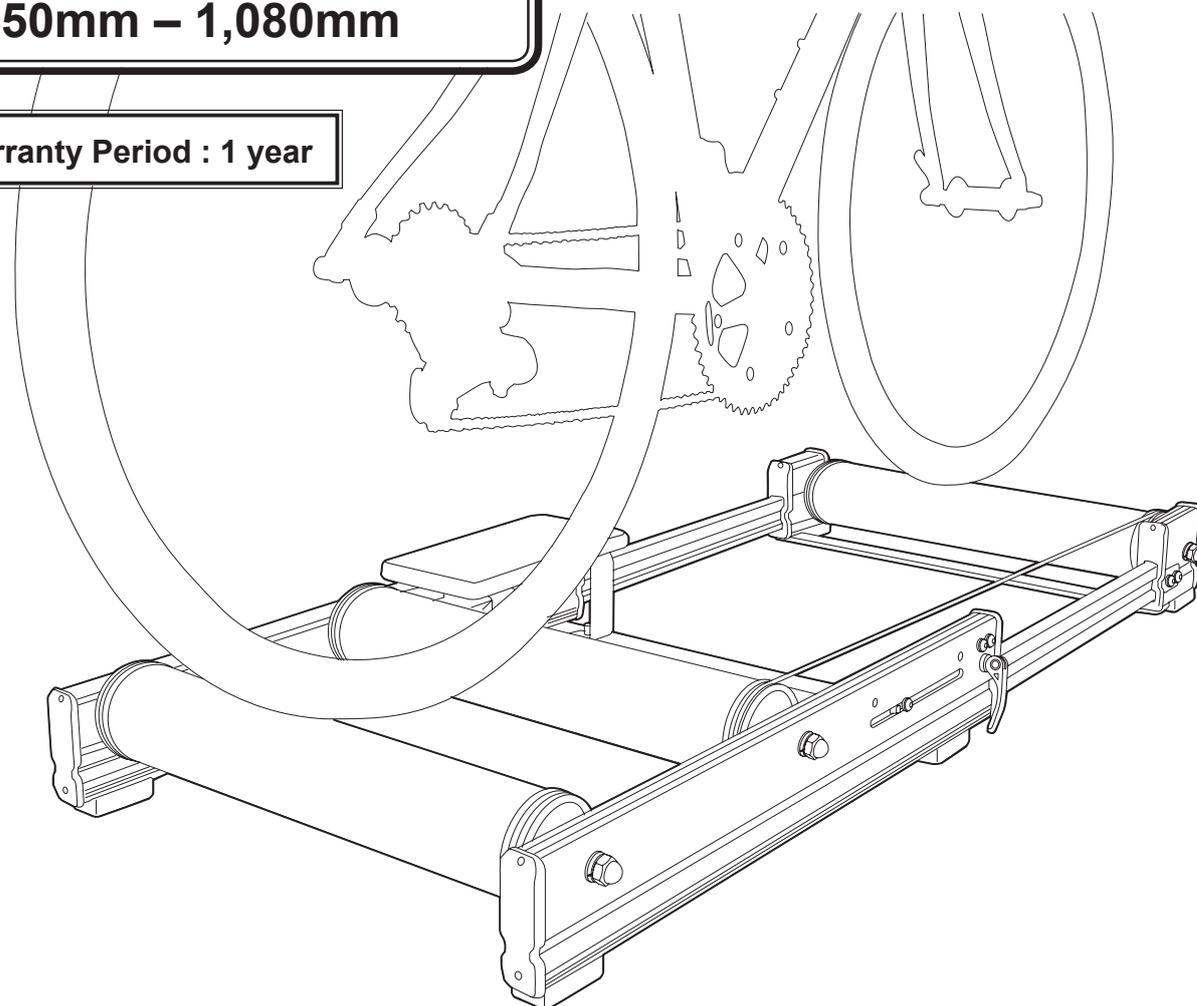


[Applicable Wheelbase Size]

950mm – 1,080mm

Warranty Period : 1 year



Features

- Completely newly designed alloy frame. Sliding frame system is good for adjusting various wheelbase sizes easily.
- Frames breaks down into a compact package for easy storage and utilizes quick releases to bring the unit back to desired length.
- Specially designed roller layout provides a natural riding experience in a comfortable, level position.
- High quality wooden foot step is available as an option.

