

[Applicable Wheelbase Size]

950mm – 1,180mm

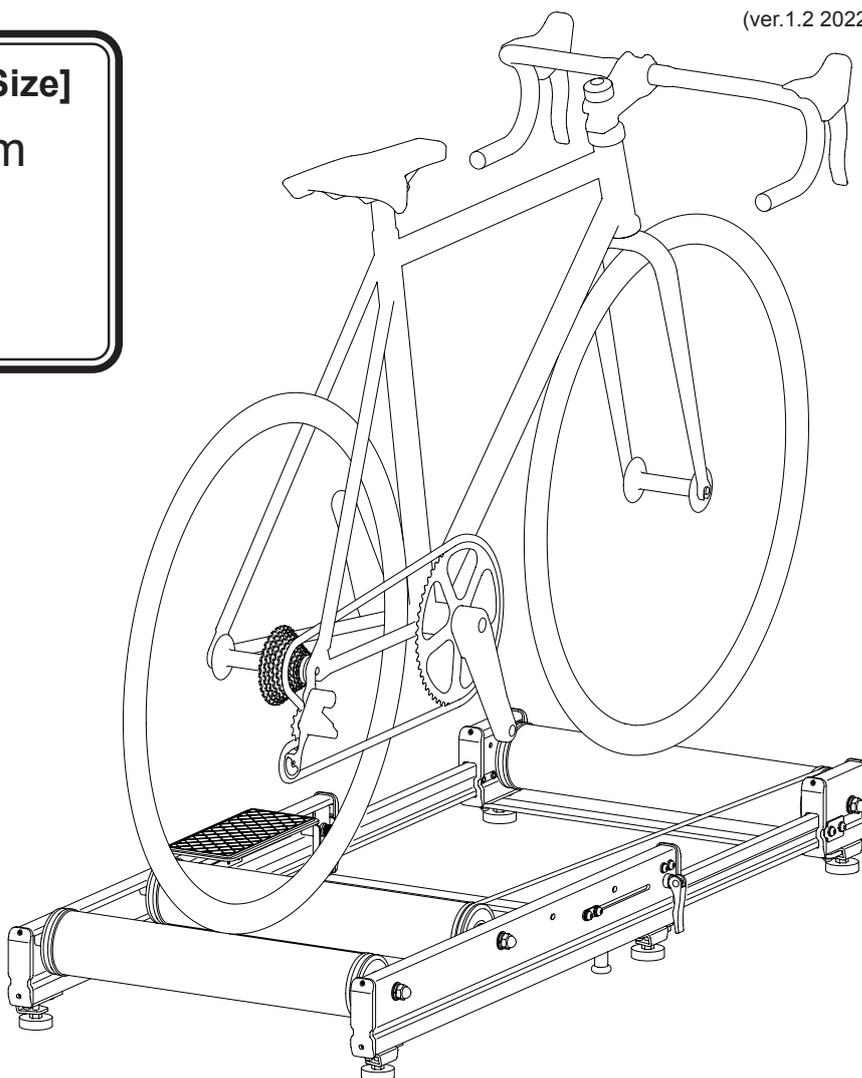
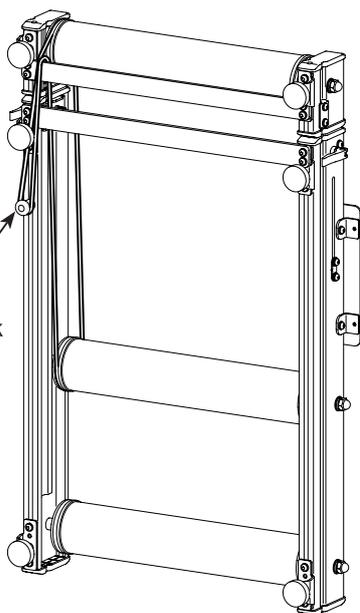
< 2 Level Setting >

(1) 950 – 1,080mm

(2) 1,050 – 1,180mm

< New >

Roller Belt Hook
while storing



Features

- **80mm diameter roller drum** provides natural resistance even without add-on brake unit. For those who need more power for harder workouts, a Magnetic Brake Unit will be available as an option.
- Made from rust-proof and light weight alloy, the frame features a **fully adjustable front frame** that fits any wheelbase.
- **Quick Release Skewers** on both sides allow for an easy yet secure hold of the sliding front frame while offering a simple step to return you to the original length quickly.
- The front roller drum is positioned at a **different height** to the other drums for a natural riding position and pedal stroke.
- **A large foot step** is included and has a non-slip rubber surface.

Caution

Triple roller trainers require the riders to maintain their balance without the help of any accessories or devices.

Make sure you can balance yourself on rollers before attempting to ride.

