



“Much Better Than Other Trainers I’ve Used”

Compared to other trainers that I’ve used, the Cascade Fluid trainer has a much more stable base. It doesn’t rock around. The clamping of the bicycle into the trainer is also very easy, with a cam lever.

It’s significantly better than other trainers– including the good design, the stability, ease of use, quietness and how it folds up and packs small.

Keith – Cyclocross and Mountain Bike Racing



CASCADE | FLUIDPro® BIKE TRAINERS

FLUIDPro



FLUIDPro Power



Why spend more on a bike trainer when you can get the same great results and high quality features at a better price? Backed with a LIFETIME WARRANTY, Cascade FLUIDPro bike trainers are very quiet and extremely stable. Plus, the patented Quick Connect System makes it very easy to use – and the RISER BLOCK is included free.

FEATURES BOTH MODELS

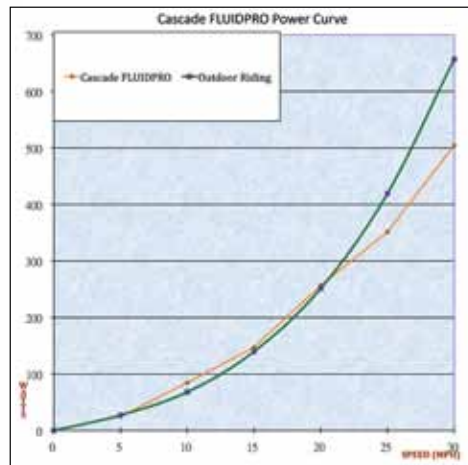
- Heavier Flywheel For Better Performance
- Smooth Progressive Resistance
- Patented Quick Connect System
- Double Seals Prevent Leakage
- Folds For Easy Transportation
- Industrial Power Coated Frame Prevents Corrosion
- Robotically Welded For Precision Performance
- Quiet
- Quick Release Skewer Included
- Front Tire Riser Included
- NO ASSEMBLY REQUIRED

FLUIDPro Power MODEL INCLUDES

- Wireless Power Meter Display
- HR Monitor and Strap
- Cadence Sensor
- Speed/power Sensor – Factory Calibrated and Preinstalled

CASCADE | BIKE TRAINERS

**COMING SOON
NEW CASCADE
BIKE ROLLER
FALL 2013**



The CASCADE **FLUIDPRO** gives you a great road feel – power curve feels just like the road

Product Specifications

No Assembly Required

Length	24"
Height	17"
Width	23"
Weight	36 lbs
Max User Weight	400 lbs
Flywheel	7 lbs
Roller Size	1.14"
Wattage Range at/RPM min/max	0-900 watts
Compatible with tire sizes	24-29"

KEY PRODUCT FEATURES



QUICK CONNECT – Patented quick connect makes set-up easy.



TENSION ADJUSTMENT – No-Slip tension adjuster locks roller in place.



SMOOTH PERFORMANCE – Heavy flywheel and precision roller gives smooth performance.

“The Cascade Bike Trainer FluidPro Power is the perfect balance of value and performance.”

After a 60-minute workout, when it comes to wattage comparison – the spread between the FluidPro and a Power Tap/Garmin combination – was +/- 5w. This is incredible for a trainer with power for the price point.

Robert Rakowitz



FLUIDPRO POWER MODEL- WIRELESS POWER METER

Displays key cycling feedback including:

- Power – current, average and maximum watts
- Heart rate – current, average and maximum
- Speed – current, average and maximum (MPH or KPH)
- Cadence – current, average and maximum RPM
- Distance – trip distance (miles or kilometers)
- Time – countdown timer
- Clock Feedback – 12/24 h
- Training Zone Alert – alerts you when you are outside preset HR zones

NOTE – CASCADE WIRELESS POWER METER ONLY WORKS WITH THE FLUIDPRO POWER MODEL.



PLUS - FREE RISER BLOCK INCLUDED



CASCADE | **HEALTH & FITNESS**

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