

MINOURA

Indoor Bike Trainer

HYBRID ROLLER Live Ride **FG220**

(ver.1.1 2016/12)

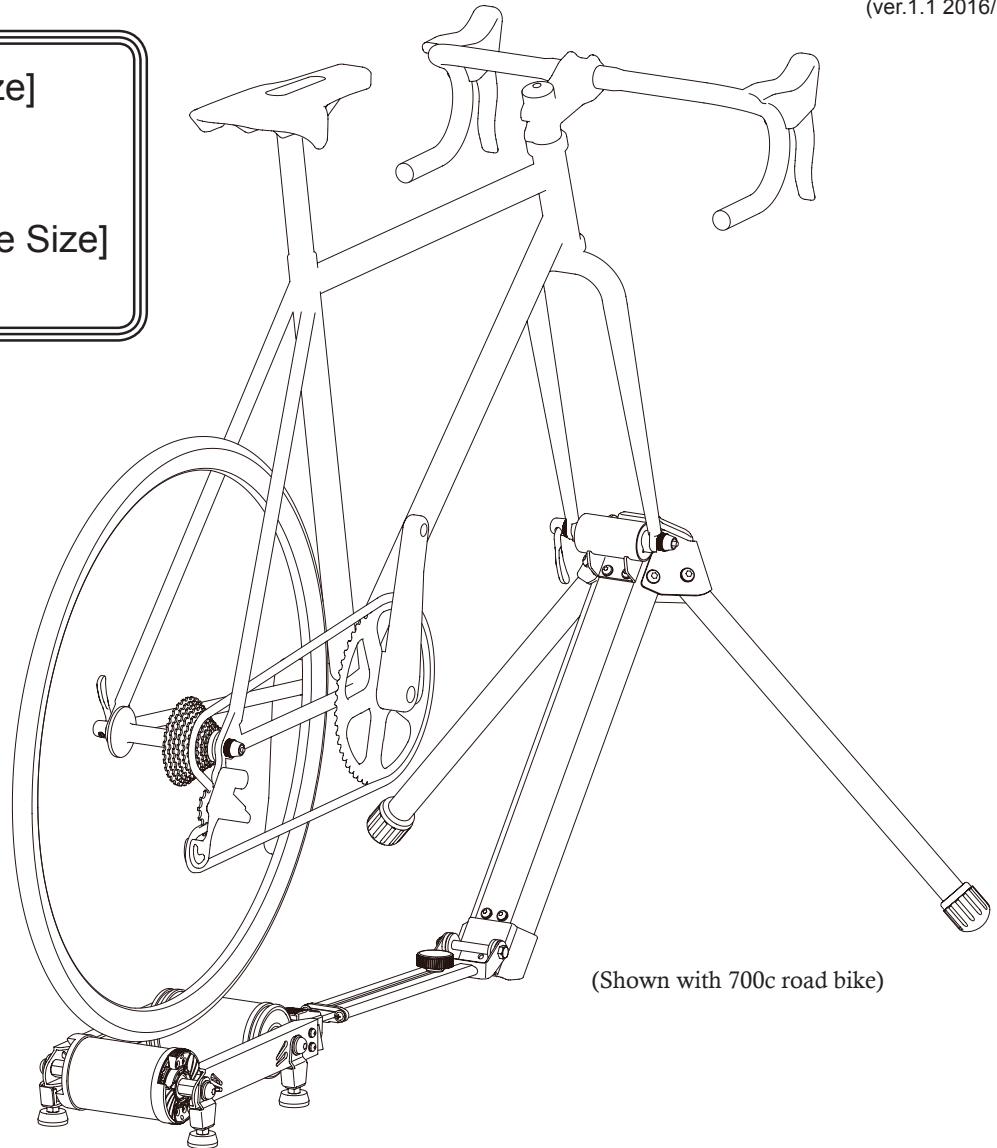
[Applicable Wheel Size]

650c – 700c

26 – 29 inch

[Applicable Wheelbase Size]

930 – 1,200mm



(Shown with 700c road bike)

Caution

- This trainer is designed for use only on stable or indoor surfaces. The trainer is not designed to be used in muddy or off road conditions. Getting dirt in the resistance unit may cause damage. Using muddy or dirty tires will cause premature wear on the rollers.
- Using 24" or smaller wheels may put undue stress on the unit and will alter the angle of the bicycle significantly.
- When setting up the FG220 pedal slowly at first to make sure the rear wheel stays on the roller and is positioned properly.