Caution

*Triple roller trainers require the rider to maintain their balance without the help of any accessory or device.
Make sure you can balance yourself on rollers before attempting to ride.*

Contact

*If you have any question or request, please read the supplied "Minoura Limited Warranty Policy" card and contact the shop where you originally purchased this product or the distributor in your country first.
The distributor list can be found in our web site.*

[for U.S. customers]

MINOURA NORTH AMERICA

Hayward, California, U.S.A.

Phone 1-510-538-8599 / Fax 1-510-538-5899

support@minourausa.com

[for ALL customers]

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

Phone +81-584-27-3131 / Fax +81-584-27-7505

minoura@minoura.jp

www.minoura.jp

Made in Japan

- *For a standard 2-wheel bike with the wheelbase size between 950mm and 1,080mm only. Any other bikes such as tandems, recumbent, folding bike or the bike with out of the applicable wheelbase range cannot be used on R700.*
- *Triple roller trainers require the rider to be balanced at all times. If you are new to rollers it is strongly recommended that you set the R700 next to a wall or handrail so you can use either to regain your balance should the need arise.
Falling off can cause injury. Keep the ground around the R700 free from clutter.*
- *R700 is not height adjustable to compensate for uneven or slanted floors. The rollers should be on a flat surface with the rollers making contact completely with the floor. Riding on a slanted floor may cause imbalance issues and could result in damage or injury.*
- *Requires some assembling. Use correct tools (10mm & 17mm spanner, M4 hex wrench). Any tools other than M4 hex wrench are not included in the kit.*
- *Be careful not to pinch your fingers in the frame while adjusting the roller belt.*
- *Make sure both side frame stoppers are set in the exact same position. Failure to do so means the rollers will be uneven causing undo wear, noise, and decreased bike stability.*
- *Keep both hands on your handlebars at all times while on R700.
Do not brake while on the rollers. Doing so may cause a serious accident. Simply stop pedaling and wait for the bike to stop.*
- *Hi RPM's are generated on rollers. Keep children and pets away from your wheels. Use R700 on a bare or tile floor if possible.*
- *Indoor training traps more heat than when you train outdoors. Be sure you are healthy enough to attempt exercise indoors and on a roller. Consult a professional before attempting any workout regime.*
- *Any rubber roller parts and your sweat can cause stains. It is recommended to use a mat between the rollers and your floor.*
- *If you feel any strange noise or smell while using R700, stop exercise immedialtely and ask to the shop you purchased R700. Do not try to disassemble or modify the product without prior approval by Minoura.*
- *Minoura shall offer 1-year limited warranty to this product from the date of purchase for the owner who originally pruchased it in brand-new condition at Minoura authorized dealer. Any other problems than the things caused by manufacturer's defect such as natural wear will not be covered by this program. For more detail, please refer the attached "Minoura Limited Warranty Policy" card and Minoura web site.*
- **Note:** *Accessories designed for other Minoura rollers are not compatible with R700. This includes other foot steps, front wheel guards, mag units, or carrying bags.*