For those who are not able to maintain the balance on the roller drums, a front fork support (FFS-730 SKU#400-3205-01) is available as an option which holds the front fork after removing the front wheel.

Contact

For further information please read the the supplied warranty card. If you have further questions please contact the store in which you purchased the rollers or the distributor in your country. A list of worldwide distributors can be found under the "HOME" tab at www.minoura.jp. You may also contact us directly if your questions remain unanswered.

[available ONLY for U.S. customers]

MINOURA NORTH AMERICA

Hayward, California, U.S.A.

Phone 1-510-538-8599 (from 8 am to 5 pm in PCT)

Fax 1-510-538-5899

Mail support@minourausa.com

Web www.shopminoura.com

[for ALL customers]

MINOURA JAPAN

134-1 Shimomiya, Godo, Anpachi, Gifu 503-2312 Japan

Fax +81-584-27-7505

Mail minoura@minoura.jp

Web www.minoura.jp

Made in Japan

- *Only for standard 2 wheel bicycles with wheelbase size between 950mm and 1,180mm (by using 2 different settings).
Any other bikes such as tandems, recumbent, BMX, folding bikes, or any other bike outside the wheelbase range listed above cannot be used with these rollers.*
- *Triple roller trainers require the rider to be balanced at all times. If you are a beginner to rollers it is strongly recommended that you set R730 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 R730 free from clutter.*
- *R730 is 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 if you don't adjust the foot height correctly.*
- *Options such as Front Fork Support, Magnetic Resistance Unit and Front Wheel Guard are available only specially designed for R730. Any items for other models cannot be used on R730.*
- *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 and closing the frame.*
- *Make sure both side frame stopper brackets are set in the exact same position. Failure to do so means the rollers will not be parallel and may cause unexpected wear, noise, and decreased bike stability.*
- *Keep both hands on your handlebars at all times while on R730. Do not brake while on the rollers. Doing so may cause a serious accident. Simply stop pedaling and wait for the bike to stop when quit the training.*
- *Hi RPM's are generated on rollers. Keep children and pets away from your wheels.
Use R730 on a bare or tile floor if possible, otherwise apply a mat under R730.*
- *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 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 R730, stop exercise immediately and ask to the shop you purchased R730. Do not try to disassemble or modify the product without prior approval by Minoura. This could void any warranty.*
- *Minoura provides a 1 year limited warranty against manufacturing defects in R730 to the original owner and when purchased new, through an authorized Minoura sales point or dealer.
Anything other than a manufacturing defect is not covered under this warranty. Warranty is at the sole discretion of Minoura.*

1. Install 3 Roller Drums to the Left Side Frame

All drums are exactly the same and can be installed in any direction.

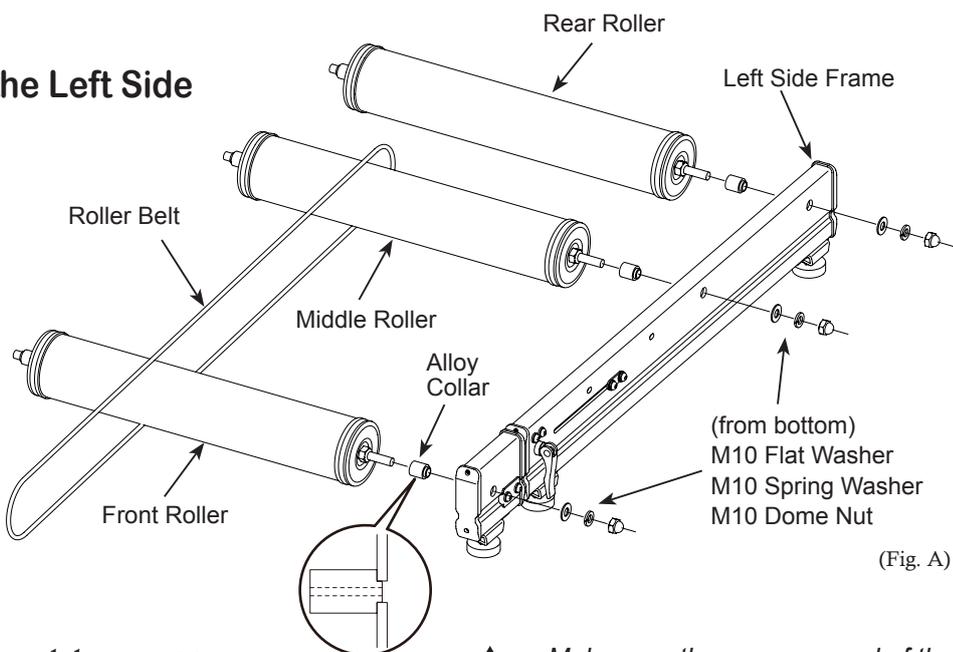
Put the alloy collar through the roller axle. Make sure the narrower diameter side faces to the frame.

