

MINOURA

Indoor Bike Trainer

LiveRide **FG542**

HYBRID ROLLER

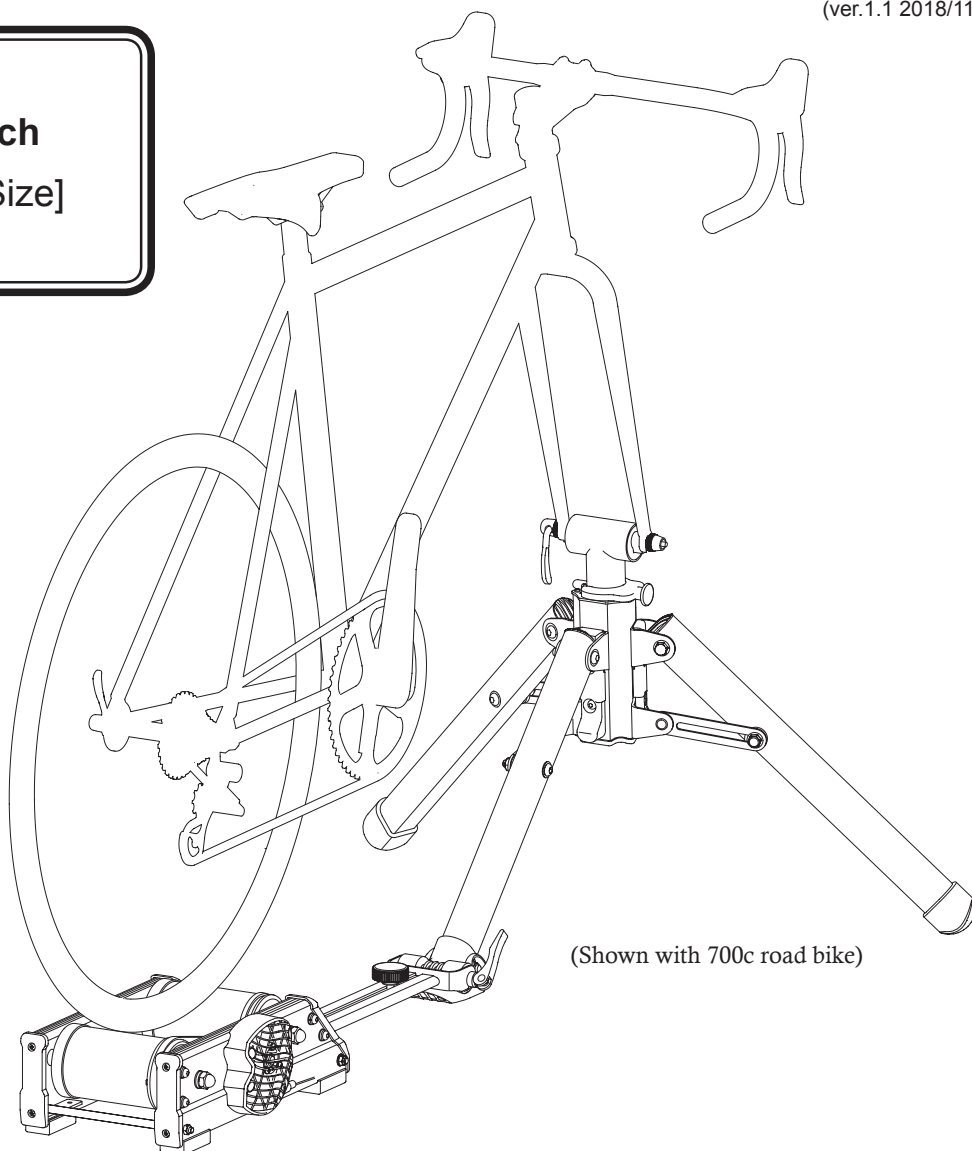
(ver.1.1 2018/11)

[Applicable Wheel Size]
650c – 700c, 26 – 29 inch

[Applicable Wheelbase Size]
950 – 1,200mm

What's New?