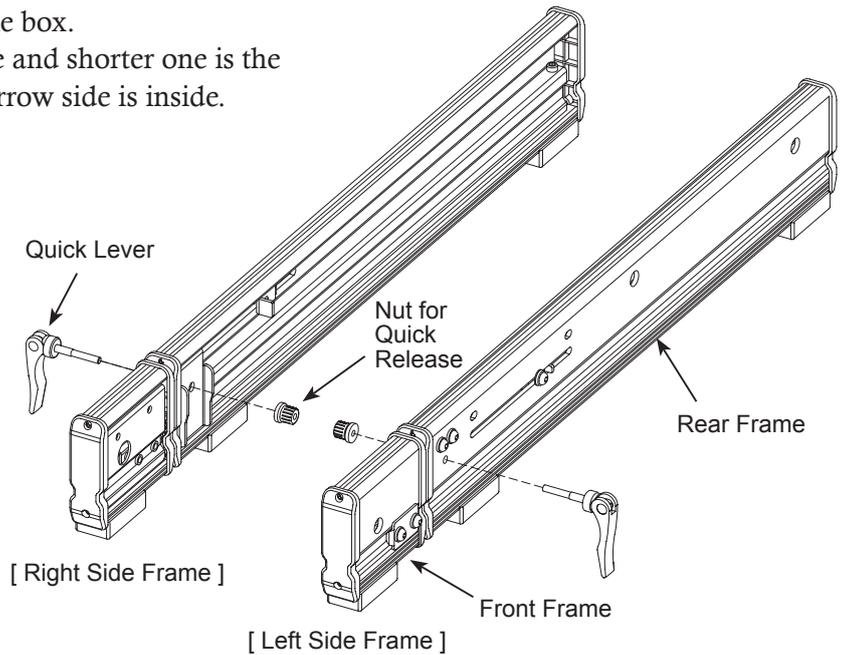
How To Setup R700

Required Tools: 17mm Spanner (not included), M4 Hex Wrench

1. Take out the pre-assembled frames from the box. Please note the longer one is the rear frame and shorter one is the front frame. Flat side is outside and the hollow side is inside.

Install the Quick Lever and nut to the long hole on the Rear Frame. This quick release holds the Front Frame to adjust the length. Quick Lever must be located on outside.

Shorten the frame to minimum size and tighten the quick temporarily. The tightening the quick level should not be so tight, it's OK the Front Frame won't come out even if you have the frame vertically.

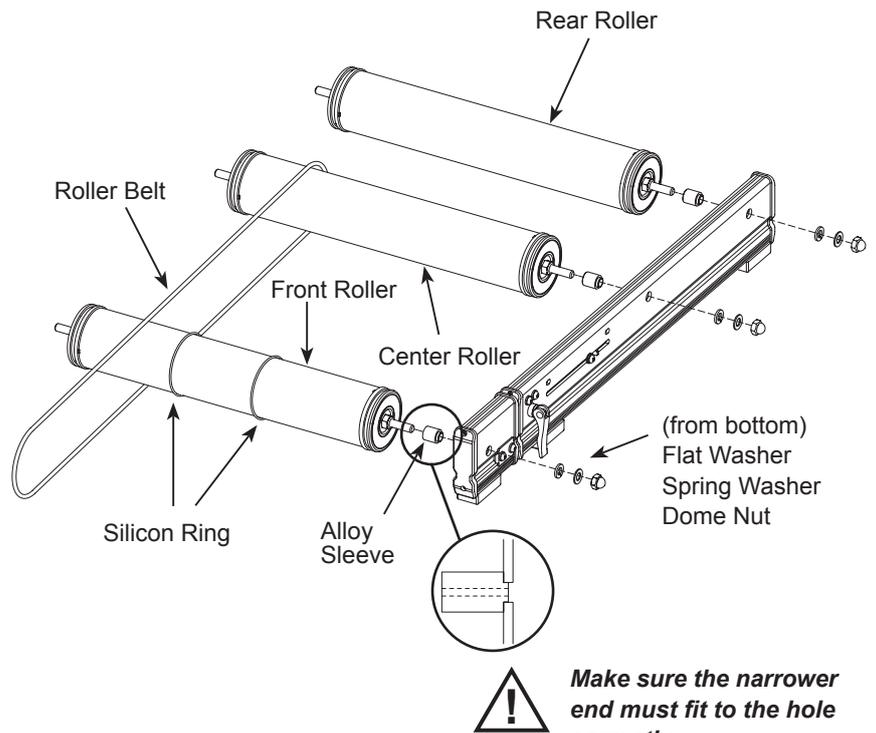


2. Install the roller drums to the left side frame first. The roller drums are exactly same and symmetric. No desired direction nor position.