Confirm that you insert the narrower side of the collar to the holes on the frame correctly.

Set the flat washer, spring washer and dome nut to hold each roller drum.

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

Set the roller belt to the mid and front roller drums.
Do NOT hook to the rear roller.



(Fig. A)



Make sure the narrower end of the collar fits into the hole correctly. The collar is made of a softer alloy material and can deform easily with pressed hard, even before insertion.

2. Install the Right Side Frame

As same as Step-1, set the alloy collar to the roller axle then hold to the right side frame temporarily.

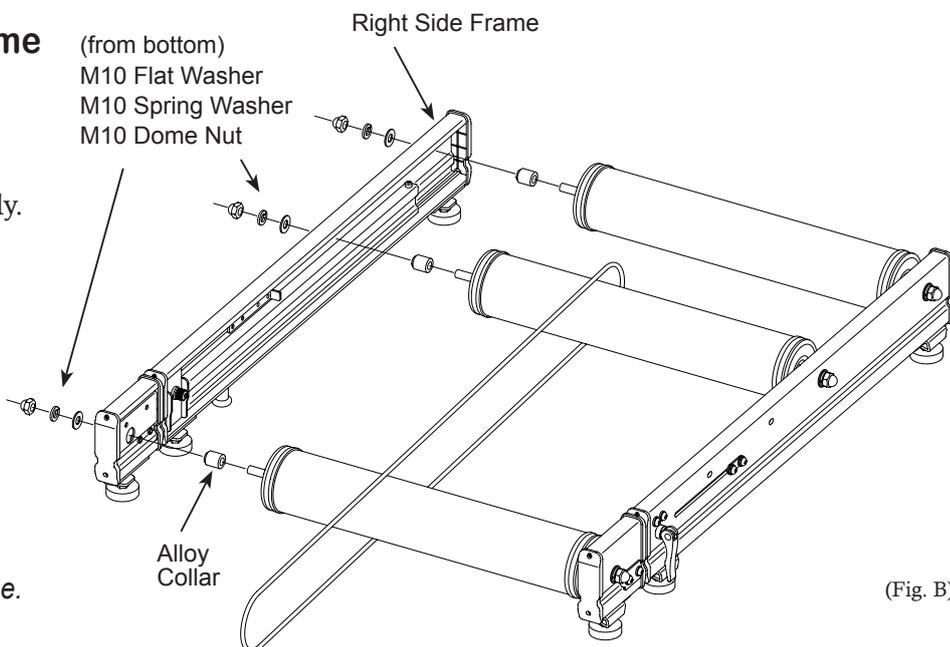
Make sure the collar direction is correct.



Confirm that each alloy collar is inserted correctly.

Failure to do so will cause serious damage to the collar AND the frame.

Minoura does not cover this issue under warranty.

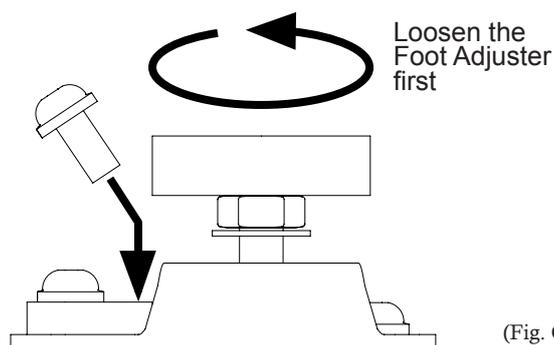


(Fig. B)

3. Install the Bridge Bars

Stand up the pre-assembled R730 on the flat and horizontal floor.

You need use of your hands in this step so it's crucial to place the rollers on a horizontal floor or surface.



(Fig. C-2)

Place R730 so the foot adjuster side is facing front. The roller belt should be left on the backside.

Attach the bridge bars as they connect the right and left side frames and tighten the M6 bolt with washer.

The bridge bars are exactly the same. One bar configures the front frames and another one does the rear frames.



On both Bridge Bars, it could be impossible to tighten one of the M6 bolt which is closer to the Foot Adjuster into the thread hole because of too narrow space around the adjuster if you try to install while you just put out R730 from the box.