Contact

*If you need help, please contact the **shop** first where you originally purchased this product or call the **distributors** in your country. The distributors list can be found on our web site.*

MINOURA North American Tech Center (for U.S. residents ONLY)

Hayward, California, U.S.A.

Phone: 1-510-538-8599 (8 am - 5 pm, Mon - Fri, PST)

Fax: 1-510-538-5899

Email: support@minourausa.com

MINOURA Japan Headquarters (for ALL customers)

1197-1 Godo, Anpachi, Gifu 503-2305 Japan

Phone: +81-584-27-3131

Fax: +81-584-27-7505

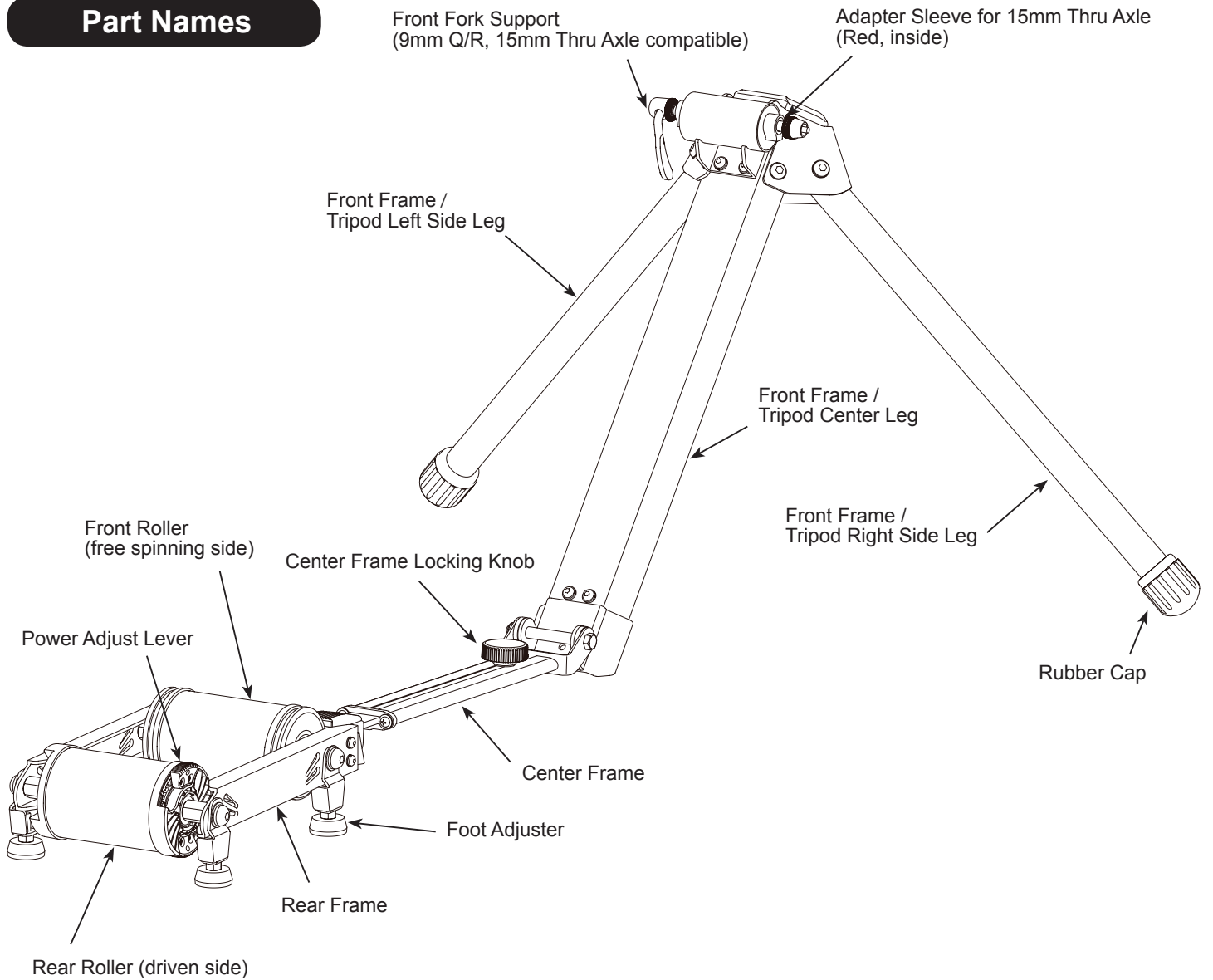
Email: minoura@minoura.jp

Web: www.minoura.jp

MADE IN JAPAN

- For use with a standard 2-wheel bike with the wheel size between 650c and 700c or 26 and 29 inch and the wheelbase size between 930 and 1,200mm.
Any longer wheelbase bike such as a tandem or long-tail or other types of bike such as recumbent or folding bike won't fit FG220.
- The front hub is 100mm width and equipped with 9mm standard or 15mm Thru Axle type. Any other hub size cannot be used. Boost Hub and 12mm Thru Axle can be used by replacing the front fork mount with the optional one.
- Do NOT grasp the brake lever after removing the front wheel on the bike equipped with a hydraulic disc brake.
- The rear triangle of your bike rides freely on the roller. Be careful not to fall down while getting on or off the bike. Use the handlebar to steady yourself but do not pull on the bars as this may cause the bike to tip.
The best way to mount the trainer is to stand close to the side of the saddle. Center yourself low and to the center of the bike, clip into one pedal then slowly swing your other leg over the bike and clip into the second pedal.
- Minoura recommends the use of a completely slick (no tread) tire to reduce noise and increase the longevity of the tire and rollers.
