

OREKA TRAINING

USER MANUAL



CONTACT

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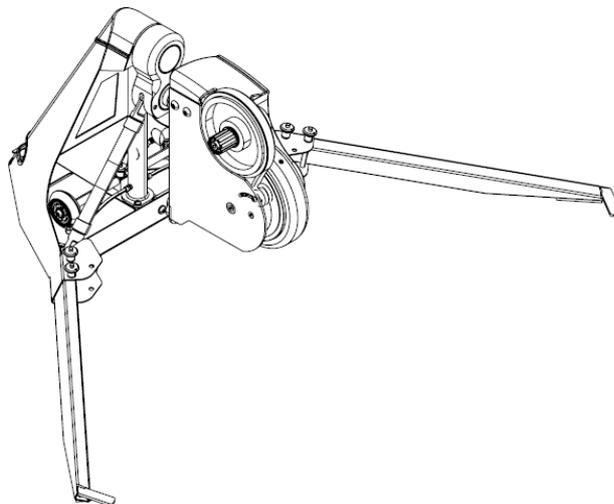
OREKA TRAINING

Thank you for purchasing our product.

To use our product safely, please read this manual carefully beforehand.

Should you have any doubts after reading, please visit our website or for more information contact info@orekatraining.com.

NOTE: the company reserves the right to modify the design of the product or its specifications to improve quality.

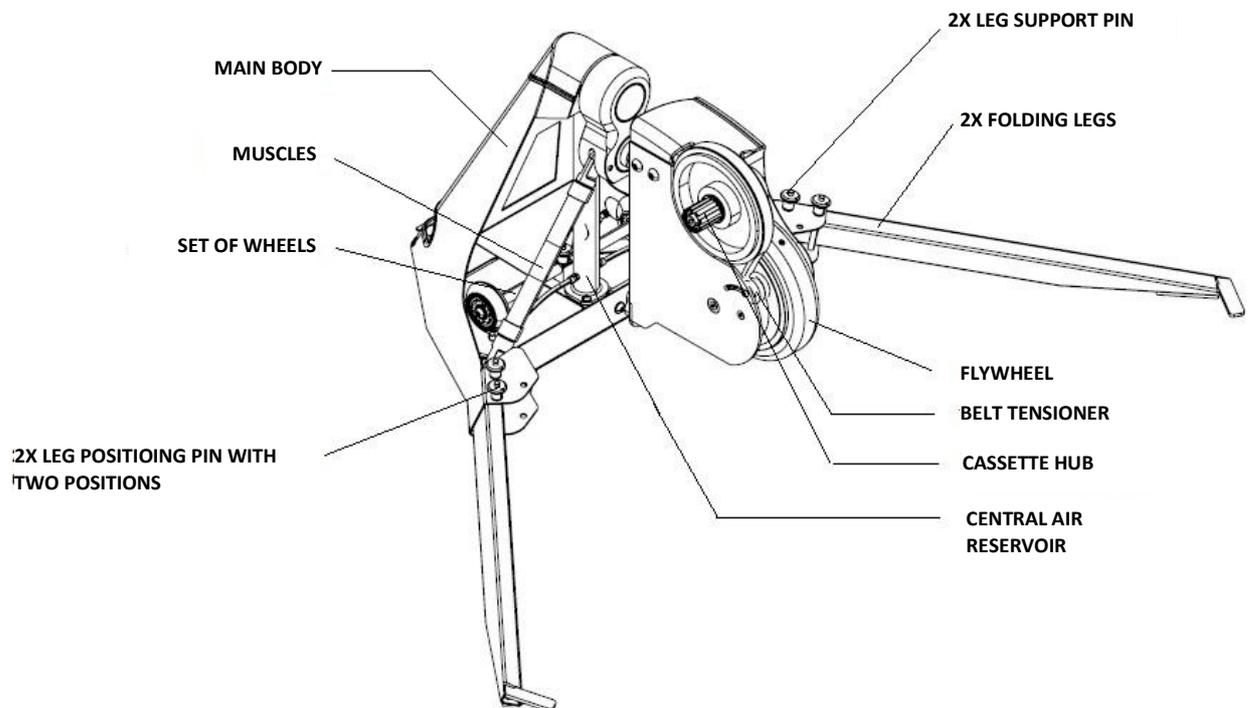


Please keep this manual safe after reading

CONTENTS

1. GENERAL VIEW OF THE PRODUCT
2. TRAINER USAGE NOTES
3. ASSEMBLY AND TRANSPORT INSTRUCTIONS
4. PLACING THE BICYCLE ON THE TRAINER
5. ADJUSTING THE DAMPERS
6. BEFORE UNDERTAKING YOUR FIRST SESSION
7. EXEMPTION FROM LIABILITY
8. WARRANTY
9. TECHNICAL ASSISTANCE

