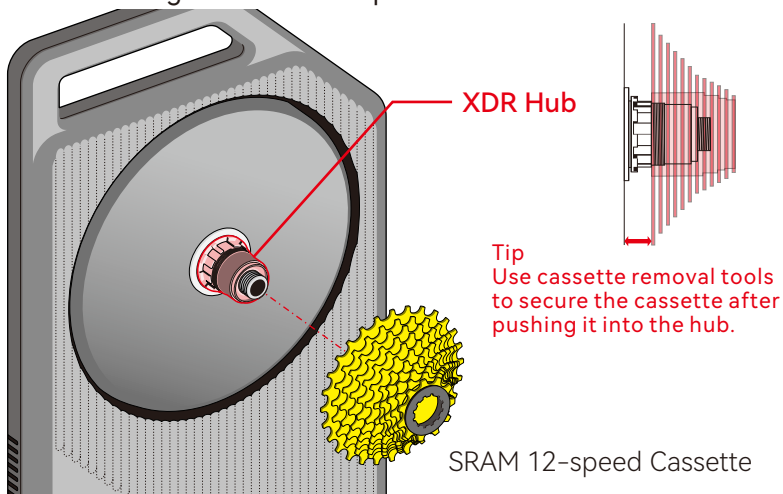
2. 8/9/10-speed Cassette

Install the spacer before installing the cassette



3. SRAM 12-speed Cassette

Needs to buy a XDR hub additionally to replace the default hub before installing the SRAM 12-speed Cassette.



2.3 Precautions and Disclaimer

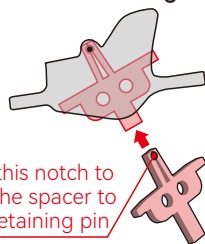
- 1 Identify the frame type and standard (thru-axle or quick release) before proceeding with installation.
For **thru-axle**, refer to "2.4 For Bikes with Rear Thru-Axles" for installation.
For **quick release**, refer to "2.5 For Bikes with Quick Release Skewers" for installation.

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 the trainer.

- 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 T2H is not compatible with your disc brake.

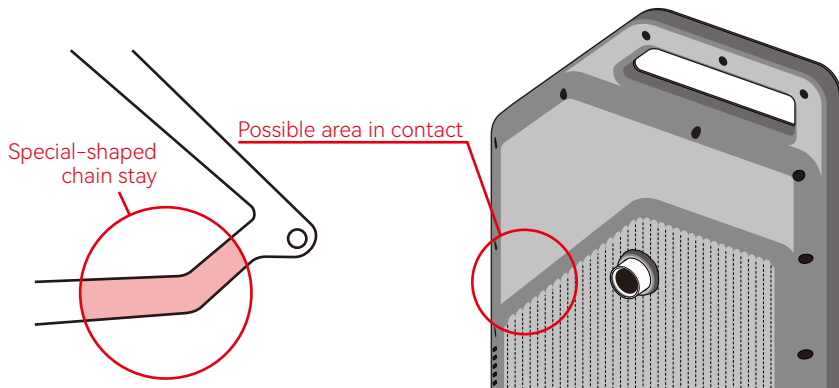
Use this notch to clip the spacer to the retaining pin



- 3 T2H 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 T2H.

For bikes with disc brake sets and a chain stay shaped as shown below, they are very likely to be incompatible with T2H, and do not force to install.

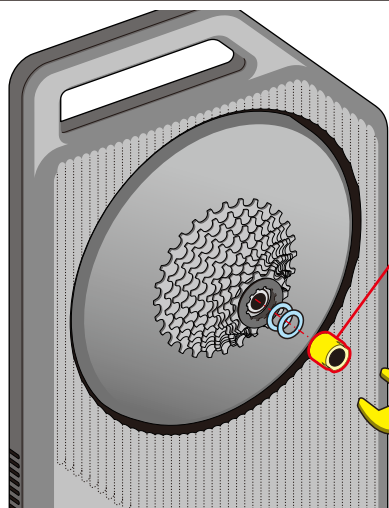
For bikes with disc brake sets, make sure the disc brake set is not against the housing of T2H. If you find any contact or friction, do not force to install.



- 4 Read the manual thoroughly and be sure to follow the instructions provided in the manuals when using T2H. Don't hesitate to contact us for support and don't force to install.

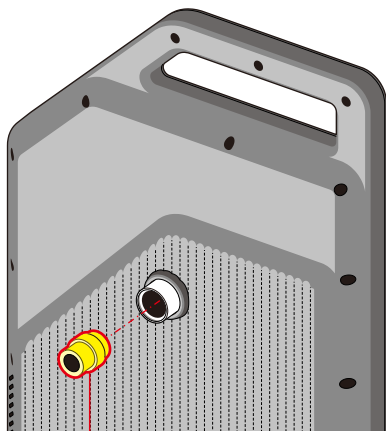
CYCPLUS is not responsible for damage or loss caused by incorrect installation, incompatible bike frame or customer's forcing installation.