- The FG220 comes equipped with a standard quick release skewer (Q/R) for the front fork mount. Tighten the Q/R as you would your wheel to your bike, close it firmly and tightly.
If you are unsure, consult your local bike shop for help.
- Your rear tire must contact both rollers evenly. Adjust the center arm/frame exactly.
Incorrect adjustment will result in unbalanced resistance and poor bike stability.
- For your safety, place the FG220 on a flat, even floor or surface. Make sure all legs are fully opened. Make sure to check the trainer stability, especially when raising the front fork mount.
- **DO NOT USE YOUR BRAKE TO REDUCE SPEED!**
Doing so will decrease stability, cause your tire to burst or throw you off the bike. Simply reduce your cadence and let the bike come to a natural stop.
- Keep children and pets away from the spinning wheel or moving parts.
- Minoura recommends use a mat underneath the trainer to protect the floor from sweat or stain from the rubber feet.
- If you hear a strange noise or smell something unusual, immediately stop using the the trainer and contact your Minoura dealer. Do not try to disassemble the product without consulting your dealer or Minoura first.
- Any warranty will be void if you use FG220 for other purpose than instructed.
Minoura offers 1-year limited warranty on this product from the date of your purchase for any problem caused by manufacturer's defect. Natural wear will not be covered.
Any damage or problem caused by transporting process is not covered under warranty. Any damage from shipping or moving must be made to the shipping company.
Read the enclosed "Minoura Limited Warranty Policy" card for more detail.
For the latest information, refer Minoura web site (<http://www.minoura.jp>).