You need to unscrew the Foot Adjuster to make enough space then put the bolt into the thread hole to tighten. (see Fig. C-2)



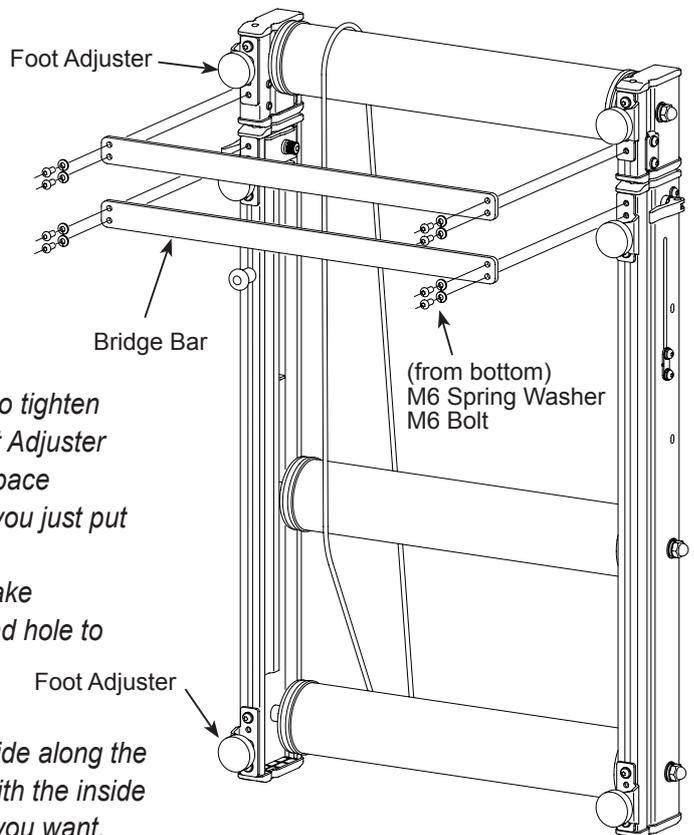
The foot adjuster is designed to be able to slide along the groove on the main frame bottom together with the inside threaded plate. You can hold it at anywhere you want.

Make sure that each roller drums on R730 are set in different height from the floor in order to provide natural riding position and pedaling feel.

The front roller is the closest to the floor that means it is much closer to the bridge bar than the other rollers. Make sure the roller belt won't touch the bridge bar when fixing the bar position.



Do NOT place the bridge bar on the inside between the roller belt. It must be placed under the belt. Failure to do so will cause damage to the belt.



(Fig. C)

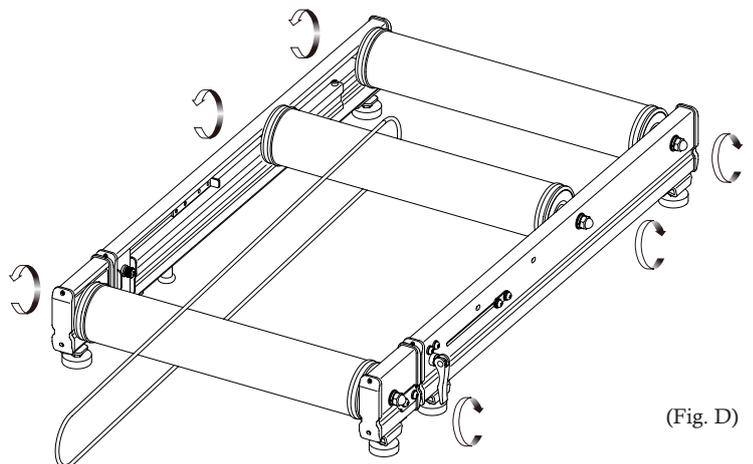
4. Tighten the Dome Nuts firmly

Lay the assembled R730 on the floor, and tighten all 6 dome nuts firmly with 17mm spanner.



Do NOT over-tighten the dome nut. Doing so could cause deformation of the frame and collars.

The recommended torque is 10 N.m.



(Fig. D)

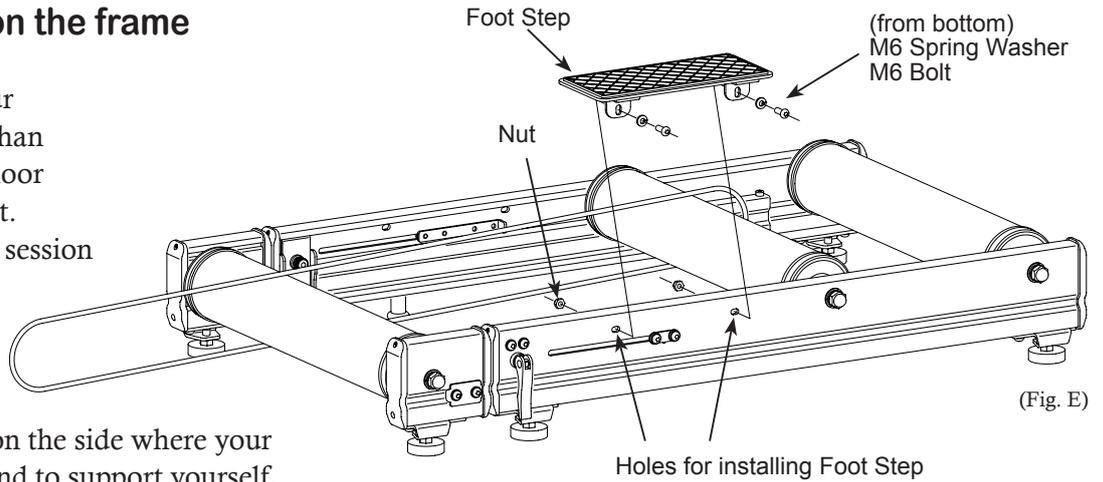
Using a pair of 17mm spanners to tighten the nuts at the same time makes the job go faster!