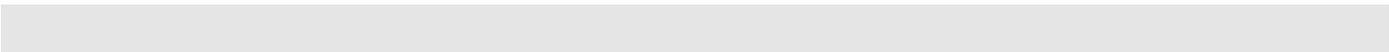
1. GENERAL VIEW OF THE PRODUCT



2. TRAINER USAGE NOTES

To use this product, take into account the following rules/precautions:

- 1 Read and follow the instructions carefully before using the product
- 2 The maximum user weight is 120KG.
- 3 When using the trainer, make sure that no objects can enter the cassette or the rotary movement of the trainer.
- 4 Make sure not to wear any items that may fall during training.
- 5 There is a safety area of 1 metre surrounding the Trainer. The area must remain clear.
- 6 When children, elderly people or anyone with a disability come close to this product, make sure to supervise them to avoid accidents. They must remain outside the space/room where the Trainer is being used.
- 7 This product is not recommended for people with physical disabilities, mental conditions or illnesses, or children.
- 8 Once you have finished training, please keep the trainer out of the reach of children, elderly people, anyone with a disability, and pets.
- 9 Incorrect or excessive training may damage your health.
- 10 The Trainer is designed for both indoor and outdoor use, as long as the weather conditions are good.
- 11 The trainer must be used on a flat and stable floor.
- 12 When using the trainer indoors, make sure there is correct ventilation.
- 13 Make sure that the bike and the axle are correctly positioned.
- 14 Before each training session, make sure that the trainer is well supported on the floor and that there is no imbalance.
- 15 Avoid the Trainer coming into contact with any corrosive substances such as salt or saline environments.
- 16 To move the trainer, use the wheels delivered with it and avoid lifting the entire weight as much as possible.
- 17 Do not insert or attach any additional mechanisms or sensors to the Trainer.
- 18 If you suspect that the trainer has suffered any damage, please contact Oreka Training to replace it.

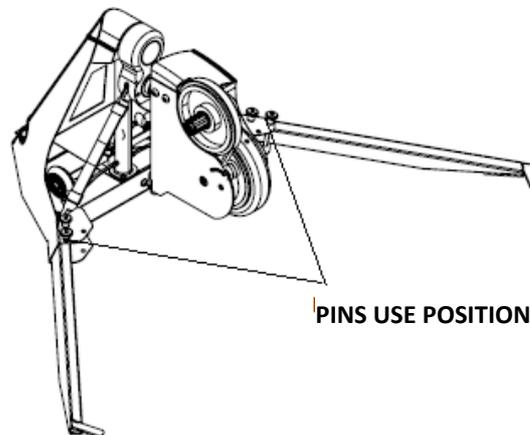
- 19 The Trainer's safety requires visual inspection to check that there is no damage to it before each use.
 - 20 Do not disassemble the Oreka Training Trainer in case of a fault. It may release electrical charges when handled. Please contact Oreka Training to check it.
 - 21 Do not make holes in, slit or drill any surface of the Trainer. This may produce cracks and the warranty will become void.
 - 22 Stop immediately if you experience anything strange in the functioning of the Trainer. Please contact Oreka Training to check it.
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3. ASSEMBLY AND TRANSPORT INSTRUCTIONS

ASSEMBLY

To assemble the Trainer for the first time, unfold the two legs as indicated in the following image, and make sure the two positioning and support pins of the Trainer are firmly positioned. These legs only have two possible positions, which are interchangeable using the pins.

POSITION FOR USE

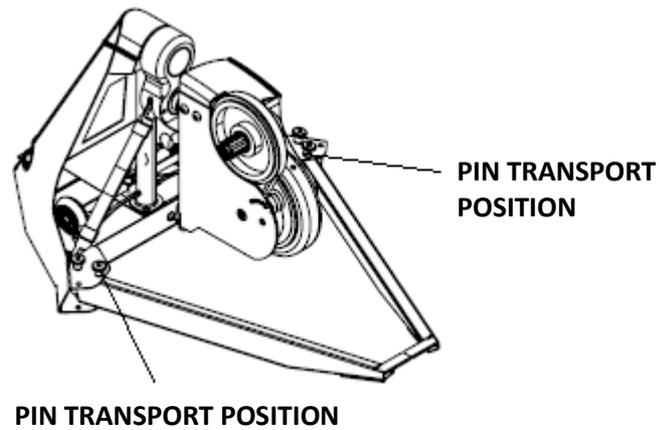


Adjusting the bicycle

-Adjust the bicycle as you would for the road. The same saddle height, handlebar height, distance from saddle to handlebars and position of pedals.