- New ribbed belt eliminates slippage or squealing noise for less trouble
- Add one more heavy steel flywheel cap on the roller for smoother pedal feel
- Increase the durability of the joint mechanism between the tripod and the center frame
- Wheelbase scale decal on the center frame helps quicker setting up of various bikes



(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 FG540 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

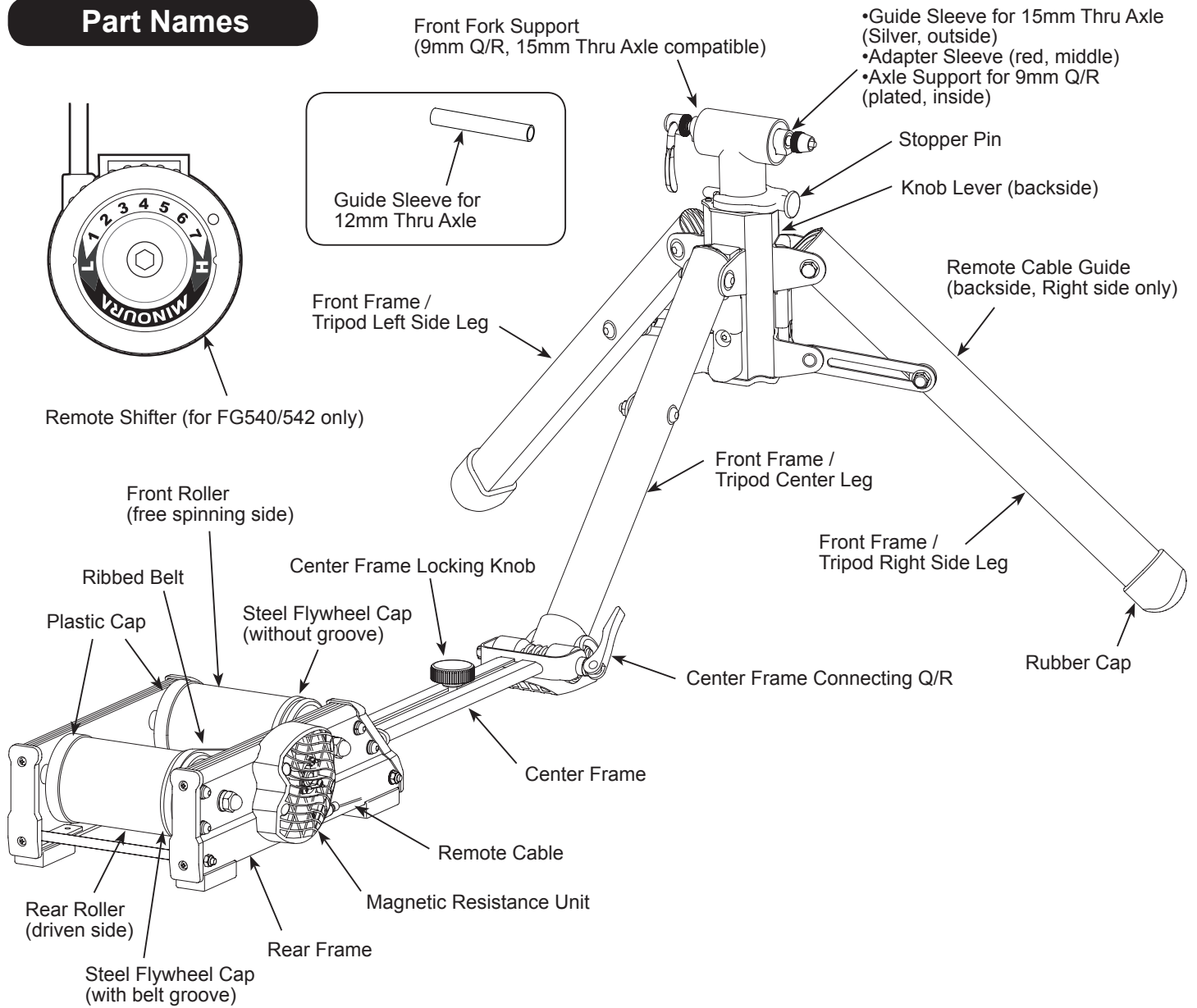
Email: minoura@minoura.jp

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 950 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 FG542.
- The front hub is 100mm width and equipped with 9mm standard or 12mm/15mm thru-axle type. Any other hub size cannot be used.
Boost hub can be used by using the optional adapter (sold separately).
- 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.
- The quick release skewer in the front fork support is floating mounted with a plastic bushing to avoid the damage caused by side-to-side shaking during riding. For this reason, the bolts which hold the bushing are not fully tightened intentionally and there is some space above the bolt.
- Minoura recommends the use of a completely slick (no tread) tire to reduce noise and increase the longevity of the tire and rollers.
- The FG542 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 FG542 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 the children and pets away from the spinning wheel or moving parts.
- It's impossible to change to non-remote type. Removing the remote shifter will automatically set the resistance level at the maximum position.
- Minoura recommends to 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 FG542 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 FG542