Install Foot Step

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

Install the Foot Step on the frame

It may surprise you that your position on R730 is higher than expected and reaching the floor easily may be a little difficult. Be aware of the height each session on the rollers.



You should install the step on the side where your leg usually reaches the ground to support yourself. You see the step is set on the left side on Fig. E, but it also can be on the opposite side.

The two holes on the frame are for installing the step. Align the step to these holes from outside and put the M6 bolt and washer then tighten the inside nut.



The roller belt fully extends due to centrifugal force while spinning. Do not allow the belt to come in contact with the step or the belt could be sliced suddenly.

To avoid this from happening, set the belt on the opposite side of where you installed the step.

Adjusting Roller Distance

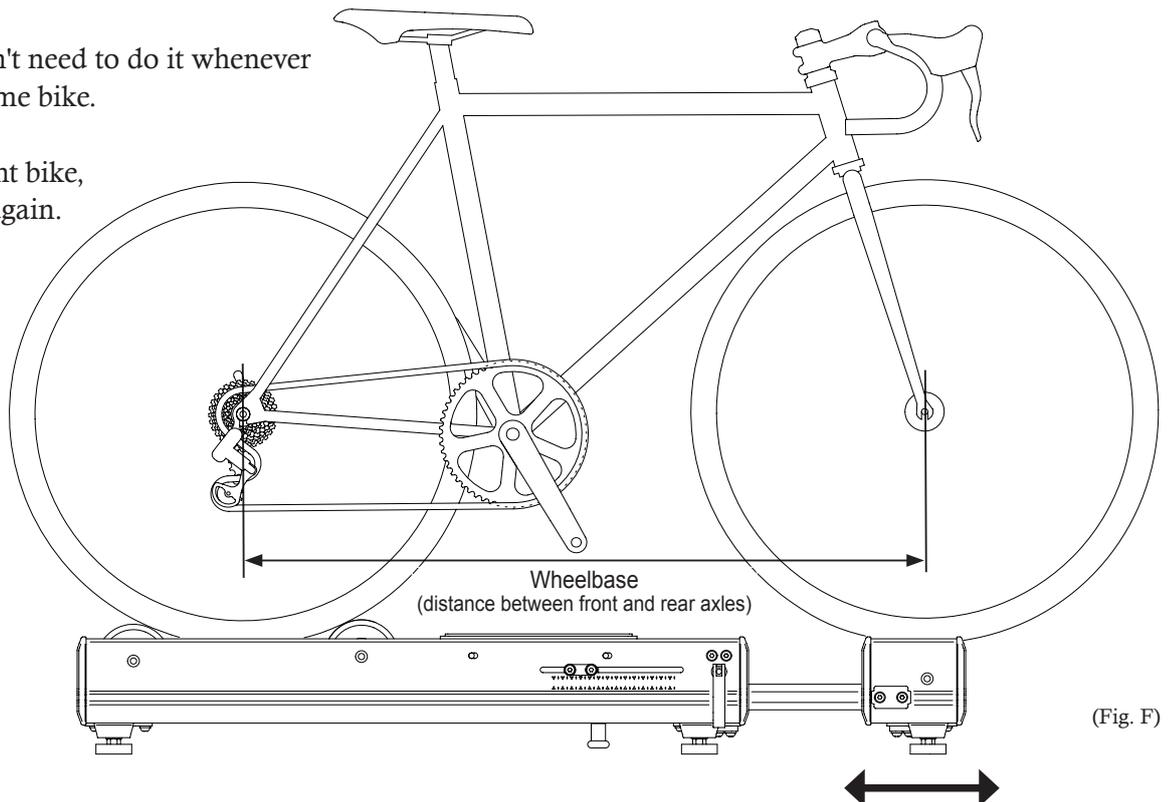
Required Tools: M4 Hex Wrench

Adjust the Front Roller position to match your bike's wheelbase

It is your duty to adjust the front roller position precisely to match your bike's wheelbase size before using R730.

