

MINOURA

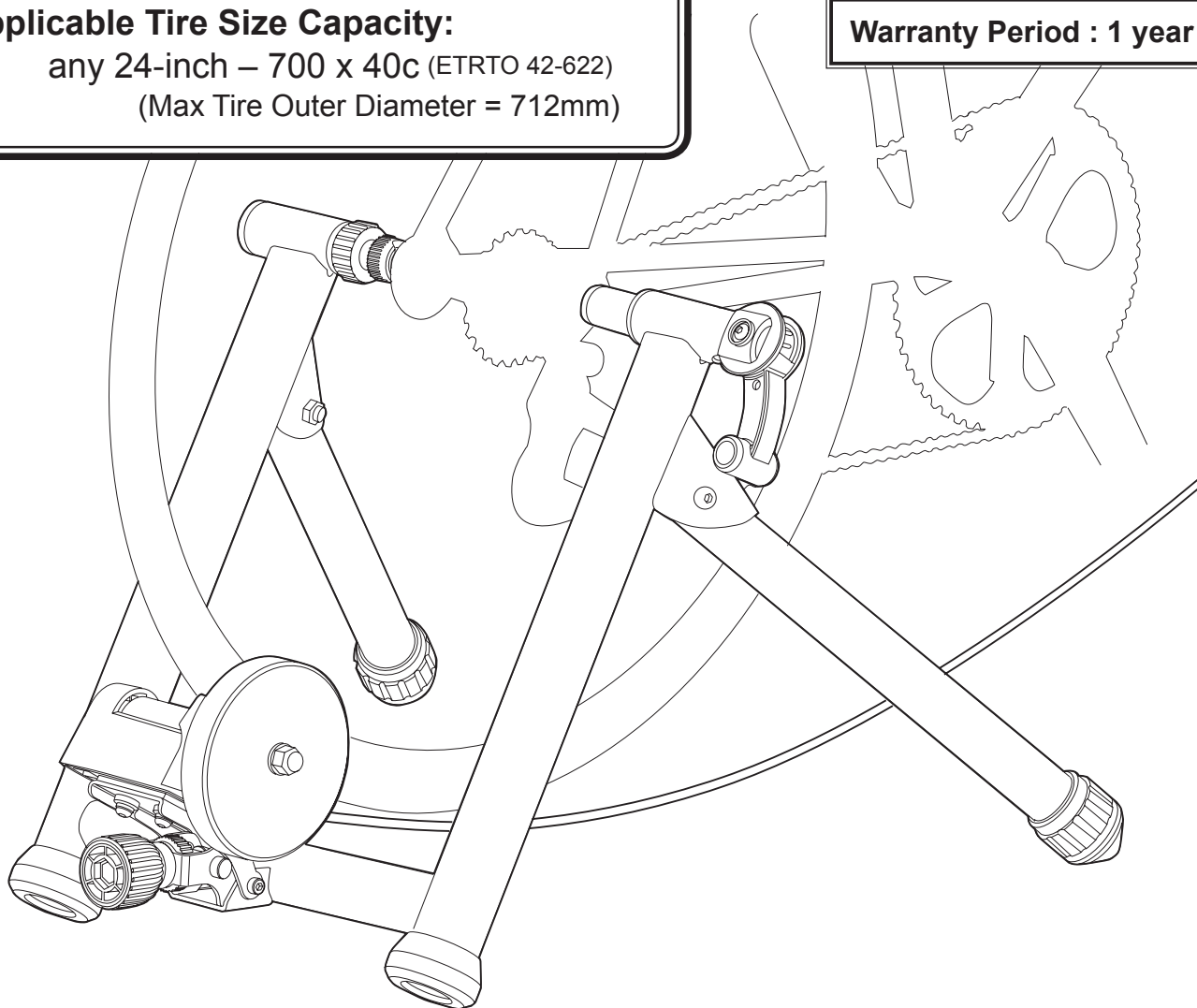
indoor bicycle trainer *LiveRide* **LR540** instructions manual

(ver. 1.2 2014/3)

Applicable Tire Size Capacity:

any 24-inch – 700 x 40c (ETRTO 42-622)
(Max Tire Outer Diameter = 712mm)

Warranty Period : 1 year



Main Features

- The combination of the simple & durable mono-leg design frame and the powerful Advanced-Magturbo resistance unit
- Uses a super-strong Neodymium magnet for providing extremely wide and controllable resistance range
- Easy-to-grip wing design remote shifter enables to choose your desired power from 7 resistance levels easily
- Thick outer edge flywheel design generates more initial inertia through virtual weight of 1.5 kgs
- New double-thread knob type roller pressure system enables quick & easy setup/release operation
- Quick release type hub clamping mechanism • 'LiveTraining' smart phone training application compatible

Please Note

This trainer must be used with a completely smooth (no knobs or raised tread) tire. Failure to do so will ruin the mag unit, your tire, and void any possible warranty.

