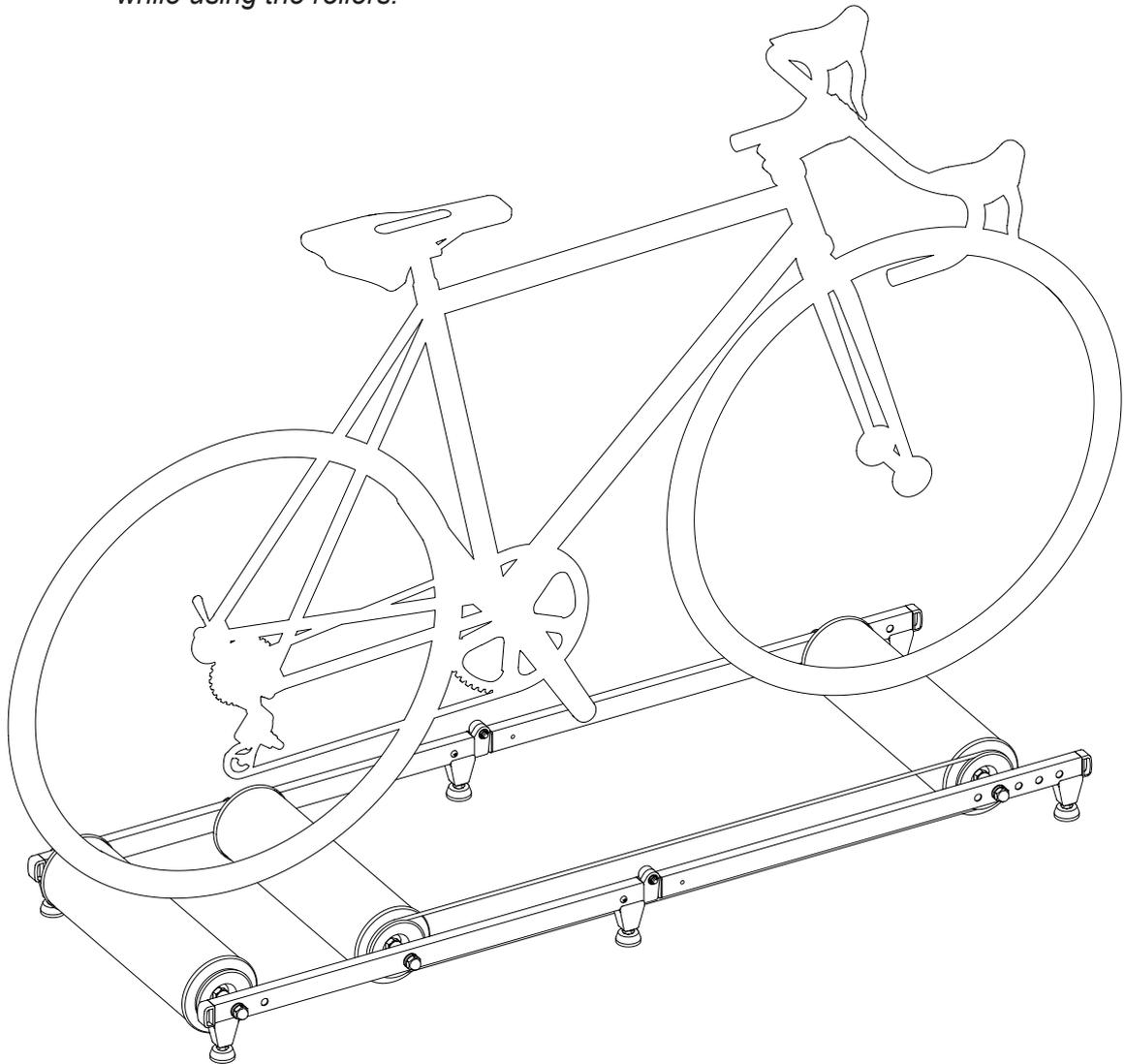


WARNING

The use of rollers requires that the rider be able to maintain balance by themselves and not rely on the rollers.

Rollers do not offer any support for the rider and bicycle. It is your responsibility to make sure you can ride safely on rollers. If you have no experience riding on rollers you should consult with your local shop or a riding coach to make sure you can safely ride on rollers.