No Tool Required

1

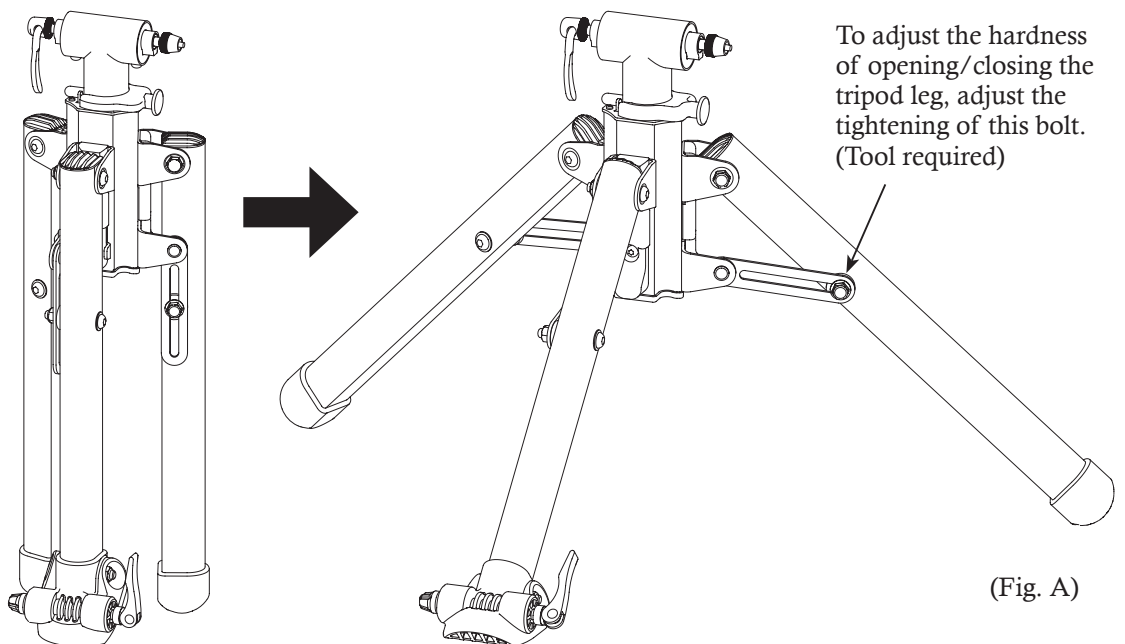
Fully open all tripod legs, and place on the floor. (Fig. A)



Confirm all legs are fully opened.