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. When you cannot get enough service, you can contact us;*

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

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Web: www.minoura.jp

Made in Japan

Important Notes

Please read carefully before use

- For use with a normal 2-wheel bicycle only. Do not use a tandem, recumbent, or other.
- Hub nut type rear wheel axle is not compatible with LR540 in standard.
You need to replace the left side coupling bolt (UF-8S) with optional longer "Left Side Coupling for Hub Nut Axle (UF-8L)".
- Fits tire size between 24" and 700x40c (ETRTO 42-622). To use 26x1.75" or smaller tire, install the supplied Small Wheel Adaptor between the Mag unit and the base bracket. 29" tires may not be used on LR540.
- Some assembly required. Use correct tools (10mm spanner and M5 & M4 hex wrenches). The kit contains only M5 hex wrench.
- Use the supplied rear quick release skewer for maximum stability. The hub clamping parts (couplings) fits the supplied quick release skewer only. Minoura is not responsible for any problem caused from using your own skewer.
- Use on flat and level floor or ground for your safety.
- Adjust the roller pressure to the rear tire properly in order to maximize your tire life. Tire and roller contact will eventually wear both your tire and the trainer roller. Wipe the tire surface to remove any solid dust away before setting the bike on the trainer in order to maximize the drive roller life.
- Check and adjust the remote shifter cable tension properly when you cannot set at L or H even though you turn the shifter lever.
- 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.
- It is not possible to convert the remote controllable resistance unit to the non-remote version one. Removing the remote shifting device means fixing the resistance level at the highest range.
- If you feel any strange noise or smell, stop using LR540 immediately and contact the retailer where you purchased the trainer.
- To protect the floor or carpet from stain and sweat during workout, we recommend you to put a sheet or mat under the trainer and bike.
- Any warranty will be void if you use LR540 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. 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.minourausa.com>).

How To Install Mag Unit & Roller Adjust Knob

Required Tools: 1 x 5mm Hex Wrench (supplied)
1 x 10mm Spanner (not supplied)

Install the Mag resistance unit and Roller Pressure Adjust Knob to the frame.

First, attach the Knob onto the bracket on the Step-Bar. Then place the Mag unit over the Knob, and tighten both brackets together using the pivot bolt and M6 nut. (Fig. A)



Overtightening the pivot bolt will cause the Knob to become inoperable.

Make sure you unscrew (loosen) the pivot bolt by 1/4 - 1/2 turn once you completely tightened it.

The Mag unit should be lowered slowly towards the ground by its own weight at this point.

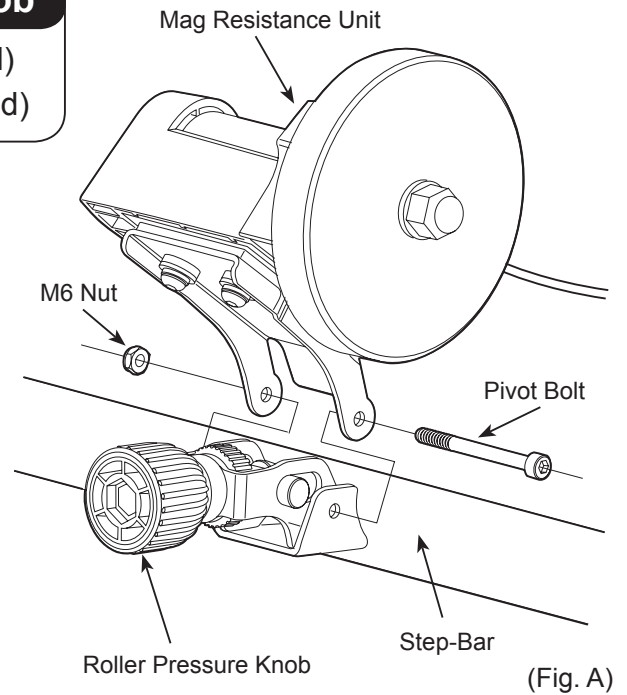
If the pivot bolt is too loose, the Mag unit may drop suddenly and come down on your hand or fingers.

Make sure to adjust the torque properly to insure proper operation.

