

MINOURA Spinning-Stand **SS-700**

Bicycle Maintenance & Display Stand – instructions manual

(Ver.2.0 2015/04)



Important Notes

- Only for normal 2-wheel bicycle with 125 – 140mm rear hub. Any internal transmission rear hub cannot be used on SS-700.
- Nut type hub bike frame require replacing the left side coupling bolt to the optional longer one. Old narrow (120mm) bike frame with quick release skewer cannot be mounted even with this optional bolt. It requires spacing shims separately.
- We strongly suggest you use the supplied skewer to guarantee a proper fit with our trainer.
- SS-700 cannot be upgraded to be an indoor bicycle trainer by adding a resistance unit.

Warranty Period

1 year from purchase

Applicable Tire Size

up to **700 x 45c** (ETRTO 47-622)

Contact

If you have any questions or need help, you should contact the dealer where you purchased or the Minoura distributor in your country first. The distributor can be found on our web site.
Only when you cannot get enough service from them, you can contact us;

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Made in Japan

How To Setup Your SS-700

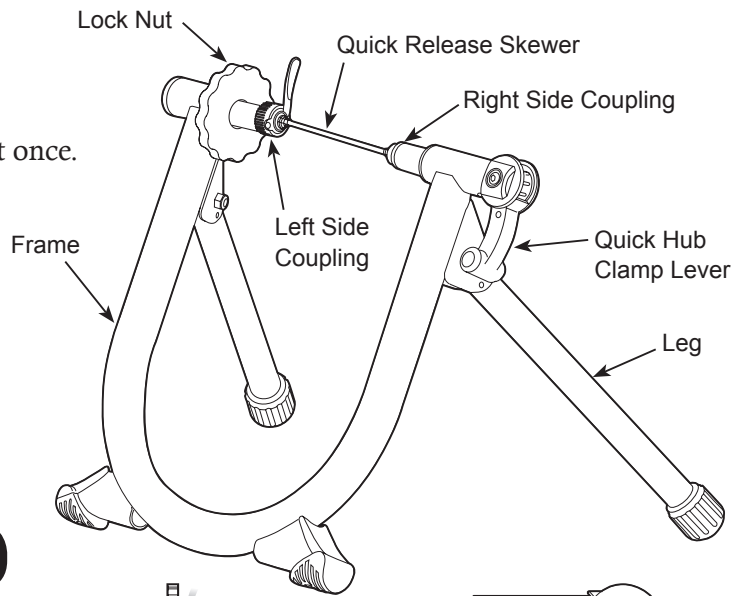
Fully open the Legs and place on flat and level floor.
Check if all 4 leg points are touching the floor stably at once.



Do not use SS-700 on any sloping ground. The bike stability will be disturbed and may fall down.

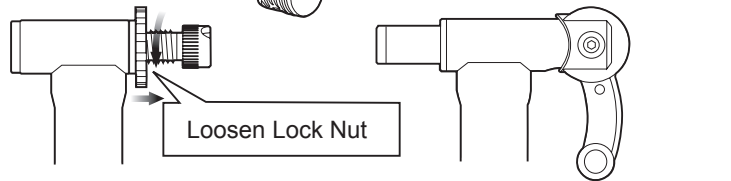


Be careful not to pinch your finger when opening and closing the legs.



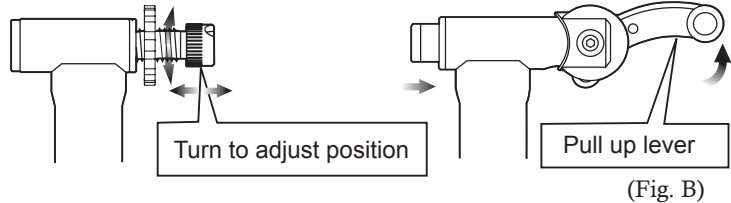
How To Install Your Bike on SS-700

1 First, replace your skewer with the supplied one.

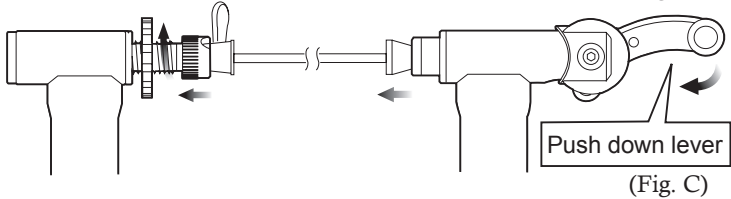


2 Loosen the Lock Nut to allow the Left Side Coupling be free. (see Fig. A)

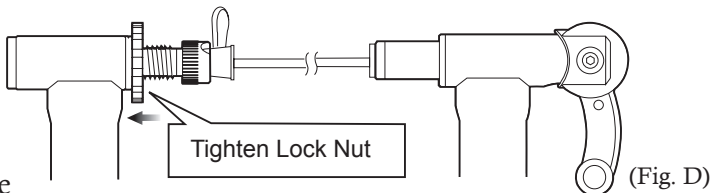
3 Pull up the Quick Hub Clamp Lever to retract the Right Side Coupling. (see Fig. B)



4 Insert the left side (quick lever side) skewer into the Left Side Coupling first. The quick lever shaft must be inserted into the cut-out on the coupling (see Fig. E) to hold the bike stable. Turn the coupling to adjust the cut-out position.



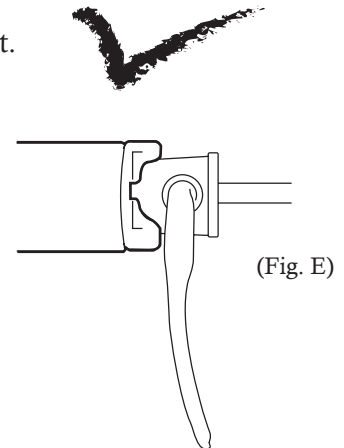
5 While in this position, bring the bike slowly down to align the right side of the skewer with the Right Side Coupling. (see Fig. C)



6 Push down the Quick Hub Clamp Lever to hold the rear wheel. (see Fig. C)

If you start feeling resistance when the lever comes at 4 o'clock position, it's correct. If clamping the hub is too tight or too loose due to wrong position of the Left Side Coupling, pull up the lever to release the bike, adjust the Left Side Coupling position, and try clamping the hub again.

7 Lastly, tighten the Lock Nut to fix the Left Side Coupling position. (see Fig. D)



Both left and right side couplings are designed to suit the supplied quick release skewer. The left side coupling must fit perfectly in the skewer head to get correct stability. (Fig. E)



Precisely adjust the left side coupling position to keep the correct tightness of rear hub clamping. Too tight setting will cause damage to both SS-700 and your bike frame. Too loose setting may cause the bike to come out of the stand during use.