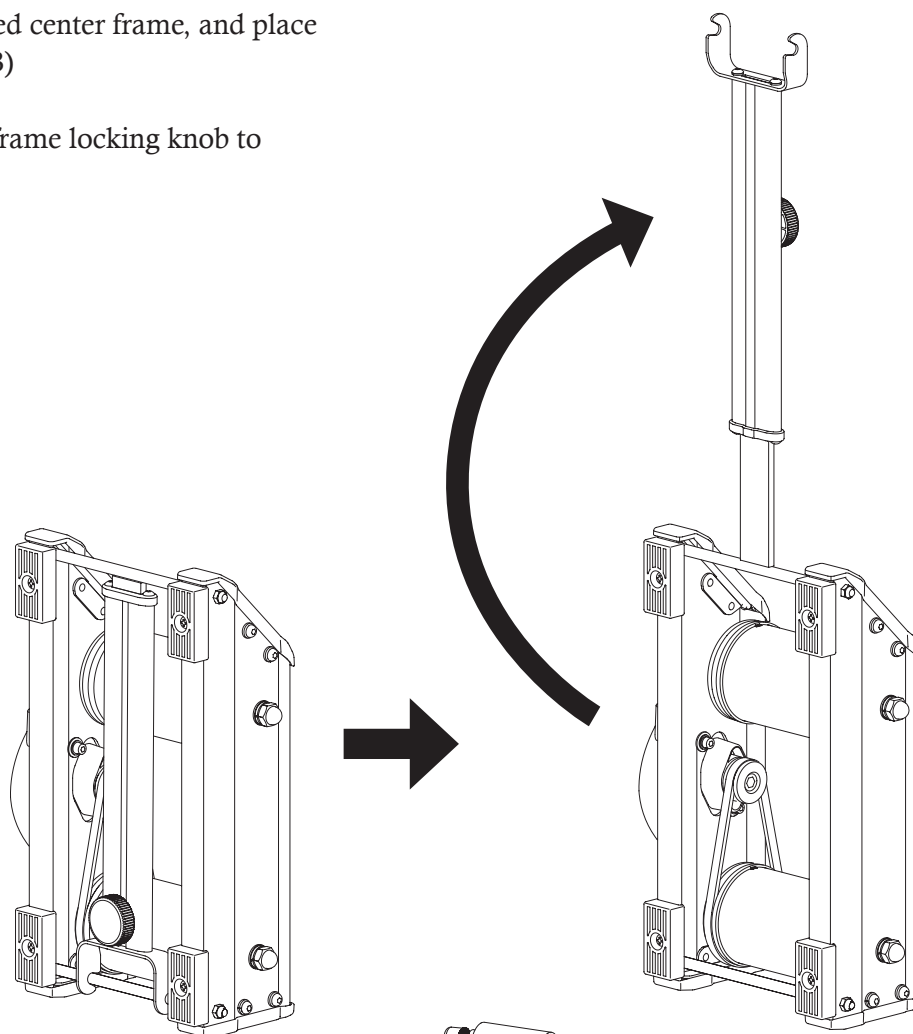


Do not pinch your finger when closing the legs.



2 Flip out the retracted center frame, and place on the floor. (Fig. B)

Loosen the center frame locking knob to prepare for sliding.



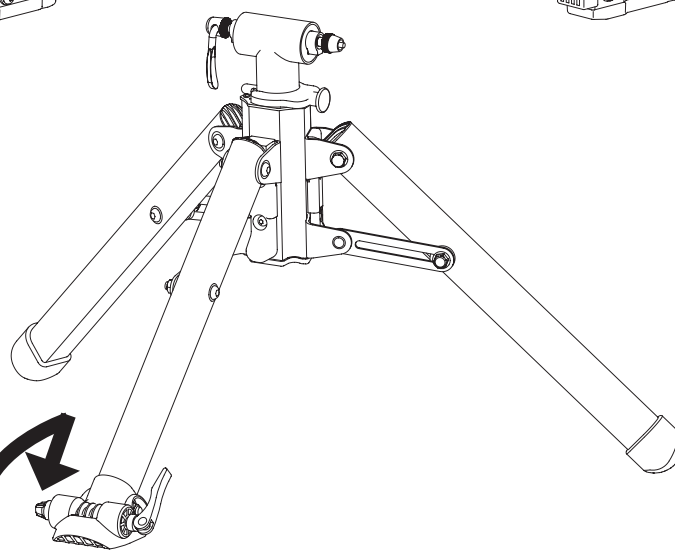
(Fig. B)

3 Connect the front hook of the center frame to the tripod center leg, pull a little, and tighten the Q/R firmly. (Fig. C)

Assembling FG542 is now finished.



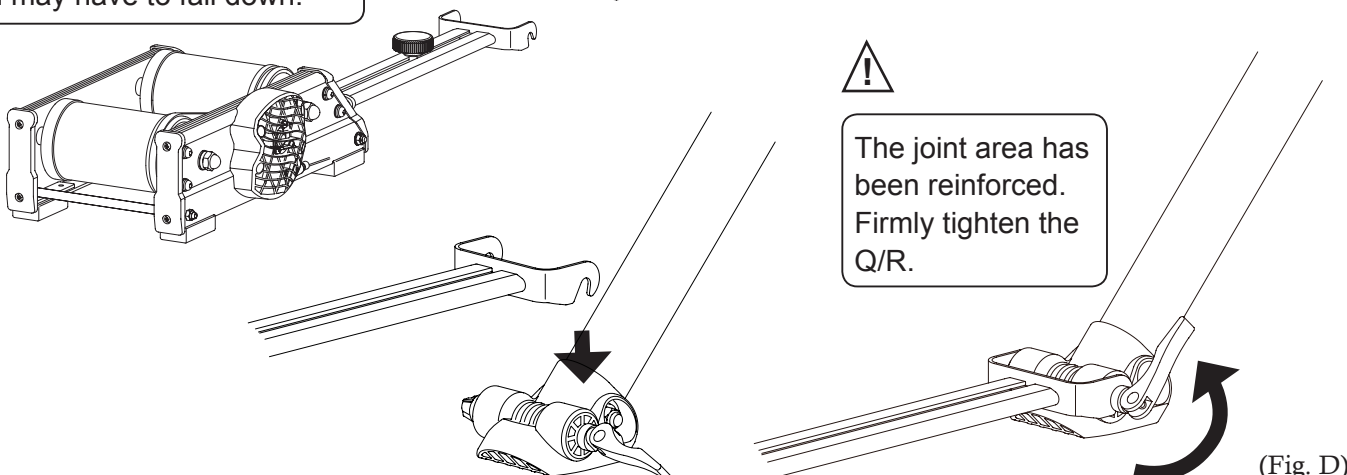
If the center frame comes out from the tripod while using, you may have to fall down.