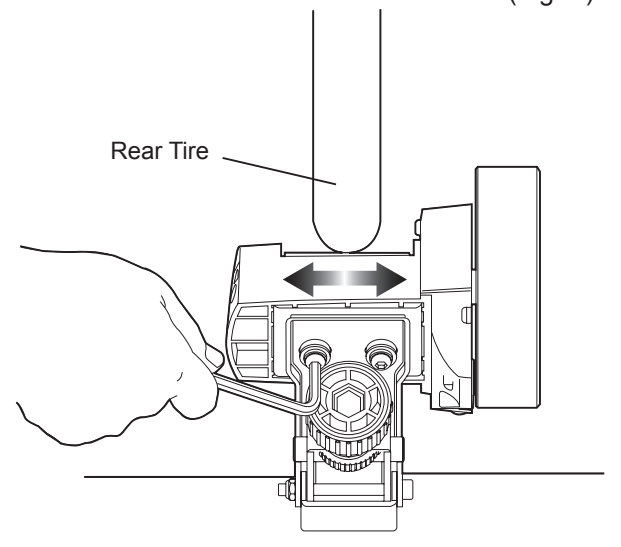
Your bicycle tire should be as close to the center of the roller as possible. (see Fig. B)

If the tire is touching the plastic housing, damage will occur to the Mag unit and your tire.

The Mag unit can be adjusted and to do so, loosen the backside screws and slide the Mag unit in the direction needed to center the tire properly. Tighten the screws when you have finished.



(Fig. A)



(Fig. B)

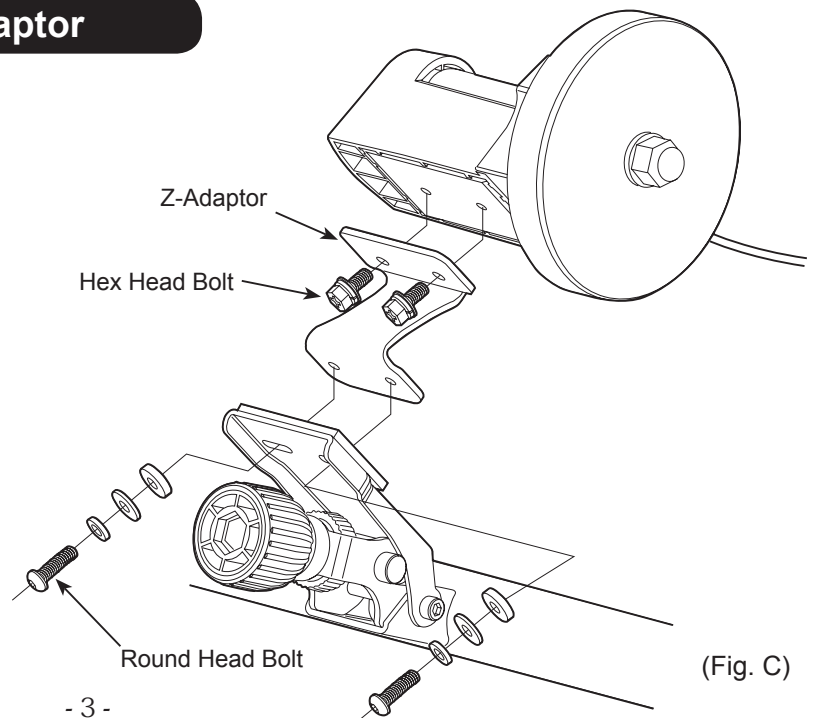
How To Use Small Wheel Adaptor

If your tires are 26" or smaller and are less than 1.75" in width, you will need to use the supplied Z-shaped Small Wheel Adaptor. Your tire size should be clearly marked on the tires sidewall.

The direction of the Z-adaptor is fixed so follow the arrow printed on the top and make sure it's pointing toward the front (toward your bike).

If the drive roller cannot reach the tire, make sure the Z-adaptor has been installed correctly.

Use the original round head bolts for the Mount Base, and use the supplied hex head bolts for the Mag unit. (see Fig. C)



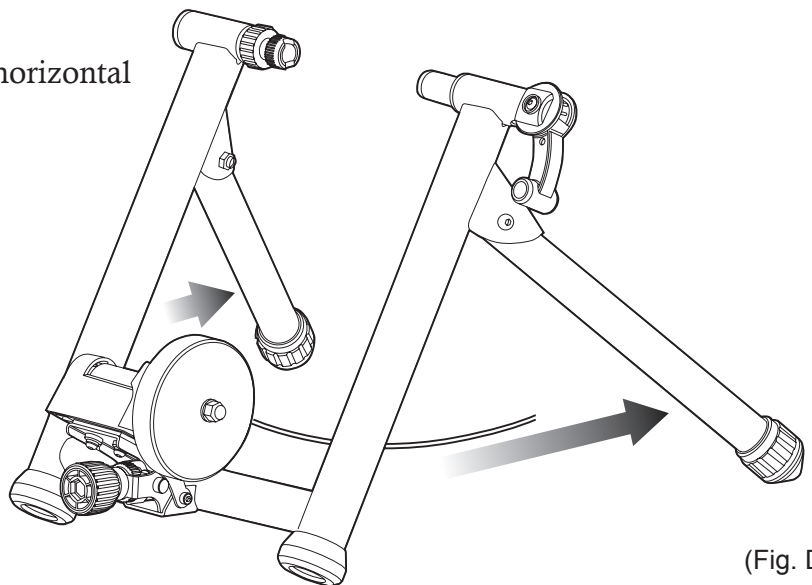
(Fig. C)