Minoura is not responsible for any injury or damage caused to you or your bicycle while using the rollers.



Read this instructions carefully before use

If you have questions or need help, please contact the shop where you purchased this product or the distributor in your country first. The distributor can be found on our web site.

Only when you cannot get enough assistance from them, you can contact;

Minoura Japan Headquarters
(for all customers)

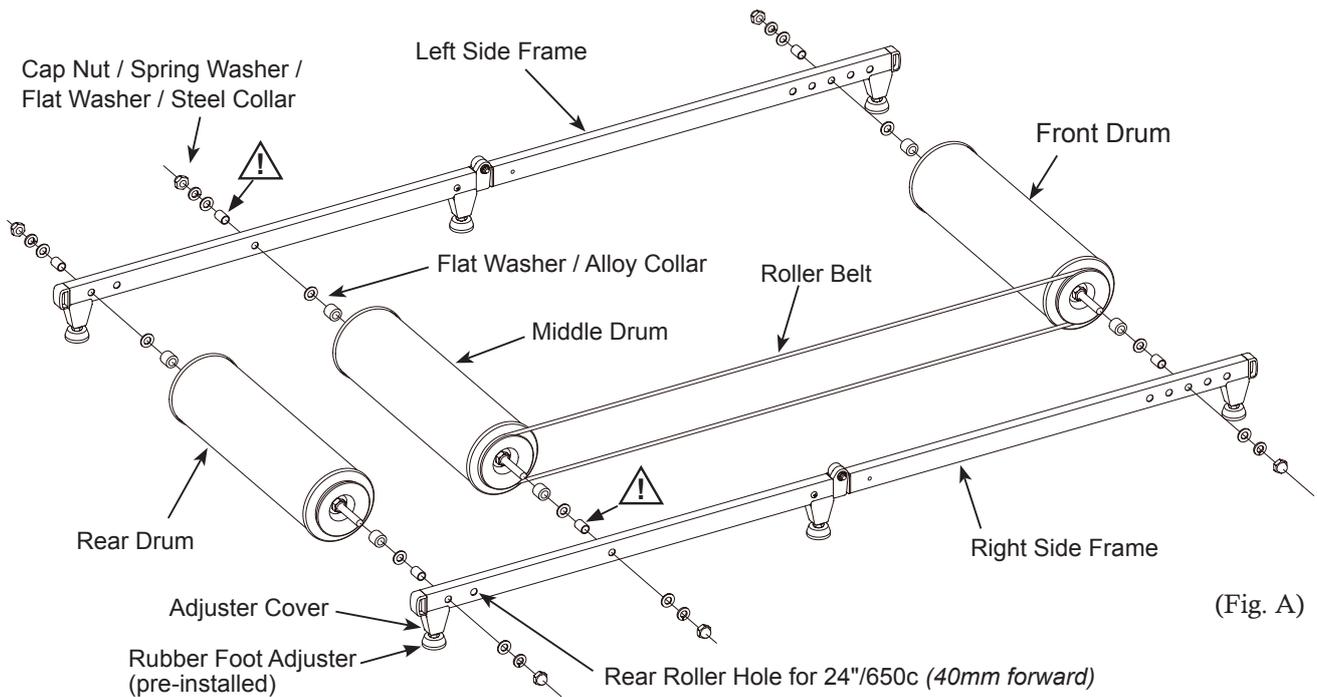
1197-1 Godo, Anpachi, Gifu 503-2305 Japan
Phone: +81-584-27-3131 / Fax: +81-584-27-7505
Email: minoura@minoura.jp
www.minoura.jp

Minoura North America
(for U.S. residents only)

California, U.S.A.
Phone: 1-510-538-8599 / Fax: 1-510-538-5899
Email: support@minourausa.com