(Fig. C)



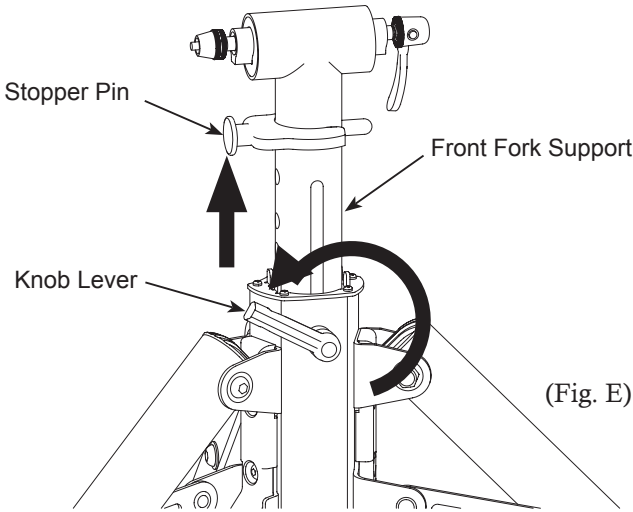
The joint area has been reinforced. Firmly tighten the Q/R.



(Fig. D)

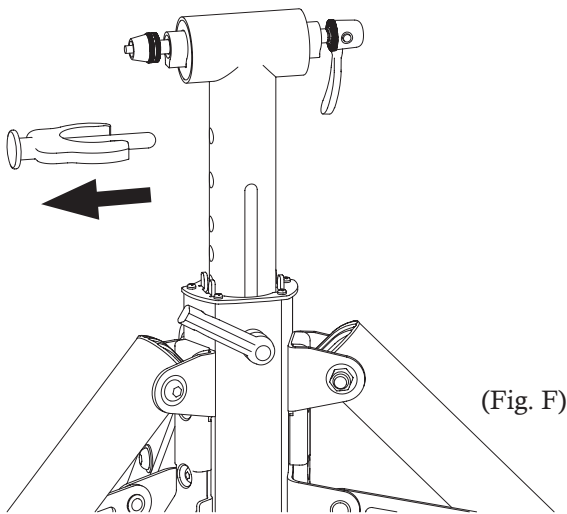
How To Adjust The Front Fork Support Height

- 1** Turn the knob lever counter-clockwise to loosen, and pull up the front fork support. The lever becomes free by pulling the lever. You can set the lever at your favorite angle.



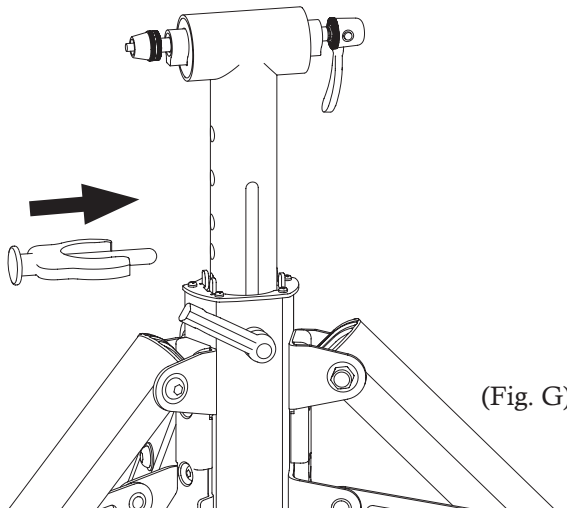
(Fig. E)

- 2** The stopper pin can be removed only while the fork mount is lifted up. (Fig. F)