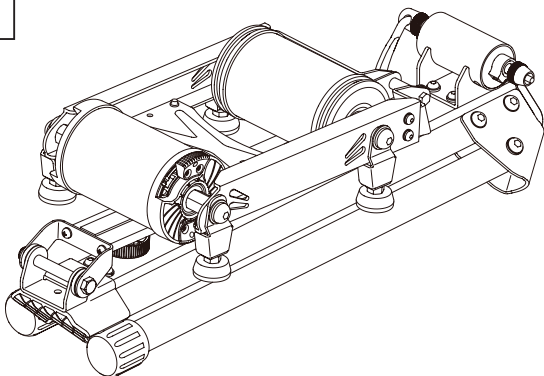
Part Names



How To Setup FG220

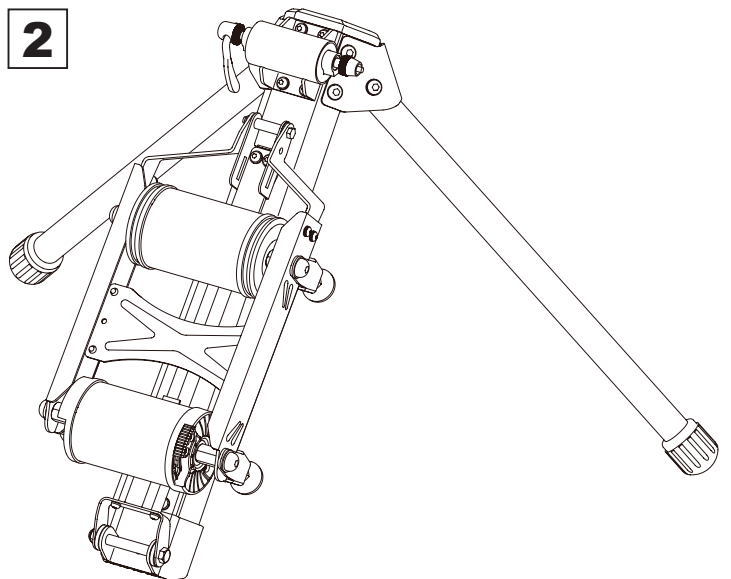
No Tool Required

1



FG220 is folded into three in the package.
Set in this style when stored.

2



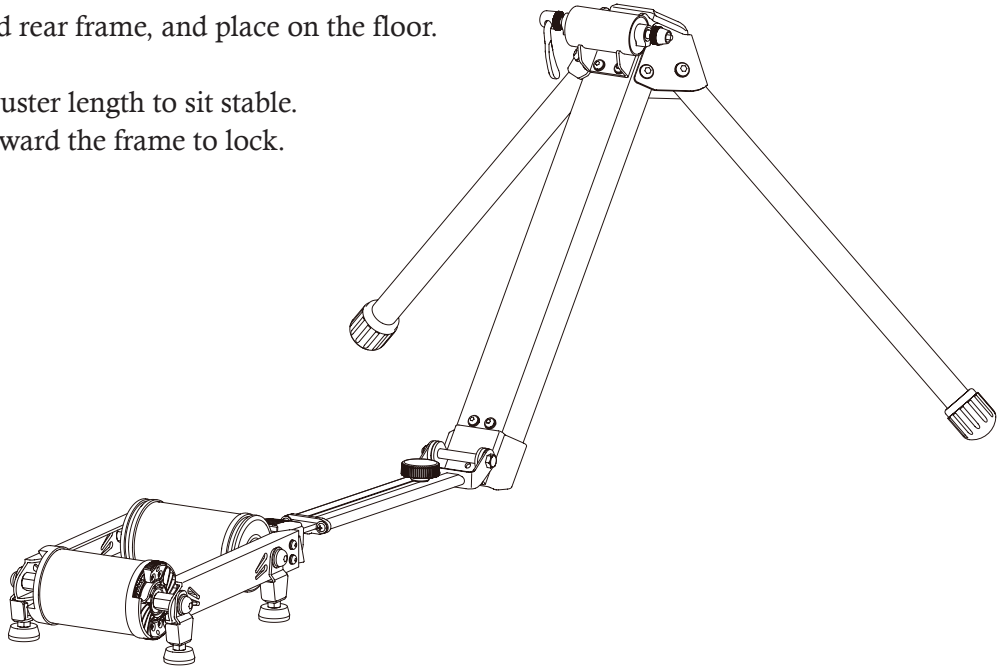
Fully open the legs to set as a tripod stand.



*Be careful not to pinch your finger
when open/close the legs.*

- 3** Flip out the retracted rear frame, and place on the floor.

Adjust each foot adjuster length to sit stable.
Turn the lock nut toward the frame to lock.



- 4** Remove the front wheel from your bicycle and set the front fork into the mount firmly.