2.4 For Bikes with Rear Thru-Axles

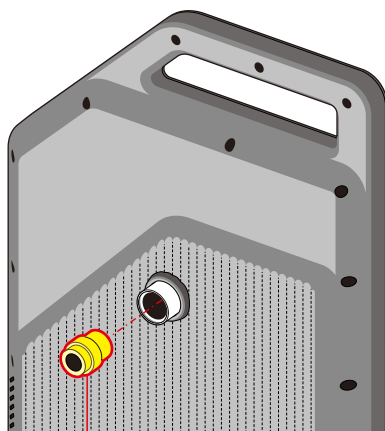


- 1** Install the Thru-axle adapter-R(09) with 17mm wrench(07)

If the optional cassette is selected, T2H comes preinstalled with thru-axle adapter and 2 spacers.



- 2** Install the Thru-axle adapter-L(10)



Outwards for
Mountain bike



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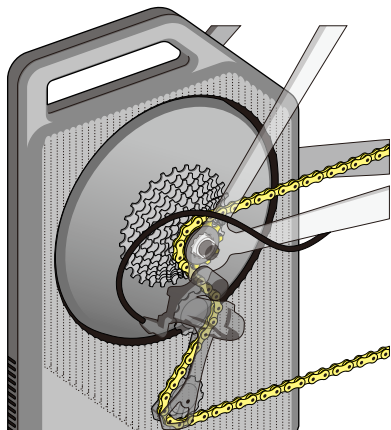
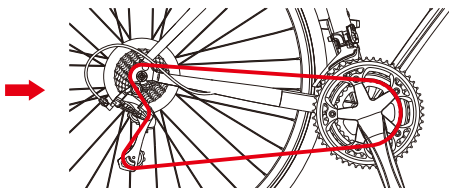


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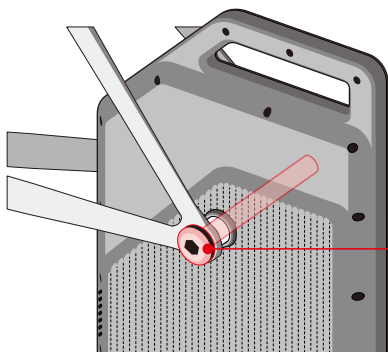


Outwards for
Road bike

- 3** Adjust the shifter until the chain is on the smallest sprockets of both chainwheel and cassette.



- 4** Align the bicycle chain with the minimum sprocket of the cassette and install the frame onto the bike trainer.



- 5** Secure the bike with the thru-axle of your bike.

Original thru-axle

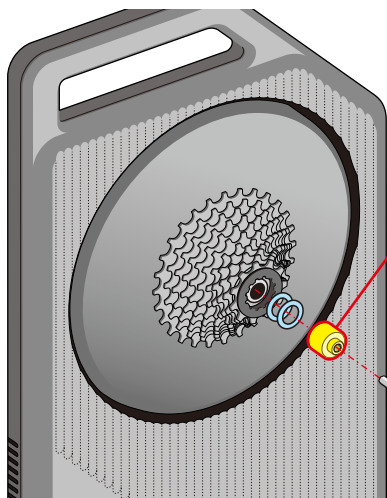
- 6** Shake the bike frame after installation to make sure the frame is secured to T2H.



WARNING!

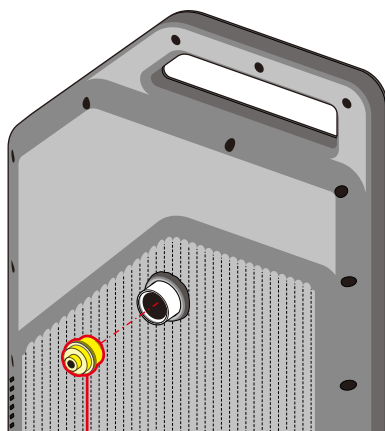
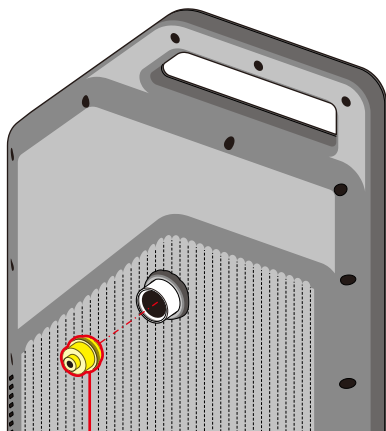
- ① Failure to properly secure the bike can result in serious property damage and personal injury.
- ② Never adjust the quick release skewer or thru axle while someone is sitting on the bike.
- ③ There're still a few bike frames incompatible with T2H. Stop the installation immediately if any abnormalities 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



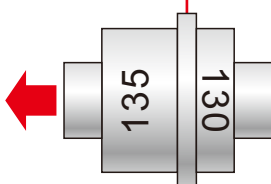
- 1** Install the Quick release adapter-R(11) with the 5mm Allen key(08).