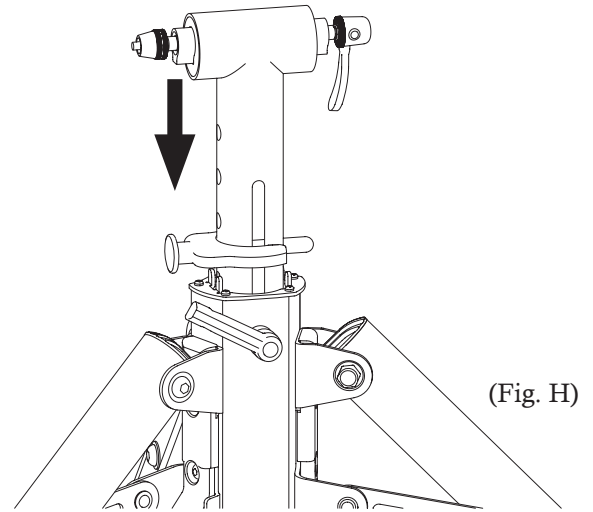
(Fig. F)

- 3** Insert the pin into the hole that corresponds best to the incline you want. (Refer Fig. J)



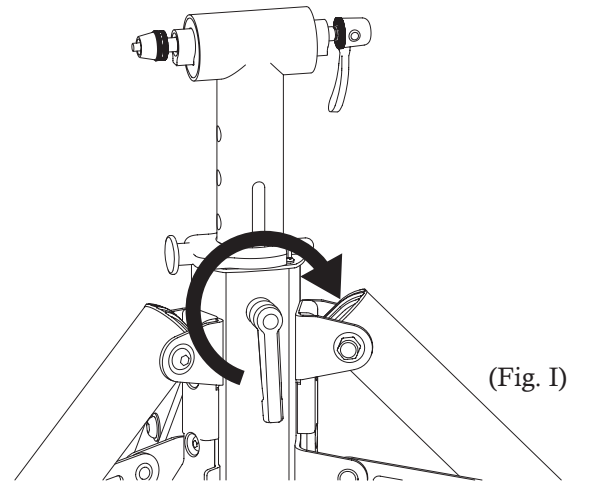
(Fig. G)

- 4** Slide down the fork mount until the stopper pin reaches the front frame. (Fig. H) Twist the front fork support to confirm if it has been set in the deepest bottom.



(Fig. H)

- 5** Turn the knob lever clockwise and tighten firmly. (Fig. I)



(Fig. I)

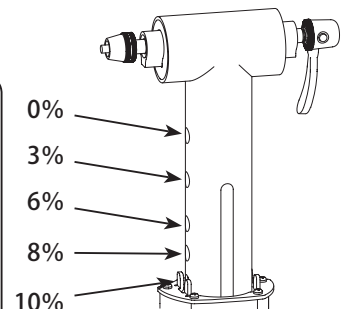
Simulating Uphill Angle

Each hole corresponds to an angle that simulates climbing. (based on a 700c wheel)



Raising up the front fork will make the front fork support come closer (the distance becomes shorter).

Do not forget to re-adjust the center frame position after changing.



(Fig. J)

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 12mm & 15mm thru type axle.

(Boost Hub require optional adapter.)

To use 15mm thru axle, you need to remove the red middle adapter sleeve together with the quick release skewer.

Remove the headless bolts under the silver guide sleeve (do not remove the normal bolts) and pull out both the red guide sleeve and the Q/R.

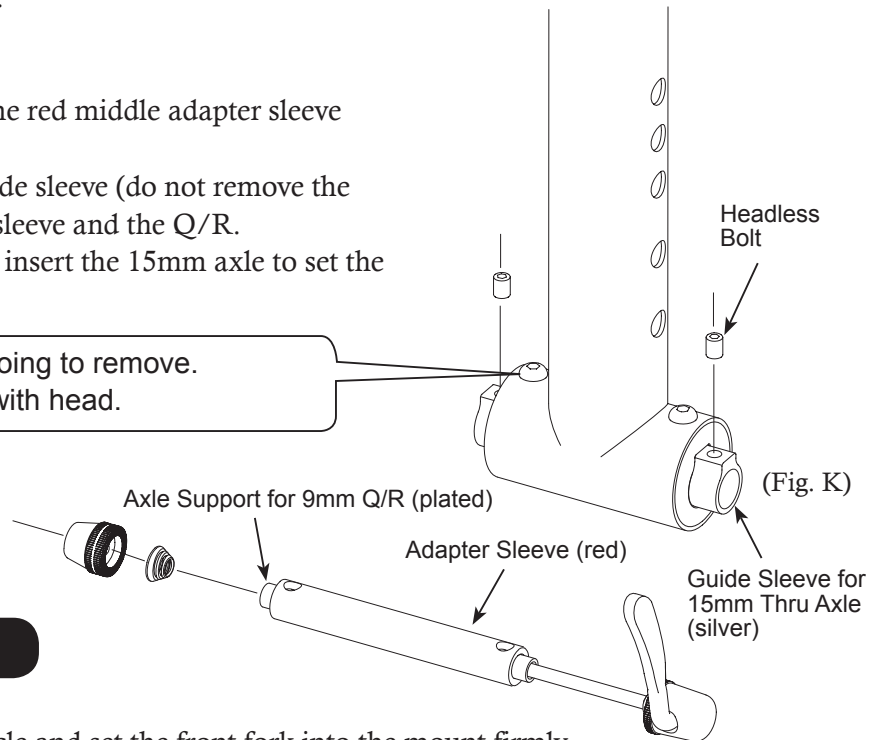
Align the front fork and the fork support hole, insert the 15mm axle to set the front fork.