-For the first session it is recommended to begin pedalling slowly and without a simulator. Also test the functioning of the Trainer at different speeds and different intensities with the Oreka App, which is available for iOS/Android. Once you are familiarised with the feeling of the Trainer, turn on the simulator.

TRANSPORT POSITION



TRANSPORT

To easily and comfortably transport the Trainer, take hold of the wheel axle and, lifting the Trainer through the gap, position the set of wheels. Once the wheels are on, fold the arms. Now we can transport the Trainer comfortably and without lifting its full weight, bearing in mind that the approximate weight of the Trainer is 30kg, so transport it at a speed that ensures stability.



4. PLACING THE BICYCLE ON THE TRAINER

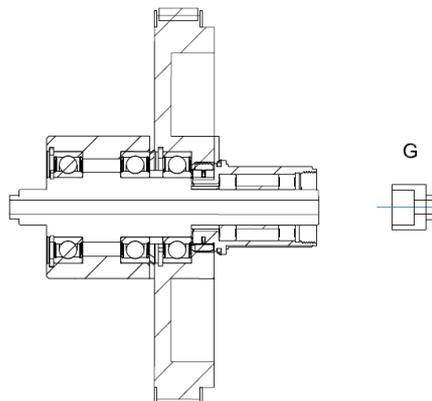
The Trainer is delivered with different adaptors to be compatible with the following axles that are currently available on the market:

- Axle 130/135mm with traditional axle
- Thru axle 142x12 for racing bikes with disc
- Thru axle 148x12 for mountain bikes with disc

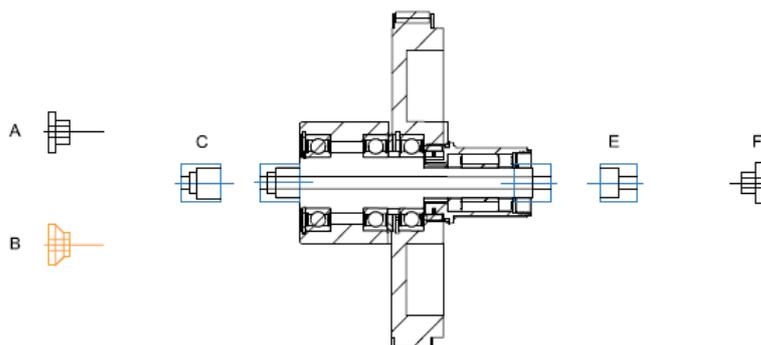
You should choose the appropriate bearing according to the axle of the bicycle to be installed. The bearings of the Oreka O5 Trainer are marked with letters for easy identification. They also indicate that the axle that will join the bicycle to the Trainer will be the same.

The sketch below shows the difference in bearings in order to choose the adaptors according to the width of the axle:

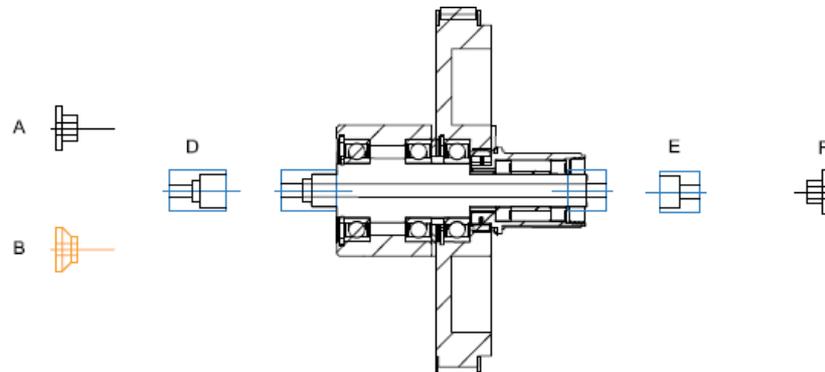
- Axle bearings 130/135



- Axle bearings 142x12



-Axle bearings 148x12



Once the necessary bearings have been located, place them on the corresponding side of the Trainer. After presenting the bicycle with the bearings, install the axle and make sure that it is well tightened and that there is no play.