IMPORTANT NOTICE

- *For use on a normal 2-wheel bicycle with 24-inch or larger wheel and the wheelbase is between 970 and 1,090 mm. Do not use with a tandem, recumbent, or other.*
- *Use on flat and level floor. You should use the rollers beside a handrail or next to a wall for your safety in case you lose balance. We strongly recommend you to seek help for a skilled professional if using rollers for the first time.*
- *Keep your hands on the handlebar at all times and do NOT look down. Maintain proper riding position and look 2 – 3 meters (6 – 10 feet) ahead in order to maintain balance.*
- *Measure the actual wheelbase of your bike and set the front roller drum at correct position. If the front drum is too far forward bike handling will become compromised and if set too far back, the bike may pitch forward easily.*
- *NEVER use your brakes when on the roller. When you want to quit your session, simply STOP pedaling and wait for the speed to reduce so you can dismount safely.*
- *Keep in mind rollers raise you about 13 cm off the floor and you'll need to compensate for this added height when getting off and touching your shoe to the floor. We recommend the optional Foot Step be installed on the frame to prevent slipping. Install the Foot Step correctly so it doesn't come in contact with the roller drum.*
- *Make sure the roller belt snugly sits in the groove on the roller caps. You cannot ride without belt. Check the belt condition regularly, and do not ride if it has been damaged.*
- *Check that every nut and bolt are securely tightened before use.*
- *Touching the spinning wheel and/or any other moving parts while training may cause serious injury. Keep children and pets away from the trainer when in use.*
- *To prevent any possible injury, do not leave any fragile or sharp items around you.*
- *When folding the frame, do not pinch your finger. Do not stand on the roller drum.*
- *Any warranty will be void if you use LiveRoll R500 for other purpose than instructed. Minorua offers 1-year limited warranty on this product from the date of your purchase for any problem caused by manufacturer's defect. Any natural wear and the damage or problem occurred during transporting is not covered under warranty. Do not disassemble the product without prior approval from Minorua. Read enclosed "Minorua Limited Warranty Policy" card and refer our website for more detail and the latest information.*



(Fig. A)

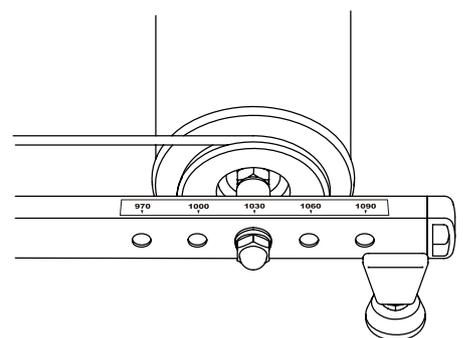


Make sure the Steel Collar is inserted from outside on the left side frame, but from inside on the right side frame, because both frames are common and exactly same.

- The left and right side frame are exactly the same. The left side hole is always larger than the right side one. The Steel Collar is inserted from the larger hole.
- Do not tighten the Cap Nut without the collar, otherwise the alloy frame will have to be deformed.
- The nuts on both roller drum end work for holding the bearing in correct position. It's already precisely adjusted in the factory. You don't need to maintain this nut basically.

1 Open the frame (don't straighten yet) to install the roller drums. (see Fig. A)
 The roller drum has no fixed direction. You can use any roller on any position.
 Remember the Steel Collar insertion direction is different on right and left side frame as described above.

2 Measure the actual wheelbase (the distance between the front and rear wheel axle) of your bike. Set the front drum at correct hole by referring the wheelbase indicator on the front frame. (see Fig. B)



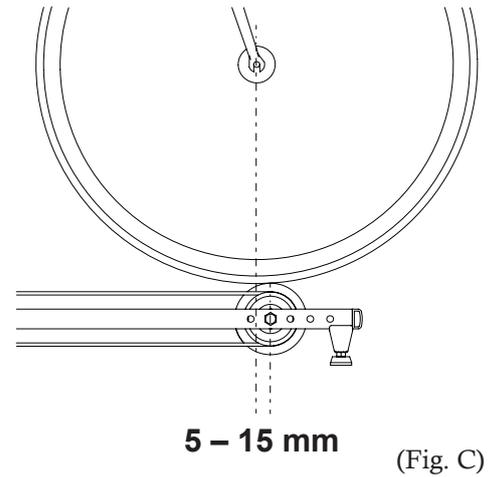
(Fig. B)

If you set the rear roller drum to the forward hole for 24\"/>

- 3** Place your bike on the rollers temporarily and check if the front wheel axle is located 5 – 15 mm behind the front drum axle. 0 mm is ideal for the best steering, but may be too quick for beginners. If the front drum is located too far front or back, change the drum position. (see Fig. C)