Once you set, you don't need to do it whenever you use R730 with same bike.

When you use different bike, you need to adjust it again.

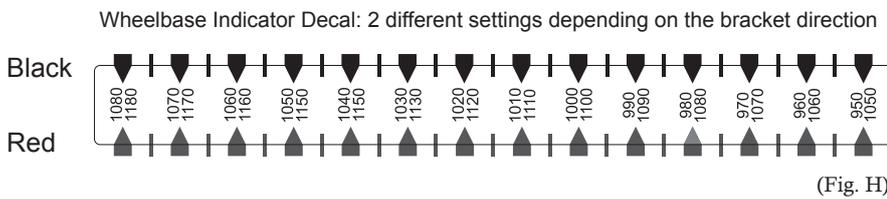
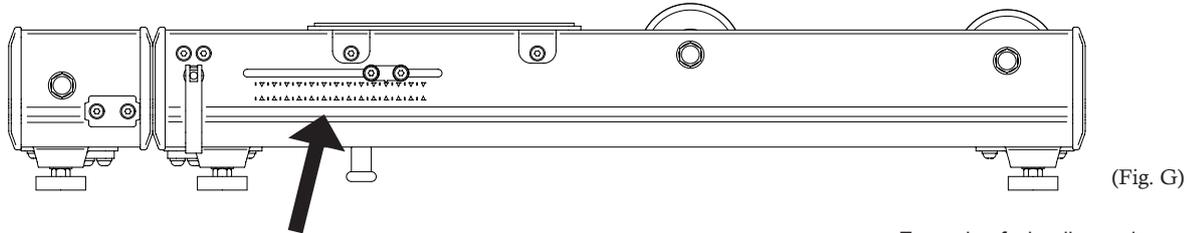


1. On the rollers, the rear wheel position will be fixed because the wheel sits between the rear and the mid roller drums. What can be adjusted is the front roller position only.

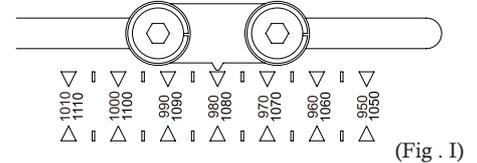
The front frame is designed to be fully adjustable so the length can be set precisely.

Both side frames have the scale decal that shows the wheelbase size (Fig. H). There is an L-shaped bracket inside (Fig. J) and the indicator is connected to this bracket that shows the current wheelbase size (Fig. I).

By setting the L-shaped stopper bracket in the best position to your bike, by just pulling out the front frame until it reaches the bracket, you can set the R730 length perfectly to your bike size. You no longer need to readjust it whenever you use the same bike.



Example of wheelbase size:
This shows 980mm (black) or 1,080mm (red)



*If each of the right and left side indicators have been set at different numbers, the front roller will be at angle and riding will become very difficult.
It is critical that both indicators are set at the same numbers.*

How To Adjust the Stopper

By changing the direction of the inside L-shaped stopper bracket, 2 size settings will be available. One is capable with 100mm longer wheelbase.

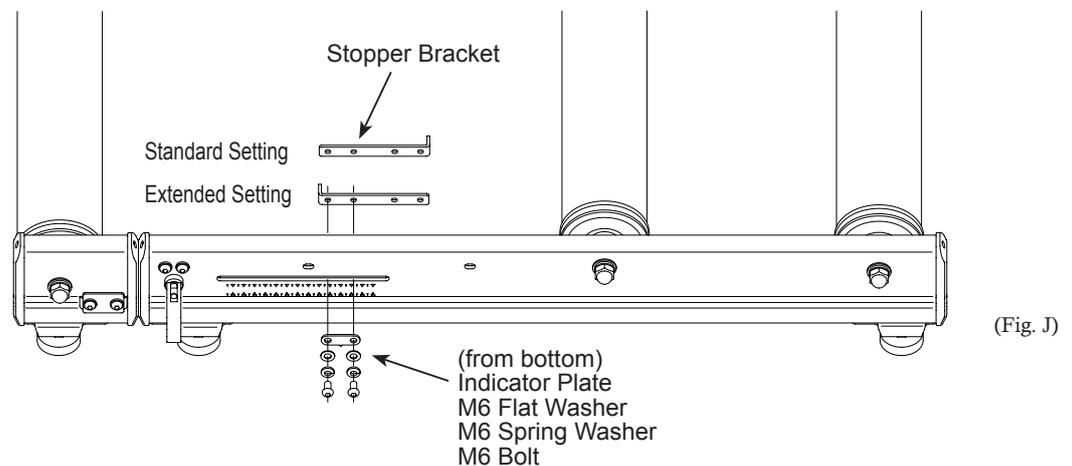
1) Standard setting: The bent side faces ahead. Compatible with wheelbase size 950 – 1,080mm.