If the optional cassette is selected, T2H comes preinstalled with thru-axle adapter. Remove it before installation, and confirm 2 spacers are installed.



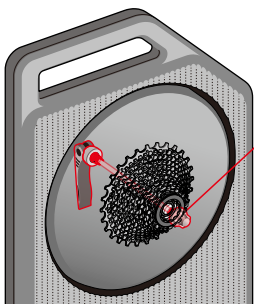
- 2** Install the Quick release adapter-L(12)

Outwards for
Mountain bike
& Road bike
with disk-brake



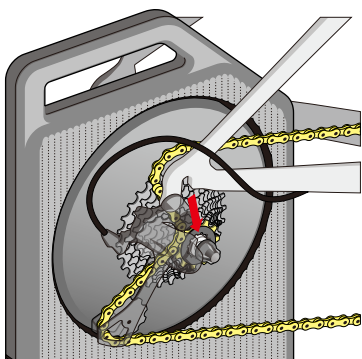
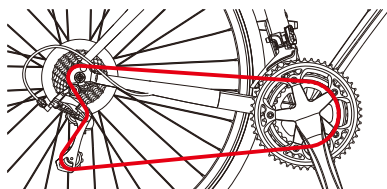
Outwards for
Road bike
with rim brake



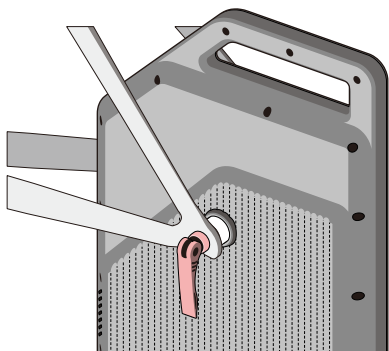


- 3** Insert the quick release skewer into the axle of T2H and install the nut in place, but don't tighten it yet, in order to install the bike frame.

- 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 T2H, and mount the frame to T2H.



- 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.

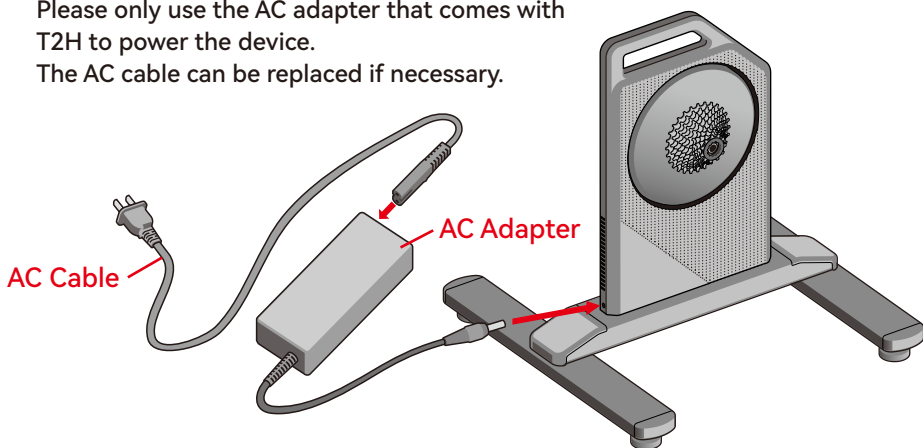
- 7** Shake the bike frame after installation to make sure the frame is secured to T2H.



- 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 T2H. 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 only use the AC adapter that comes with T2H to power the device.
The AC cable can be replaced if necessary.



3.1 Working Modes Comparison

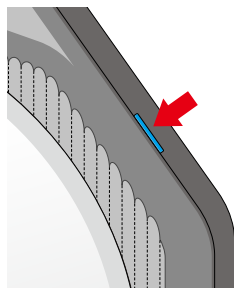
T2H has two working modes, unplugged mode and plug-in mode. Plug-in mode can provide a better riding experience. The main functional differences between the two modes are as follows.

	Unplugged Mode	Plug-in Mode
Signal Connection	Pedal to generate power for wireless connection. After stopping, power lasts for 5 more minutes.	Always ready to connect to Bluetooth and ANT.
Downhill and Inertia Simulation	Unable to simulate downhill and flywheel inertia	Supports downhill and flywheel inertia simulation.