Put the Alloy Sleeve through the roller axle. Make sure the narrower diameter end of the alloy sleeve must be facing to the frame.

Insert the narrower end to the hole on the frame correctly. Put the flat washer, spring washer and dome nut to the axle.

You don't need to tighten the nut firmly yet.



Install the Roller Belt to both center and front rollers.

What's The Purpose Of The Silicon Rings?

R700 comes with two white silicon rings.

This will work as an position adjustable indicator on the front roller that coaches you to ride as smooth and straight as possible.

If you wish to use, install the rings to the front roller at this step. You won't be able to install it later without disassembling R700.

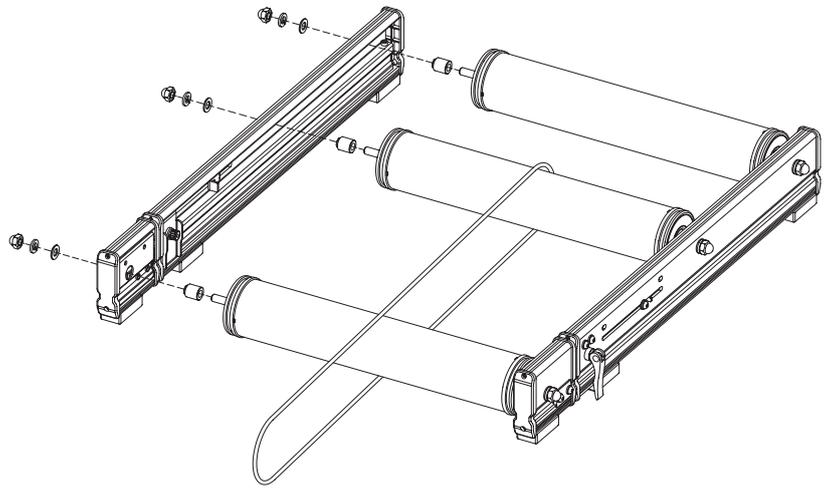
If you don't wish using the rings, leave them or use tape as another flat indicator. It's your choice.

- 3.** Next, install the rollers to the right side frame with the same method of Step-2.

Make sure the Alloy Sleeve direction is correct.



Make sure all Alloy Sleeves are correctly inserted to the holes on the frame. If not, the Alloy Sleeve or frame will be broken when tightening the nut strongly in Step-5.



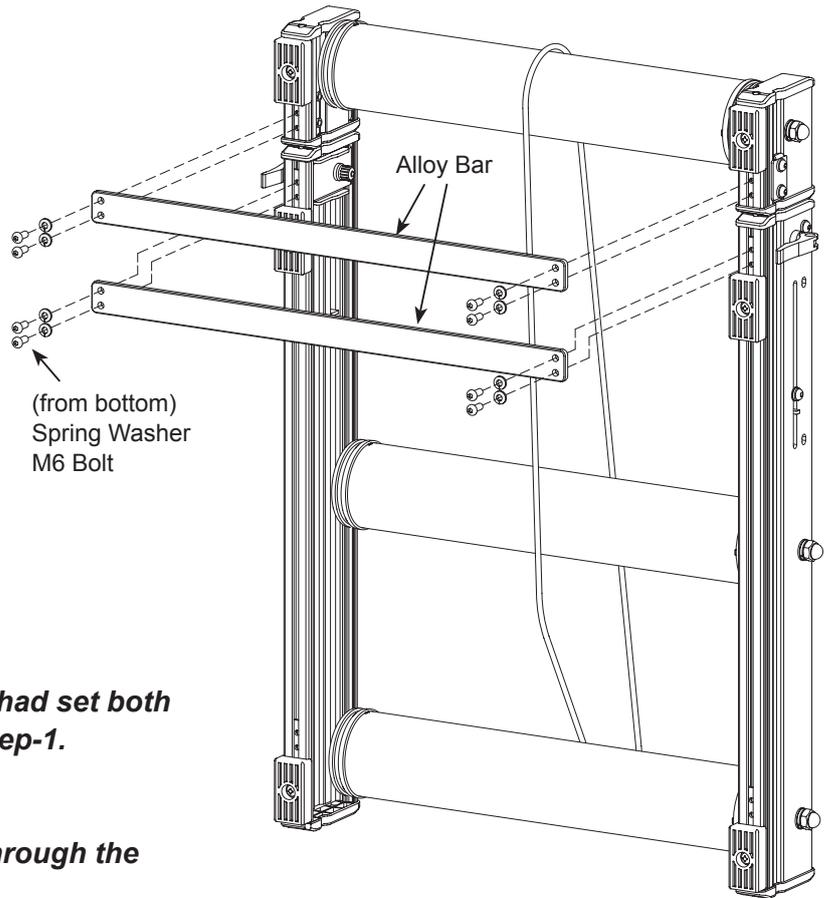
- 4.** Stand the assembled R700 on flat and level floor.