Placing LR540 on Floor

Fully open the legs and place on a flat and horizontal floor. (see Fig. D)



Make sure to open the legs until they are fully extended. Failure to do so will cause the frame to be unstable.



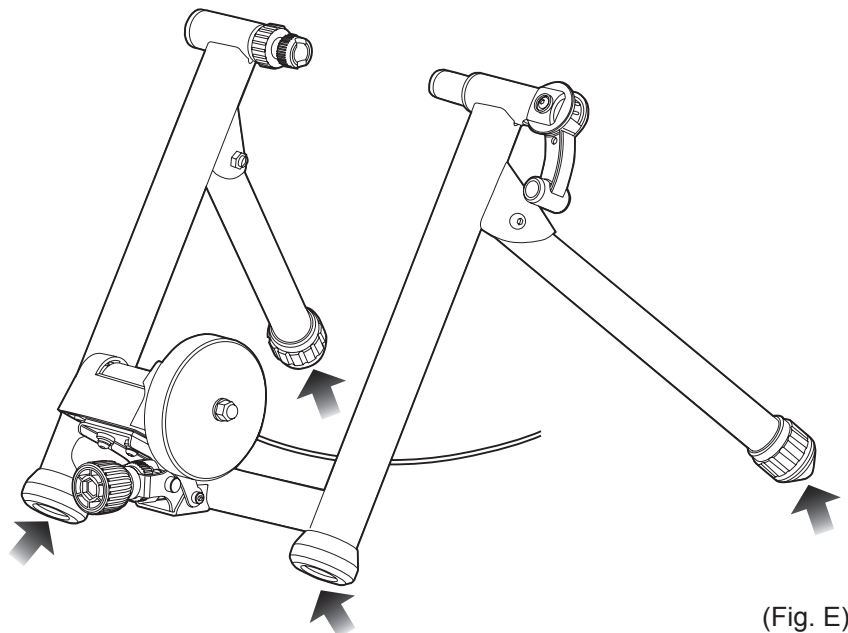
(Fig. D)

Check that all 4 points are touching the floor evenly. (see Fig. E)

If all 4 points are not touching the floor evenly, the frame could be deformed and cause damage to the trainer and possibly your bike.



If the trainer remains unstable after opening the legs fully, pull sharply on the leg touching the floor. This will re-adjust the pivot bolt position.



(Fig. E)

How To Mount Your Bike

Applicable Hub Width: 120 – 145mm

LR540's coupling position is pre-adjusted in the factory to fit the 125mm standard rear hub width. If it is too loose or too tight to your bike, or if you use different width of rear hub like a track race bike, adjust the left side coupling as precisely as possible for maximum stability. Please note there is no adjustment on the right side (hub clamping lever side) coupling.



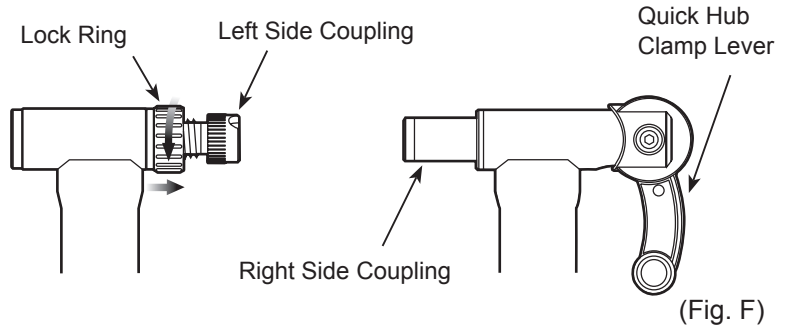
The coupling cone shape is designed to fit the supplied quick release skewer perfectly. We strongly recommend you to replace your rear wheel skewer with the supplied one. We do NOT guarantee the stability while using LR540 with your own skewer.



If your bike's rear hub axle is NOT a quick release skewer type, but a hub nut type, you don't need to use the supplied skewer. The standard left side coupling bolt (UF-8S) is too short to hold the hub nut type axle. You must replace it to the optional longer one "Extended Left Side Coupling Bolt for Nut Type Hub (UF-8L)" for your safety.