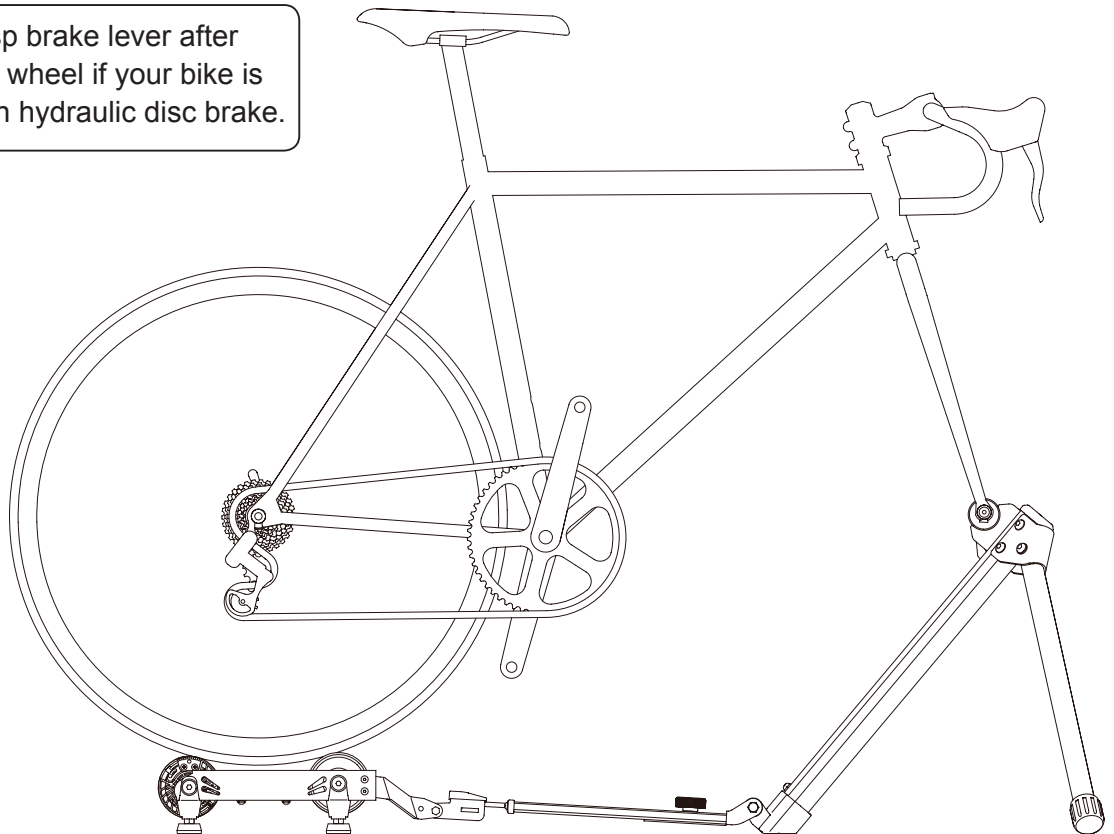
- 5** Place the rear wheel on both rear rollers.

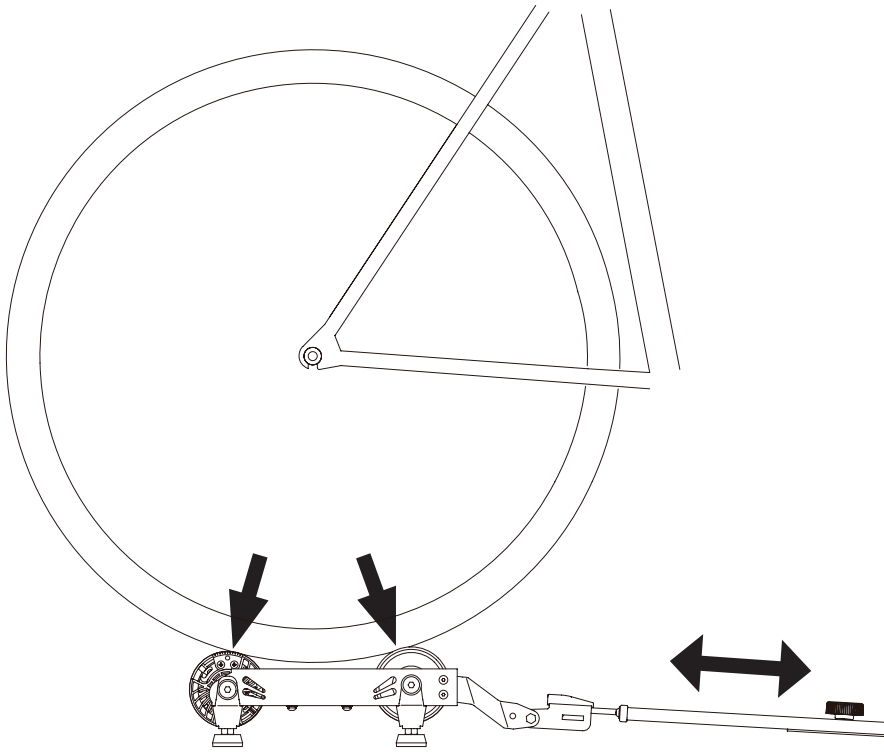
- 6** Slide and adjust the center frame position so that your rear tire contacts both rollers evenly.