Read the **BLACK** numbers on the indicator.

2) Extention setting: The bent side faces backward. Compatible with the wheelbase size 1,050 – 1,180mm.

Read the **RED** numbers on the indicator.

Measure or check your bike's wheelbase size and choose the stopper bracket direction. If not in the correct direction, remove the M6 bolt and flip the bracket.



Simply by pulling out the front frame until the bolt head on the slide frame end hits the stopper bracket and tighten the quick release skewer, you can repeat the best setting to your bike frame quickly at all times.

About Front Wheel Position

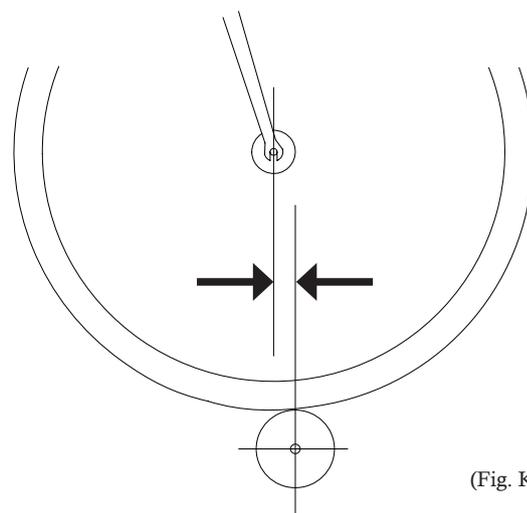
In order to maintain the best riding balance and stability, it is critical that the front roller position be maintained precisely.

Minoura suggests you to set the front roller approximately 10mm ahead to the front wheel axle line. This setting is safe for most riders as it isn't too quick in handling and limits the possibility of dropping off the front.

Minimizing this travel toward zero quickens the handling and may be more difficult for beginners. This setting is more designed for experienced riders.

If the number goes below zero, you may drop off the front depending on your position on the bike. We do not recommend this setting. However, if the travel becomes 20mm or longer, handling will become dull and it will be difficult to maintain balance. This is also not recommended.

Try to adjust the front roller position precisely to match your riding skills.



(Fig. K)



Be aware that the number on the indicator is calculated that your front wheel axle line is set 10mm behind the front roller axle. It is our recommended setting.

If you wish to set your front wheel exactly above the front roller axle (the size difference is zero), set the stopper bracket position where shows 10mm smaller number than your existing wheelbase size.

Preparation For Using R730

1. Setup the Quick Release Skewer

To hold the extended front frame, you use the quick release skewer.

Adjust the inside nut precisely as you can tighten the skewer firmly by just pushing down the lever.

On the well adjusted quick release skewer, you will feel some resistance as you push down the lever nearly horizontal, and a lever mark remains on your palm when you completely push down the lever.

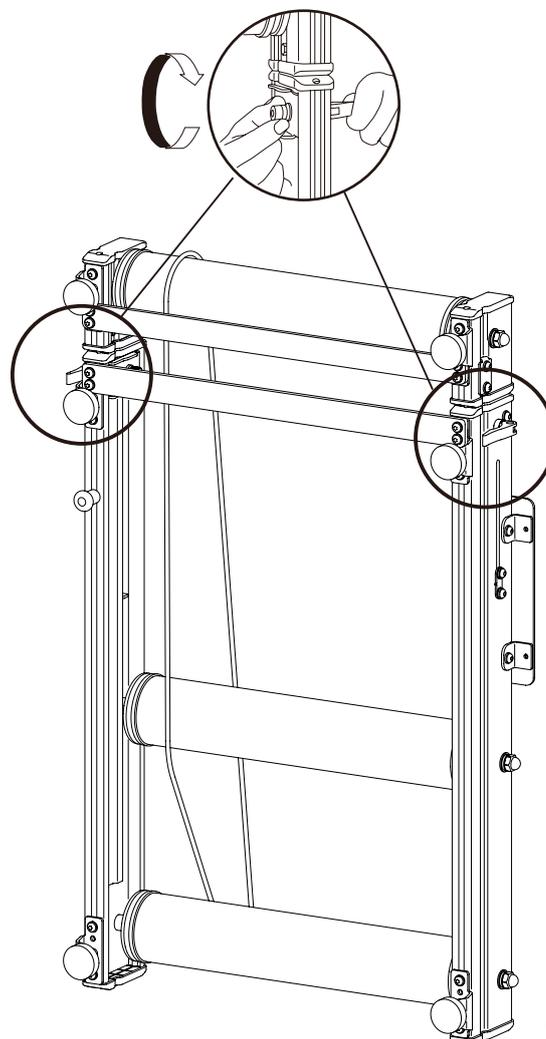
You have to adjust the nut by turning it prior to use R730.