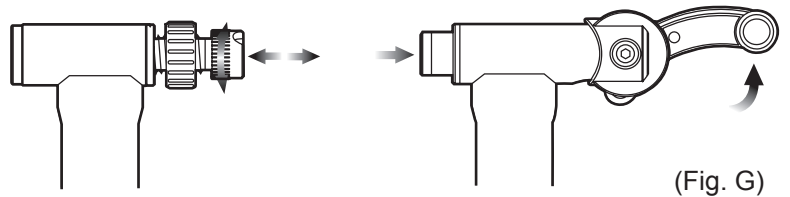
The following steps describe the micro adjustment of the left side coupling. This step is not always required and once fixed in the proper position, you should not need to adjust again. Once adjusted to fit your bike, simply operate the Quick Hub Handle Lever for a proper fit every time.

1 First, loosen the red Lock Ring by turning it counter-clockwise. (Fig. F)



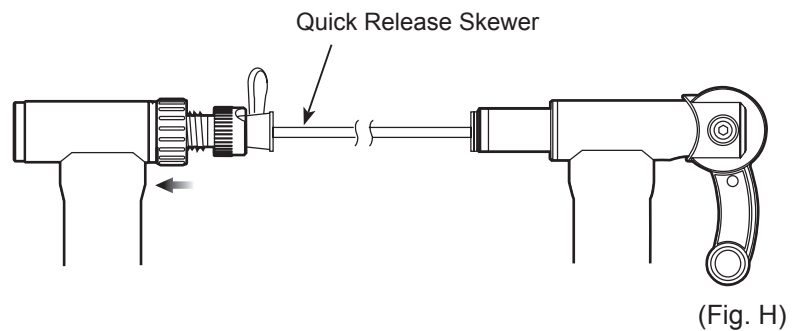
2 The left side coupling is actually a bolt/coupling combination. Turn the coupling to adjust the position.

3 Raise the Quick Hub Clamp Lever up to retract the right side coupling. (Fig. G)



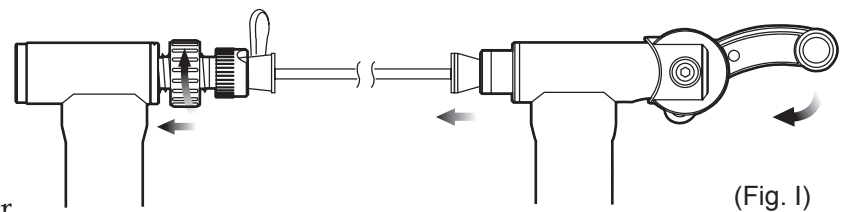
4 Insert the left side hub end (quick release lever side) into the left side coupling cone. (Fig. H)

5 In this position, place the other side of the bike into the right side (rear cog side) coupling cone. Make sure your derailleur cable goes OVER the coupling.



6 Now, push down (lower) the Quick Hub Clamp Lever until it fully engages the skewer or axle nut. (Fig. I)

7 Make sure the Quick Clamp Hub Lever is lowered into its locked position and cannot be lowered any further.



The frame may appear slightly open but this is normal.

If the frame seems to be opened too widely, re-mount your bike following the instructions.

Failure to do so could damage your bike and/or the trainer.

8 Now, grab the saddle of your bike and rock the bike back and forth to make sure your bike is securely in the trainer. Your bike should not move independently of the trainer where it is attached.

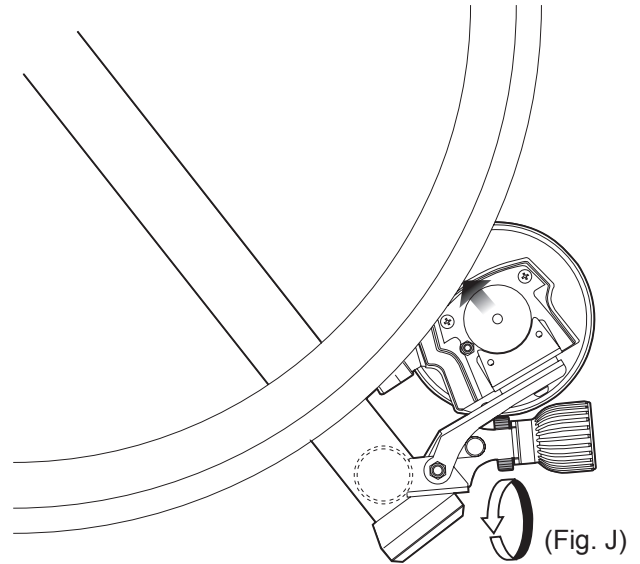
9 Tighten the red Lock Ring firmly to fix the left side coupling position.