- 7** Finally, tighten the center frame locking knob firmly.

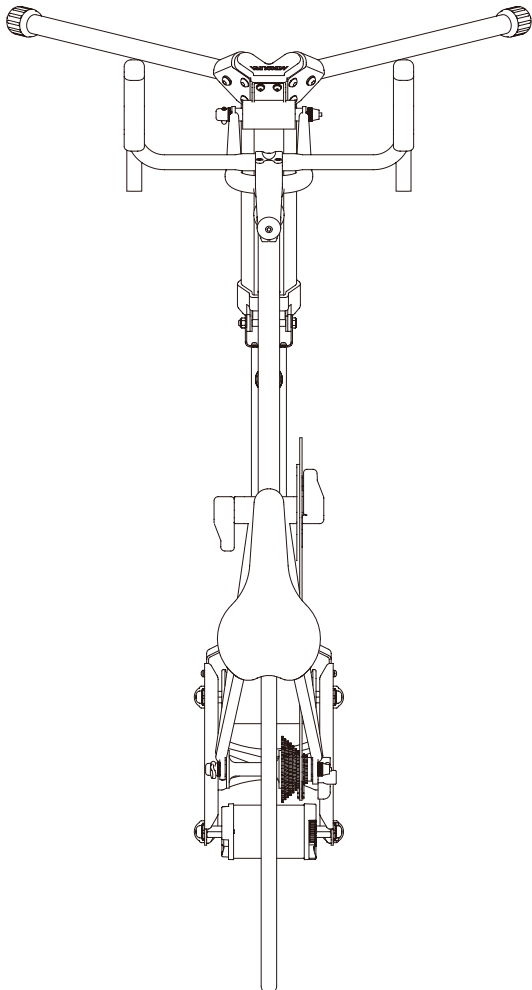


Do NOT grasp brake lever after removing the wheel if your bike is equipped with hydraulic disc brake.





Adjust the center frame position properly that the rear tire contacts both rollers.
 If the tire touches the rear roller only and a clearance exists between the tire and the front roller, the center frame repeats jumping while riding. Set the rear frame backward.
 If the tire touches the front roller only, slippage occurs and it will bring premature tire wear. Set the rear frame forward.



It's normal for the rear tire to sway or move back and forth slightly when in use. As long as the tire doesn't touch the sides of the rollers this is ok.

If you find the tire is not centered properly, loosen the center frame locking knob and move the rear of the trainer to center the tire, then tighten the knob again securely.

How To Use The 15mm Thru Axle

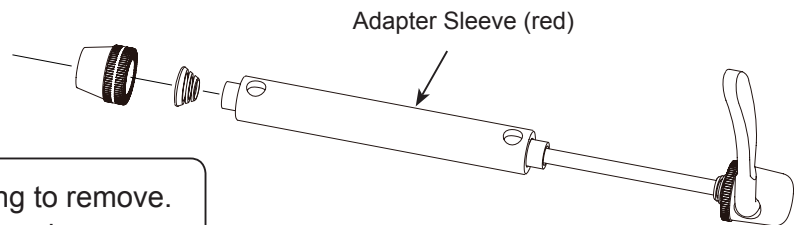
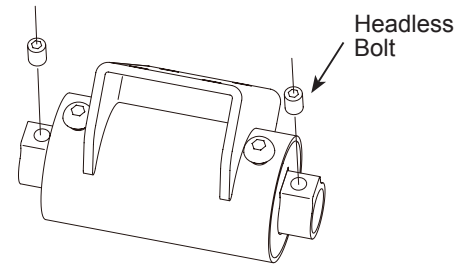
Required Tool : 3mm Hex Wrench (not included)

The front fork support is compatible with both the standard 9mm quick release skewer and the 15mm thru type axle.

To use 15mm thru axle, remove the headless bolts under the sleeve guide end in the fork mount (do not remove the normal bolts) and pull out both the red adapter sleeve and the Q/R.

Align the front fork and the fork support hole, insert the 15mm axle to set the front fork.

(The bottom side of the fork mount)



Make sure of the bolt type you are going to remove. Do not remove the standard bolt with head.



Boost Hub and 12mm Thru Axle can be used by replacing the front fork support sleeve set.

How To Adjust Resistance Power

You can switch the resistance power in 2 levels (High & Low) on FG220.

Slide the lever on the right side of the rear roller drum.

They are just one piece so move together.

