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On test: CycleOps SuperMagneto Pro, January 29, 2009

Versatile stationary trainer for indoors or out



Cyclo-cross World Cup
 Photo ©: Dave McElwaine

Thursday, January 29

Tech: CycleOps SuperMagneto Pro



A trainer packed with excellent design and a surprisingly flexible resistance unit.

Wednesday, January 28

Berlin Six Days
 It was the final night in the career of Erik Zabel.

Interview - Floyd Landis



The American rider is back, but he doesn't want it called a comeback.

Tech News



The latest from Seven

CycleOps overhauled its trainer line for this winter season with all-new frames and resistance units. *Cyclingnews* technical editor James Huang finds the SuperMagneto Pro expensive but packed with excellent design and a surprisingly flexible resistance unit.



The CycleOps SuperMagneto Pro mates a clever magnetic resistance unit

The resistance unit

CycleOps' new SuperMagneto Pro trainer does its unique Magneto model one - or rather three - steps better with four user-selectable settings to suit the task at hand, all of which boast nominally progressive resistance curves thanks to the way the internal magnets move outward as rotational speeds increase.

Not surprisingly, the 'easy' setting offers the lowest resistance and is intended for low power, high cadence warmups (think pre-race at the car) or riders just getting back in the saddle after an injury. Only around 40W is required to maintain 16km/h (10mph), 32km/h (20mph) is achieved at about 120W and a leg-churning 48km/h (30mph) is easily hit at approximately 230W. Reasonably fit riders will likely run out of gears before running out of energy here but given the intended usage that's perfectly fine.

The 'road' position feels nearly identical to 'easy' at 16km/h but the power requirements jump up to about 190W and 390W at 32km/h and 48km/h, respectively, to more closely mimic real-world riding on flat pavement. Though still no lung buster, we found it a comfortable setting for just churning out some time on the bike.

As expected, the 'interval' and 'mountain' settings juice up the resistance significantly for when it comes time to do more serious work. Things still don't feel much different at 16km/h but 32km/h requires a much more vigorous 270W and 350W or so. At 48km/h you'd better bring your A-game: we had to put out over 500W on 'interval' and a painful 600W+ on 'mountain' so most serious riders shouldn't have much of an issue getting enough resistance out of the SuperMagneto unit.



The new mounting system is easy to use

Numerically gifted readers will note that all of the curves are progressive though not quite as much as fluid-type trainers, which still offer a more realistic feel (in that case, CycleOps also offers the JetFluid Pro). Riders seeking a trainer for specific workouts probably won't care, however, and those concerned about fluid leakage - however unlikely - on expensive flooring will find comfort in its oil-free design. Though the SuperMagneto unit isn't the quietest we've

[Cycles, Sidi & more.](#)

Pro bike - Sven Nys' Colnago C50 Cross



Find out about Nys' [custom Colnago C50 Cross](#).

MTB - South African Marathon Series #1 [Full results](#) added.

MTB - Australian National Championships



The weekend's action concludes with the [elite men's](#), [women's](#) and [junior's](#) short track races.

MTB - Australian National Championships



Elite and Under 19 men's and women's finals wrap up the [downhill](#) competition.

MTB Australian National Championships



[Four cross](#) and [elite men's](#), [women's](#) and [juniors'](#) cross country photos added.

Tuesday, January 27

Berlin Six Days

After the [penultimate night](#) there are four teams equal on laps.

Allan Davis Interview

encountered, it's still subdued enough to hear a television set at a reasonable volume.

The frame

The new Pro frame is superb in its simple, stable and compact design. The locking legs angle outwards to yield a generous 70cm-wide (27") footprint that remains rock solid during even the most frenetic sprints while the grippy soft rubber feet and adjustable-length leg protects floors and keeps the trainer from moving around much.

There is also a new resistance unit clamp that sets up far more quickly than before (say goodbye to endless knob twisting) and provides more consistent tire contact on wheel sizes ranging from 650c road to 29" mountain. In addition, the whole thing folds much more compactly - down to just 17cm (7") thick - than before and the resistance unit now locks in the folded position for easier storage and transport. Total weight is an easily portaged 8.5kg (18.7lb).

CycleOps also fitted the new frame with an easier-to-use mounting system that comprises just a single rotating knob. Our unit held well enough for us but apparently the design is prone to loosening and prompted a [voluntary recall](#). Replacement models and all current units are now fitted with a supplemental locking pin.

A purposeful solution

Riding indoors is still among our most hated activities but the CycleOps SuperMagneto Pro at least makes it time well spent so you can hit the early season fitter than if you just sat around watching Oprah all day. The frame is among the most stable we've encountered - recall issues aside, the resistance unit offers a fantastically broad range of usability, and setup is brutally easy. Add in the high quality construction and CycleOps' reassuring lifetime warranty and its expensive US\$399.99 asking price becomes a little easier to swallow.

Price: US\$399.99

Pros: Idiot-proof setup, ultra-stable frame, folds compactly for storage, versatile SuperMagneto resistance unit, smooth operation with minimal vibration, steel-capped skewer and surprisingly useful training DVD included

Cons: Resistance curves progressive but not as much as on a fluid trainer, fluid trainers still a bit quieter, somewhat expensive, requires separate riser block for front wheel, earlier models subject to recall

Cyclingnews rating: 

More information: www.saris.com

Photography

For a thumbnail gallery of these images, [click here](#)

Images by James Huang/Cyclingnews.com

[The CycleOps SuperMagneto Pro mates a clever magnetic resistance unit](#) with a sturdy and incredibly stable frame.

[The four-position dial offers an ultra-easy spin setting](#) or brutally tough 'mountain' setting for harder workouts.

[The legs stand a generous 70cm-wide for rock solid stability.](#)

[The legs lock in both the extended and folded positions.](#)

[One leg is also adjustable in length](#) to accommodate uneven flooring.

[The new mounting system is easy to use](#) and held tight for us but Saris has recalled early production models in favor of a newer one that includes a supplemental locking pin to prevent the knob from backing off.

[Need something a little more progressive?](#) CycleOps also offers the JetFluid Pro, which offers a more realistic road feel and runs quieter but lacks the



The four-position dial offers an ultra-easy spin setting



The legs stand a generous 70cm-wide for rock solid stability.



The legs lock in both the extended and folded positions.



After he won the Tour Down Under, it became clear that 'Alby' is back and [better than ever](#).

MTB - South African National Marathon Series



It would have been a DCM sweep except for a disqualification in [Barberton's round one](#).

Berlin Six Day

[Night four](#) sees two teams vying for the overall lead

Cyclo-cross World Cup



Lots of photos from the [women's race](#).

MTB - Australian National Championships

[Elite racers](#) finish up seeding for the downhill.

MTB - North Island Cup



New Zealand downhillers wrapped up the series with [round three](#).

SuperMagneto Pro's multiple settings.

For more tech news and reviews visit



MTB - Australian National Championships



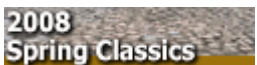
See cross country coverage: [Elite / U23 men](#), [Elite / U23 / U19 women](#) and [many other categories](#).

Tour of Wellington

Results from the stage six [time trial](#) and the [final circuit race](#) are up.

Cyclo-cross - International Lanarvily

[Full results](#) from France.



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