Make sure to install a cassette that is compatible with the hub of the Trainer.



5. ADJUSTING THE DAMPERS

The Oreka O5 uses **ERGODYNAMIC** technology to make the user experience as real and as natural as possible. Thanks to this, you can enjoy hours of pedalling without straining and simply by adjusting the muscles you can do a sprint/series of more than 1000 watts without the Trainer going anywhere.

The muscles are designed to be used within a range of 2-6 bars of pressure, with the minimum pressure achieving the pedalling and movement similar to that of climbing a mountain pass, and with the maximum pressure a greater tightness to perform more intense sprints or series. These muscles are interconnected with the central chamber. This chamber is where the pressure is adjusted using the Schrader valve.

It is recommended to take 3 bars of pressure as a base. Once you are familiarised with that pressure and the feeling it transmits, adjust 1 bar at a time until you find a balance that agrees with the feelings or demands of the training to be carried out.



6. BEFORE YOUR FIRST SESSION

Bear in mind that the Oreka O5 uses **PLUGLESS** technology. The training roller works without electrical power thanks to the permanent magnet motor. This motor, together with the flywheel and the electronic elements are configured to generate power through movement. To pair the Trainer with a device or simulator, you must be pedalling to gain power.

Before your first training session, download the Oreka App available on iOS/Android devices.

Start pedalling smoothly for the Trainer to gain power and for the App to detect the roller. Once it detects it, link the Trainer to your device.

Maintain constant pedalling to familiarise yourself both with the feeling of the Trainer as well as with the App. Both with the App and with any simulator, the Trainer will be able to simulate gradients of up to 20% and a maximum of 2000 watts.



7. EXEMPTION FROM LIABILITY

With the Trainer, we emit Bluetooth (FTMS), Ant + (FE-C) to ensure compatibility with the current market software and to be able to use it. Oreka constantly updates the Trainer's electronics, the only way to implement improvements or add services, as well as to resolve possible errors. These updates are free for Trainer users.

The user recognises that they are in full physical condition and in full health to exercise on the Oreka Training and assumes full responsibility for this exercise, relieving Oreka Training of any liability. The user is solely responsible for choosing their sports training, as well as for the physical and mental consequences that may ensue. The possible recommendations and/or guidelines provided by Oreka Training are solely based on the information given previously by the User, who must always check them with a medical professional before putting them into practice.

It is recommended to consult a medical professional before starting a new training programme. The User must use the Oreka Training/Bkool products prudently and responsibly, immediately stopping in case of any discomfort, pain or unease, after which they must seek the advice of a medical professional as soon as possible.

8. WARRANTY

OREKA TRAINING S.L. OFFERS YOU A LIMITED WARRANTY OF 2 YEARS FROM THE ORIGINAL DATE OF PURCHASE. DURING THE WARRANTY PERIOD OREKA TRAINING S.L. GUARANTEES THAT THE TRAINER WILL NOT SHOW ANY DAMAGE IN ITS MATERIAL OR MANUFACTURE. OREKA TRAININGS S.L. WILL NOT BE LIABLE UNDER ANY CIRCUMSTANCES FOR DAMAGE CAUSED BY INAPPROPRIATE USE OF THIS PRODUCT.

Application. This warranty applies exclusively to the original owner and to Trainers purchased via the Oreka Training website, distributors and authorised stores.

Limitation and Cancellation of the warranty. Causes not attributable to the manufacturer are excluded from the warranty. The warranty does not cover parts that have worn due to the normal use of the roller. Nor does it cover any damage caused by accidents, improper use, inadequate care, or negligence. The warranty becomes void when: (1) the Trainer is used for anything other than what it has been designed for, (2) the assembly and preservation instructions have not been followed, (3) the Trainer has been subjected to repair or attempts to repair that have not been carried out by the official technical service. In the above mentioned circumstances, Oreka Training S.L. declines all responsibility for eventual damage that may directly or indirectly ensue.

9. TECHNICAL ASSISTANCE

At www.orekatraining.com you will find information on how to obtain personalised technical assistance. You can also contact us via the email address info@orekatraining.com. Bear in mind that you must present the proof of purchase with the date printed, so please keep this safe.