Do NOT rotate the lever to tighten the quick release skewer. Tighten by using the nut only.



If the quick release skewer is not correctly adjusted, it may come loose while you ride causing you to come off your bike.



(Fig. L)

2. Pull out the Front Frame and hold it.

Pull up both side quick release skewer levers and pull out the front frame until it hits the stopper bracket. While keeping this position, push down the skewer levers to hold the front frame securely.

If you try to extend the front frame while the roller belt is set on the roller drum cap grooves, it would be difficult due to the tension of the belt. We suggest you to unfasten the belt from the drums to make the belt loose as much as possible.



If you stand R730 on the floor and step on the rear roller to extend the front frame, it could cause a situation where the roller will spin suddenly should your foot come off the drum. This could lead to R730 jumping due to the belt tension and hit you in the body or face.

Please do not extend the frame this way and do so while R730 is laying on the floor.

3. Hook the Roller Belt to the Groove.

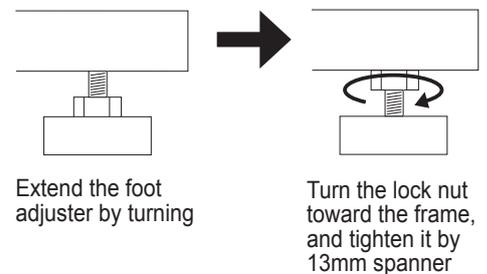
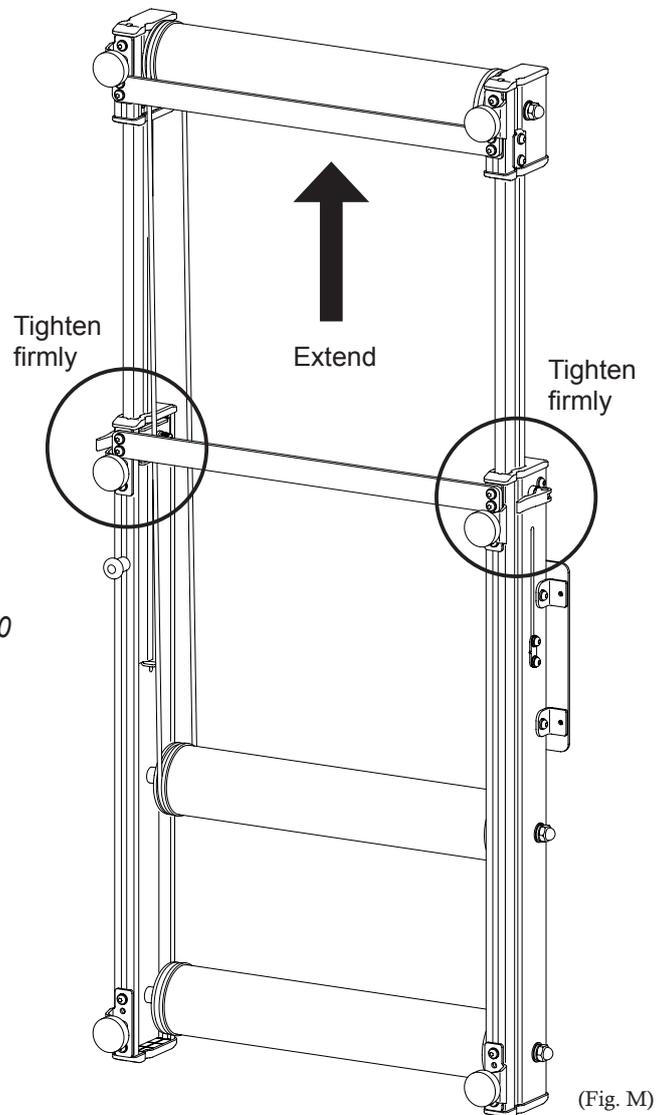
Set the roller belt in the groove on the mid and front roller drums.

We recommend you to put the belt in the groove and rotate the drum to wind. It should be easier.

4. Place R730 on the floor.

Place the finished R730 on the floor. Then set your bike on the rollers and get on.

If R730 is not stable due to an uneven or slanted floor, adjust each foot to compensate for any floor issues.



Optional Item

Front Fork Stand (special for R730)

If balance is an issue Minoura offers an optional front fork support that will take the worry out of balancing yourself on the rollers. The support folds down if not being used.



This Front Fork Stand is made to work only with R730 and not any other roller from Minoura or another company. R720 and R730 looks similar but different on the roller drum diameter and width.