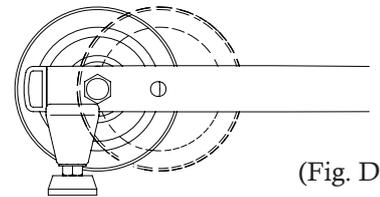


***If the front drum is located too far front, the steering character will become too heavy.
If the front drum is located behind the front wheel axle, you may fall off forward easily when you just push the handlebar.***



(Fig. C)

- 4** When you use with the wheel smaller than 26-inch (like a 24-inch or 650c), change the rear drum position to the more forward hole. This is also for keeping your bike as level as possible. (see Fig. D)



(Fig. D)

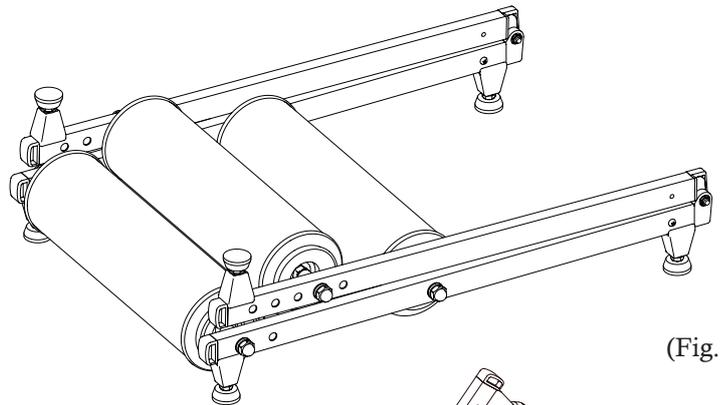
How To Open & Fold the Frame

LiveRoll R500 is designed to be foldable into two for compact storage when not in use. (see Fig. E)

- 1** Hold the frame by hands and slowly open it.



Do not pinch your finger at the frame joint.

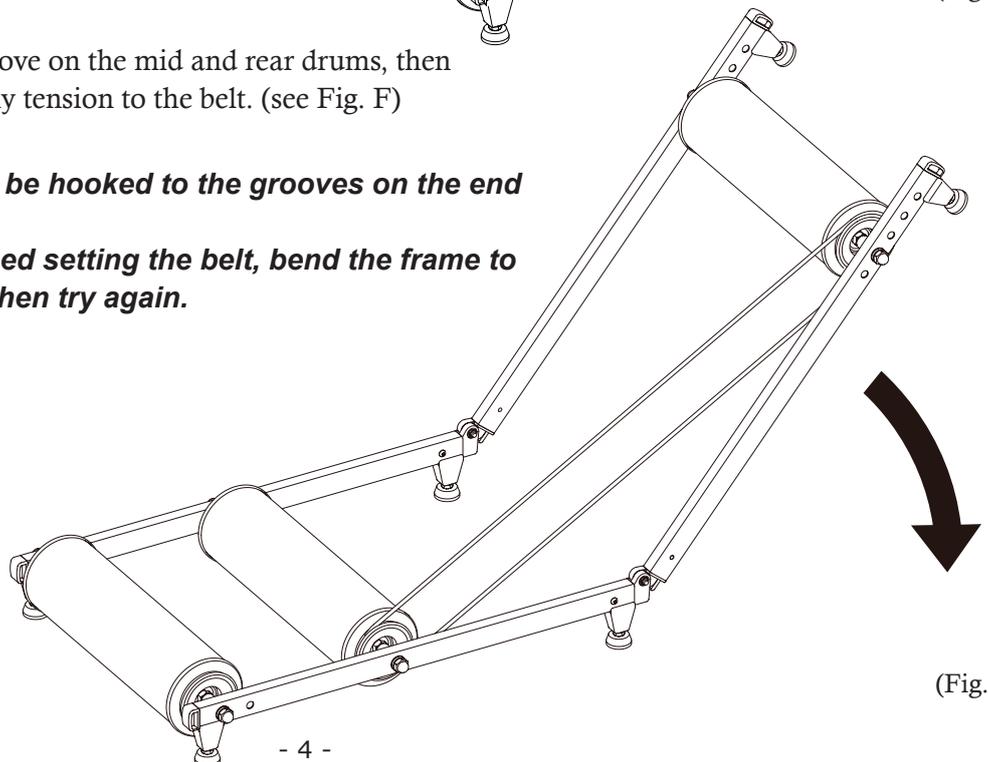


(Fig. E)