You will remove both hands so select the ideal area to stand R700 safely.

Face the bottom side (with rubber foot) toward you.
Roller Belt must go to the back side.

Install the Alloy Bar between the frame with M6 bolt and spring washer.

Both bars are exactly same. Each one connects the frame as a reinforcement bridge.



To make this job easy, you had set both frames at same length in Step-1.

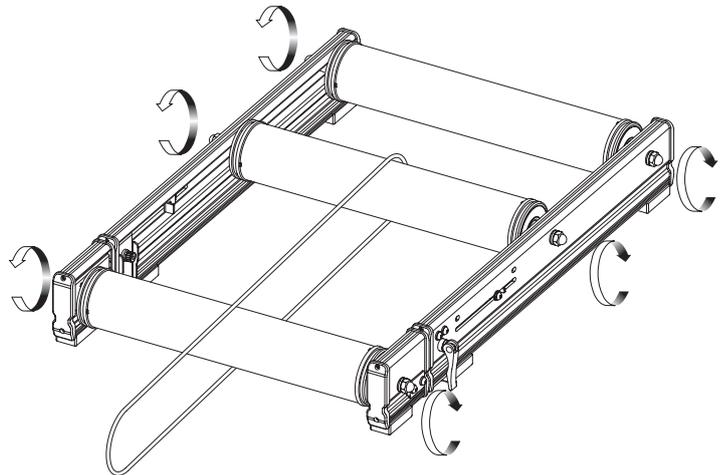


Do NOT put the Alloy Bar through the roller belt. The bar will impede the belt line and will cause damage.

- 5.** Lay down R700 on the floor, and tighten all dome nuts firmly.



Do not try to tighten the nut at your maximum power. It will cause serious damage on the frame, axle thread and alloy sleeves. The desired tightening torque is 20 N.m. It's much lighter than you expect.



How To Install Foot-Step (option)