(View from the bottom side of the fork support)



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

Be sure the normal bolts are not fully tightened intentionally.



How To Mount Your Bike

1 Remove the front wheel from your bicycle and set the front fork into the mount firmly. Confirm if the plated axle support for 9mm Q/R is set symmetrically from the red adapter sleeve. If not, loosen the headless bolts, adjust the axle support position, and tighten the headless bolts to fix the position.

2 Place the rear wheel on both rear rollers.

3 Slide and adjust the center frame position so that your rear tire contacts both rollers evenly. (Fig. N)

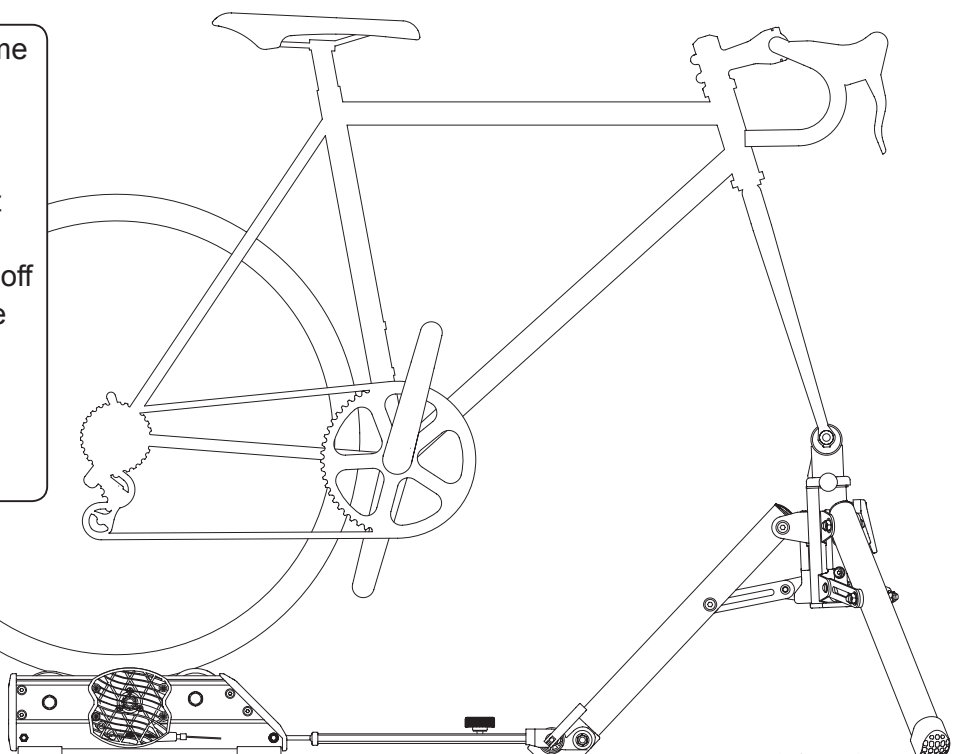
4 Finally, tighten the center frame locking knob firmly to fix the position.