- 2** Set the roller belt to the groove on the mid and rear drums, then straighten the frame to apply tension to the belt. (see Fig. F)



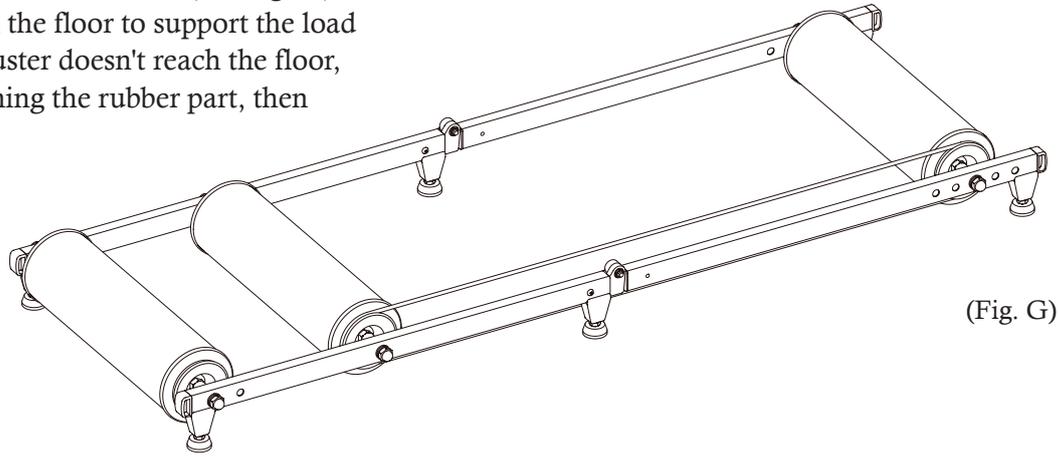
***Roller Belt must be hooked to the grooves on the end caps properly.
If you have missed setting the belt, bend the frame to loosen the belt then try again.***



(Fig. F)

- 3** Place the rollers on flat and level floor. (see Fig. G)
Check if all 6 feet touch the floor to support the load properly. If the foot adjuster doesn't reach the floor, adjust the length by turning the rubber part, then tighten the lock nut toward the plastic cover to fix the size.

Rotate the mid or front drum to check if they are properly connected and spin smoothly together.



(Fig. G)

- 4** You will not be supported by anything on the rollers. If the rollers have been set on a slanted floor, you will be pulled to the lower direction and it will become difficult to maintain balance. If one of the 6 foot has been lifted up or if either drum has touched something, adjust the length of every adjuster to avoid those problems. After adjusting, tighten the nut toward the Adjuster Spacer to lock it.

How To Ride Rollers (for beginners)

It requires certain skill to ride on the rollers. It's not easy for the beginners, we suggest seeking help from an experienced roller user. Set up the rollers near a railing or wall so you can have something to support you should you lose balance.

Below are the tips for riding the rollers. But we strongly recommend you to learn from a skillful coach or carefully read a specific book or guide before trying the rollers.

- 1)** The most important thing is that you must get on in the center of the bike. If you have shifted to rightward or leftward, the bike will have to go to this direction naturally. Maintain the correct riding position.
Do not look down and try to look 2 – 3 meters ahead to keep the balance.
- 2)** The next important thing is that you don't apply any force to the handlebar.
To do so, apply most of your weight to the saddle. Hold the handlebar as lightly as possible. Just touching the handlebar is the best. Beginners should stay away from the drops until you're more experienced.
- 3)** Support your body by touching the wall, then start pedaling promptly. The bike can stand alone with the wheel's gyro moment, so slow speed is not good enough to get this force. The initial speed target should be 20 - 25 km/h. When you feel you can maintain balance, release your hand slowly.
- 4)** Even if you lose your balance, you can recover automatically by continuing to pedal. Do not apply any force to the handlebar and do not stop pedaling. Continuing to pedal is the safest way.
- 5)** Never apply the brakes when using the rollers. To stop riding, just stop pedaling and wait for your speed to slow before extending your leg to touch the ground. We suggest you to set the saddle height a little lower than usual for easier approach to the step.