For high-intensity riders:

It is recommended to use **plug-in mode** to allow the T2H to dissipate heat after riding.

3.2 Indicator



The indicator shows the operational status of the trainer.

Flashing blue - BLE not connected.

Solid blue - BLE connected.

Flashing red - Overheating protection activated.

Solid red - Fault detected, stop riding,
and contact customer service.

4 Application

1. Download the App

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



CYCPLUS APP



App Store



Google Play

When connecting T2H to CYCPLUS APP, please choose T2 in the product list.

2. No Calibration Needed

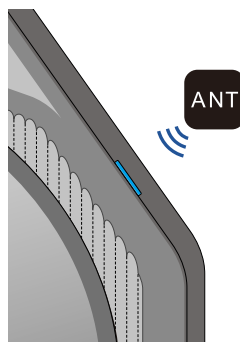
The T2H is a direct-drive trainer and requires no calibration.

3. Connecting via Bluetooth or ANT+

Supports both BLE and ANT+. For a more stable connection, use BLE.

For ANT+, place the receiver close to the T2H's indicator.

Important: Only one cycling app can be connected at a time. Don't use a bike computer while connected to an app on your phone or computer.



4. Troubleshooting

Can't find the trainer?

- Unplug the trainer for 5 minutes.
- Open the CYCPLUS app, go to the settings, and disconnect any devices.

Reminder:

If the trainer stays connected to other devices, close all cycling apps and remove the trainer (CYCPLUS T2 XXXXX) from your paired BLE devices.

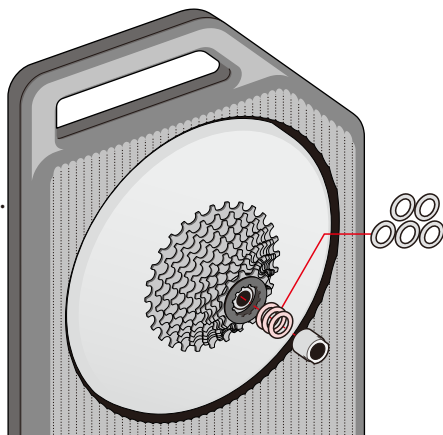
5 Spacers(for possible noise and friction)

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 T2H 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.

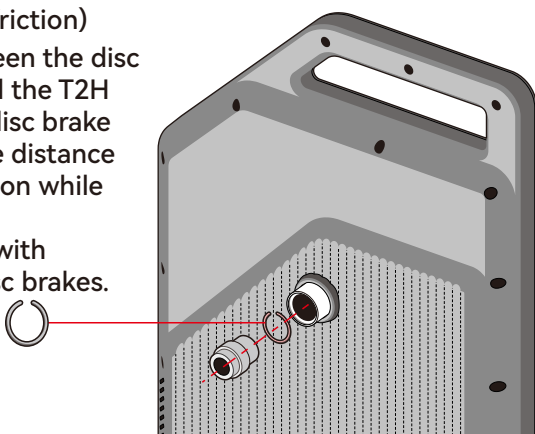
1. $A < B$ Try adding more cassette adjustment spacers to T2H. Each piece is about 0.4mm thick.
2. $A > B$ Try removing some spacers to reduce the distance. If there are still issues after removing all the spacers, please contact us for help.



5.2 Disc brake spacer(for friction)

If friction occurs between the disc brake on your bike and the T2H 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.

6 Specifications

Model	CYCPLUS T2H
Type	Intelligent Direct – Drive Trainer
Magnet System	52 neodymium magnets + 48 sets of electromagnets
Dimension	L516 × W520 × H540 mm
Net Weight	36.6 lbs (16.6 kg)
Power Supply	48V/1.25A(Unplugged mode supported)
Maximum Power Output	2200 W
Power Output (40 km/h)	2000 W
Accuracy	±1%
Calibration	No calibration needed
Maximum Gradient	Max gradient support 20%, < 20% at speeds < 18 km/h
Downhill simulation	Plug-in mode only
Maximum Torque	85 N.m
Maximum Braking Force	250 N
Wireless Connectivity	BLE 5.0 & ANT+
Supported Protocols	ANT+ FE-C & BLE FTMS
Frame Compatibility	5 × 130 / 5 × 135(Quick Release) 12 × 142 / 12 × 148(Thru-axle)
Cassette Compatibility	Shimano 8-12 speed Cassette SRAM 8-11 speed Cassette SRAM 12 speed Cassette(XDR hub needed)

Product Optimization Notice

To continuously improve product functionality and user experience, we may make adjustments to the design, features, or accessories of the product. The actual item you receive may differ from the description in this manual. Please refer to the physical product as the final reference.

We reserve the right to modify products without prior notice.

Thank you for your understanding and support!