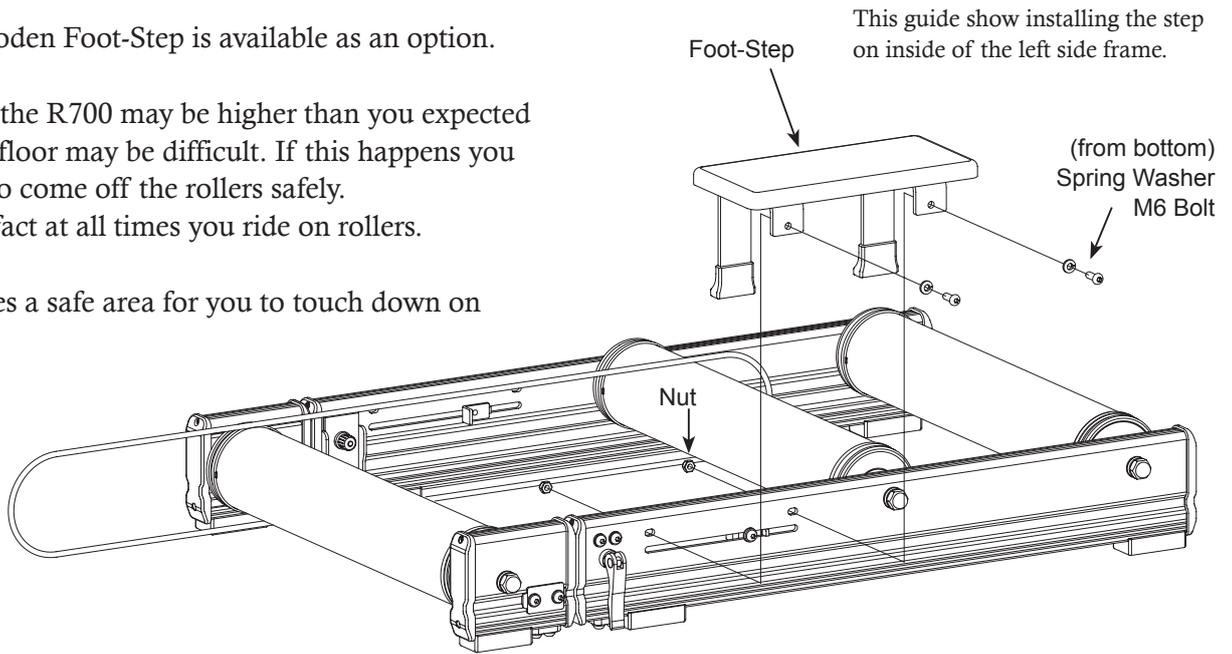
Required Tools: 10mm Spanner (not included), M4 Hex Wrench

A convenient wooden Foot-Step is available as an option.

Your position on the R700 may be higher than you expected and reaching the floor may be difficult. If this happens you may not be able to come off the rollers safely.

Be aware of this fact at all times you ride on rollers.

Foot-Step provides a safe area for you to touch down on when on R700.



Installing Foot-Step on the inside is recommended to minimize any possible damage during storage or transportation. However Foot-Step may be set up inside or outside depending on your need.

[To Install On Inside Of The Frame]

Put the step over the frame in the direction that the step legs are facing inward. Attach the shorter legs onto the frame from outside. Put the bolt and tighten the nut from inside.

[To Install On Outside Of The Frame]

Attach the step to the outside of the frame in the direction that the step legs are facing outward. Attach the shorter legs onto the frame and put the bolt then tighten the nut from inside.



Be sure that you must set the Roller Belt on the opposite side of the step because the step disturbs the belt line.



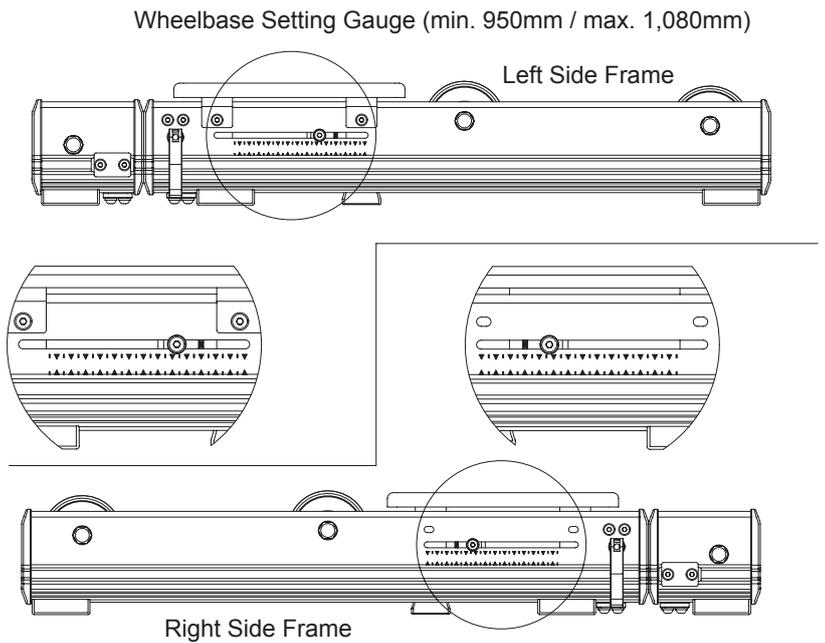
Dropping, bumping into things, or otherwise abusing the frame will cause damage. Be careful during transport.