Roller Pressure Adjustment

It is critical that the contact between the trainer roller and your tire be maintained at all times.

Too much contact will cause damage to both your tire and the roller.

Too little contact can lead to excessive heat build up and cause the tire to melt.



- 1** It is important to maintain correct tire pressure (PSI) always.

Not enough air in the tire will cause the tire to slip on the alloy roller. Ideal PSI is around 10% more than you would ride with on the road.

- 2** NOTE: There are two (2) adjustments that can be made on the Roller Pressure Adjust Knob.

The large red knob works for moving the drive roller to engage/release to/from the tire.

The chrome plated dial which is located in front of the red knob works for moving the whole Mag unit forward/backward to fit the wheel size.

You must use both adjustments for the trainer to work properly.

- 3** Turn the red knob counter-clockwise until it stops. This is the starting position.

- 4** Turn the chrome dial counter-clockwise to move the Mag unit forward. Stop turning when the roller reaches the tire. (see Fig. J)

If you experience difficulty tightening the Knob, you may lift the Mag unit up by hand.

- 5** Next, turn the red knob clockwise to compress the tire. (see Fig. K)

Turn the knob 2 – 2.5 revolutions from the point the roller just touches the tire.



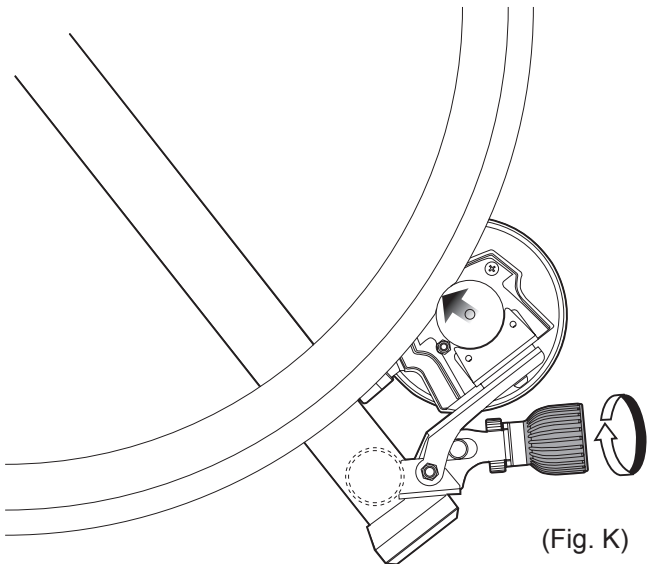
NOTE: The red knob and the chrome knob are meant to turn in opposite directions to achieve correct positioning.

- 6** Now you can ride on the trainer. If you feel slippage, turn the red knob counter-clockwise to release the roller from the tire, then turn the chrome plated dial counter-clockwise to move the Mag unit a little more forward.

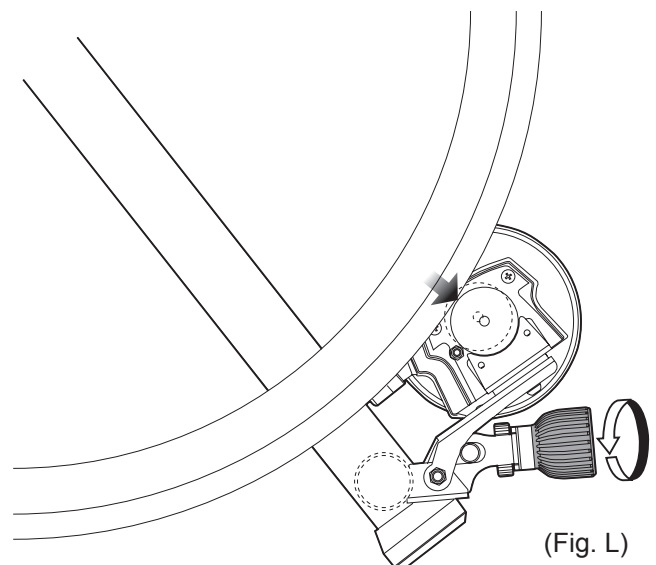
- 7** When you remove the bike from the trainer, just loosen the red knob until it stops.

This condition is the roller is just touching the tire that means you've already finished Step-3. It will help you to install the bike next time.

- 1.** Turn the chrome plated dial counter-clockwise to forward the Mag unit.



- 2.** Turn the red knob clockwise to move the roller toward the tire.



- 3.** Turn the red knob counter-clockwise to release the roller

How To Operate Remote Shifter

Required Tool:
1 x M4 Hex Wrench

LR540 comes with a convenient remote shifter device. By installing it on your handlebar or stem, you can adjust the resistance level in 7 levels without getting off the bike. The plastic band is soft enough to fit aero-shaped carbon handlebar or round shaped stem as well as the standard round dimension handlebars.

How to install the remote shifter

- 1) Loop the plastic band around the handlebar
- 2) Hook the tip to the edge on the plastic shifter base (Fig. M-1)
- 3) Flip up the lever to lock (Fig. M-2)

How to increase the resistance level

Twist the shifter dial toward "H" symbol

How to reduce the resistance level

Twist the shifter dial toward "L" symbol



"L" is not zero resistance. There is still some resistance at "L" level due to the roller compression to the tire.

The remote shifter is pre-adjusted to fit the standard handlebar size; 22mm (7/8") diameter.

If it becomes loose or too tight, or you need to install the shifter onto an oversized handlebar or stem, adjust the band length by turning the plastic screw with an M4 hex wrench (see Fig. P).

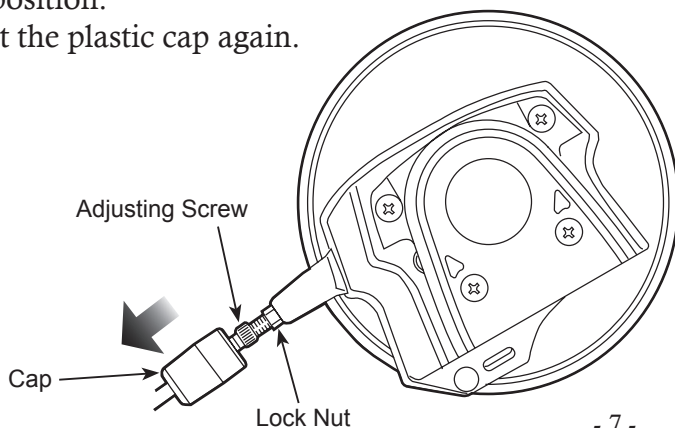


Do not overtighten the plastic screw. It will break the plastic band. Release the hook before adjusting.

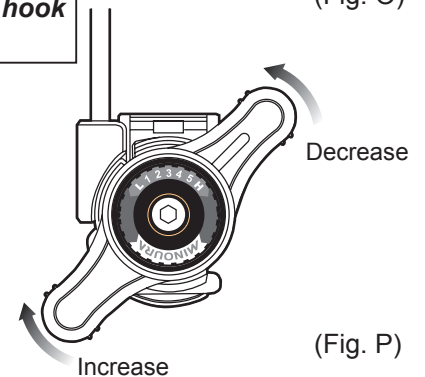
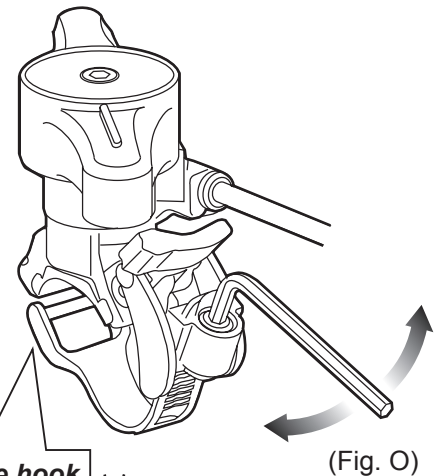
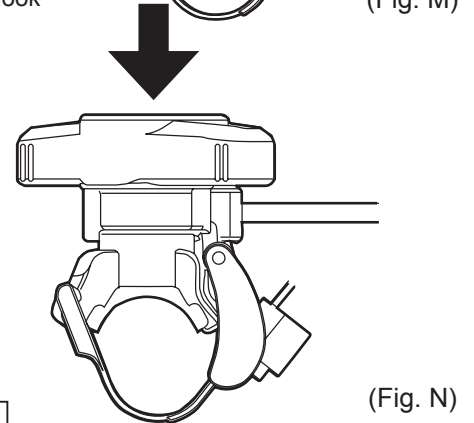
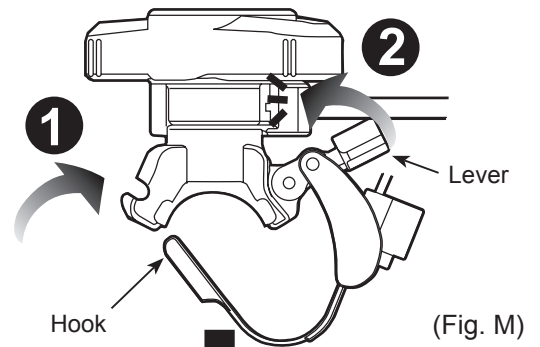
How To Adjust Remote Cable

If you cannot shift at L or H position, it's time to adjust the cable tension.