Set The Front Roller Position

Required Tool : M4 Hex Wrench

1. On triple roller trainer, the rear wheel position has been fixed by the position of both center and rear rollers. So you will change the front roller position to adjust to various wheelbase sizes.

R700 has a bracket in the long hole on each rear frame. It works to set the Front Frame at the ideal position easily. By fixing the bracket position, you simply pull out the Front Frame until it hits the bracket. That's all. This also allows to repeat the same position automatically.



2. The tip of the bracket in the long hole works as the wheelbase size indicator. Loosen the bolt (do not remove), slide it to the position where the tip indicates the desired wheelbase size, then tighten the bolt to fix.

For example, if you use a bike with 980mm wheelbase size, just set the indicator at "980" position. This will set the front roller 10mm ahead from the front wheel axle. This should be the ideal position for most riders.

By setting both side indicators, you simply pull out the Front Frame until it reaches the stopper to setup R700 perfectly.



If you have set the indicators at different positions, the front roller will be angled and make riding straight difficult.



The available wheelbase size of R700 is between 950mm and 1,080mm. If your bike is shorter than 950mm, the Front Roller will be located too far that should disturb the handling performance. If your bike is longer than 1,080mm, you may fall off forward.

Tips About Front Roller Position

The front roller position is important as it is a major factor in bike stability and overall performance. R700's front roller is 10mm further than the front wheel axle by design for safety and stability. The shorter the distance, bike handling becomes quicker. This setting is for more advanced riders. Minimum position is zero and this replicates your wheelbase exactly. If this distance is 20mm or more, handling may be sluggish and feel heavy. Adjust the front roller position to precisely match your skill and handling abilities.

Preparing R700 For Use

1. At first, adjust the quick release properly that you can tightly fix the Front Frame by just bending the lever.

This step should be done while the frame is retracted.

Adjust the backside nut precisely that you will feel resistance on your palm when the lever comes in horizontal.

Do it on both sides.



Do not use the lever to tighten. Use the nut ONLY.

2. Make sure the belt is not on the frame (resting on rollers) so it does not get caught when you are extending the frame.

Pull out the Front Frame until it reaches the stopper, and tighten the quick lever firmly. The lever should be directed to the floor.

Hook the roller belt to the groove on rollers. Rotating the roller can finish this work easily. Be careful not to pinch your finger.

Confirm the roller belt is hooked properly between the center and front rollers.



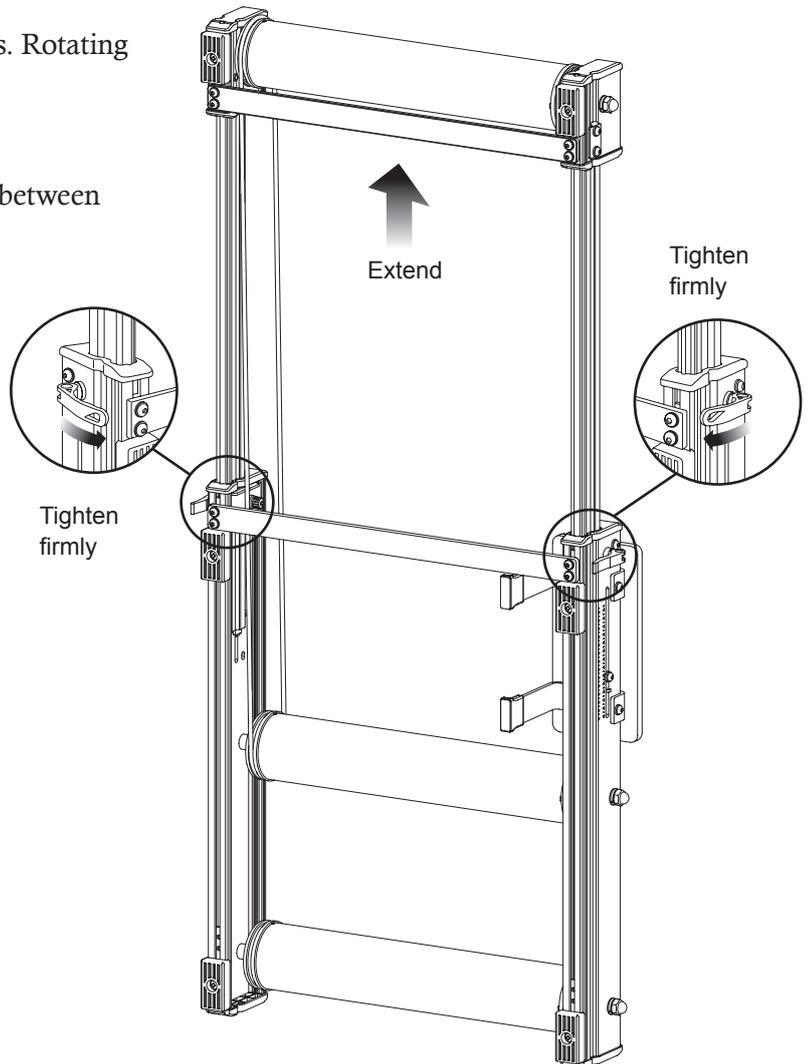
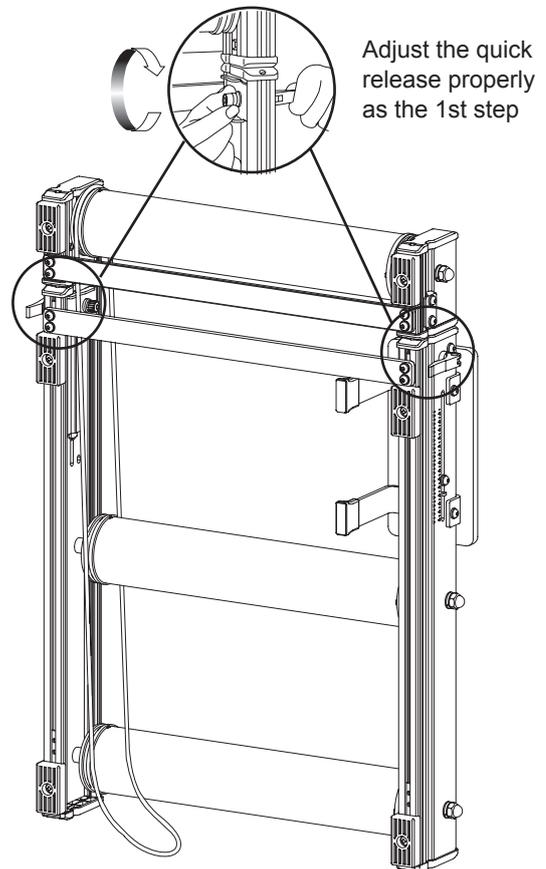
It's not recommended to hook the roller belt to the rollers BEFORE extending the front frame.

To do so, you need to hold R700 by pressing the rear roller with your foot. Keep a steady pressure with your toe so R700 doesn't snap back from belt tension and possibly cause injury.



Tighten the quick levers firmly.

If you ride on R700 roughly, the quick release may come loose and the front frame will be retracted, then you may fall off forward.



Other Languages / Andere Sprachen / Autres Langues / Otros Idiomas

- GB** If you need the instructions manual written in different language(s) such as German, French or Spanish, check out the following web page.
- G** Wenn Sie deutsches Versionsanweisungen-Handbuch brauchen, überprüfen Sie die folgende Webseite bitte.
- F** Pour télécharger les instructions en français, veuillez vous rendre sur la page Web dont l'adresse figure ci-bas.
- ES** Si necesita el manual de instrucciones de versión español, compruebe la página web siguiente.



http://www.minourausa.com/_userdata/r700.pdf