- 1) Set the remote shifter lever at "H" position and straighten the cable.
- 2) Pull off the black plastic cap on foot of the cable, then the adjusting screw will appear. (Fig. Q)
- 3) While pushing the outer cable toward the shifter, push the adjusting screw to the outer cable. (Fig. Q & R)
- 4) Turn the lock nut until it touches the Mag unit. You shouldn't overtighten the nut, otherwise you won't be able to set the shifter at "L" position.
- 5) Insert the plastic cap again.

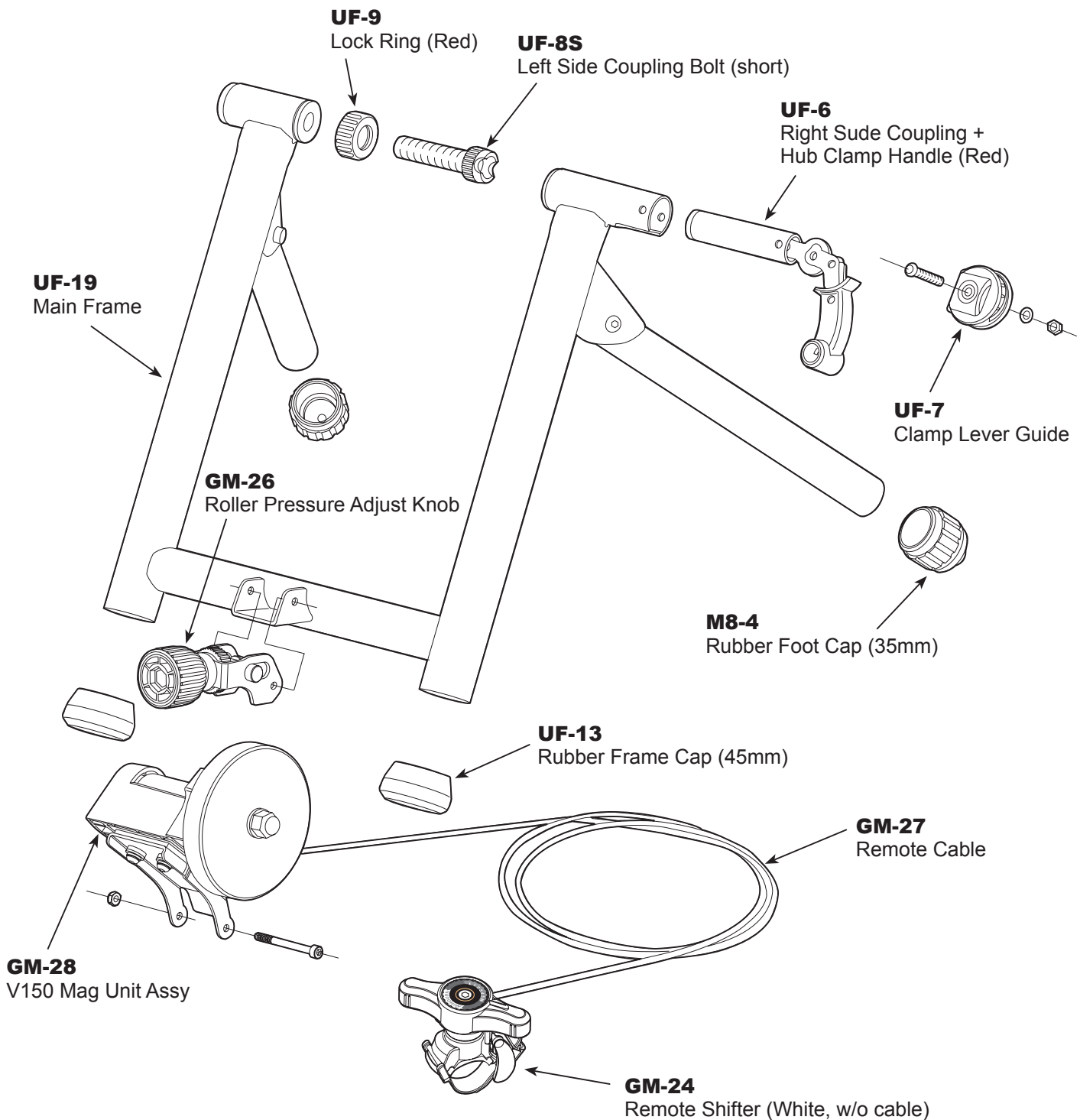


You must release the hook for adjusting screw



LR540 Schematics

When ordering replacement parts, clearly tell the part number to the shop people in order to avoid getting similar but wrong parts.



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/lr540.pdf