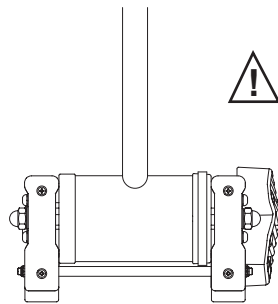
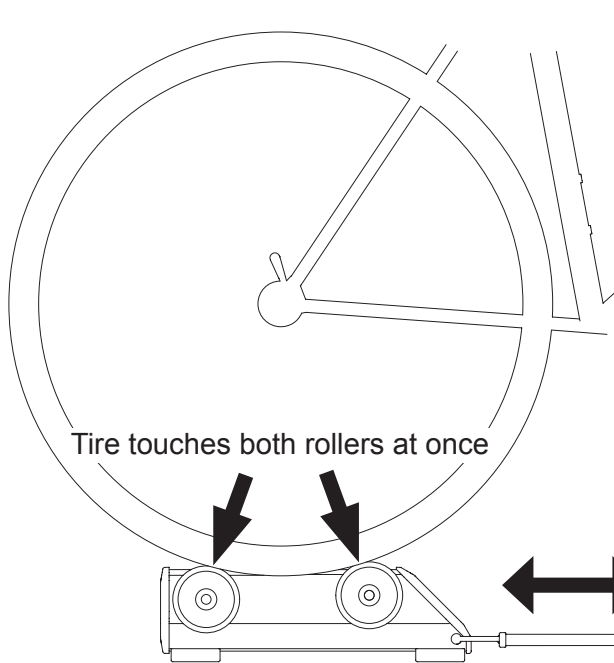


The headless bolts may come loose while using due to the vibration. It should cause a serious trouble that the axle support will change its position and the front fork end has come off from the sleeve and the bike fall down. Regularly confirm if the axle support is set in the correct position.



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

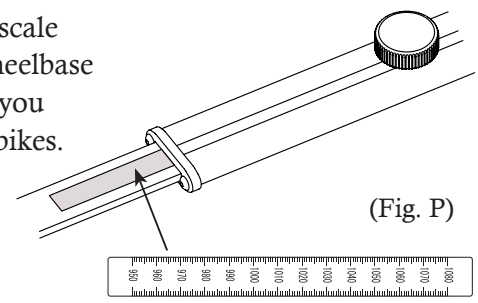




The rear tire sits in the center of the roller and doesn't touch any other parts. (Fig. O)

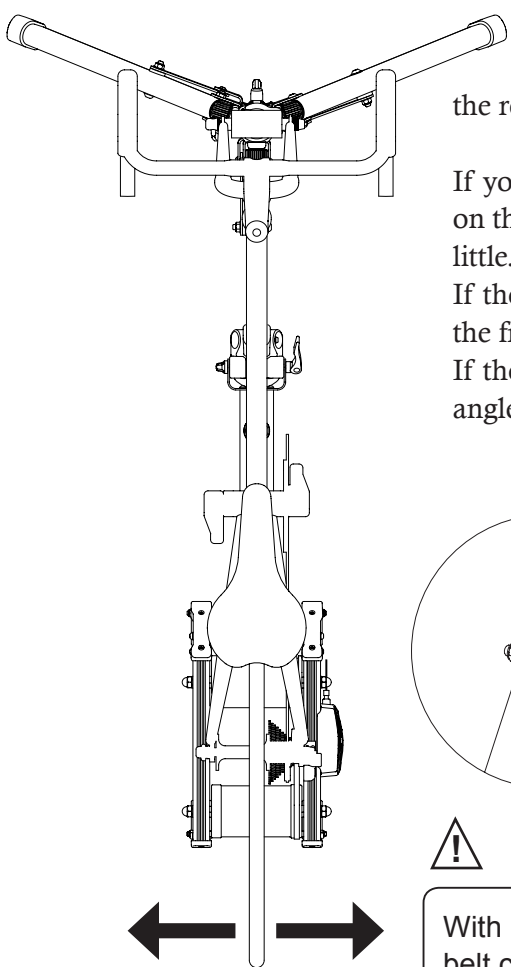
(Fig. O)

The center frame has a scale decal that shows the wheelbase size. It helps you when you need to mount various bikes.



(Fig. P)

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. (Fig. N)



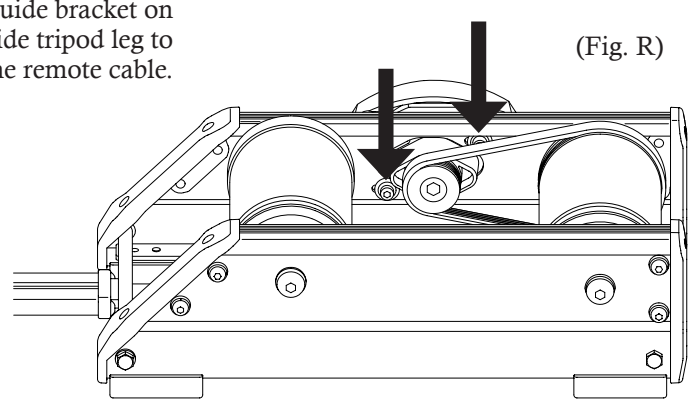
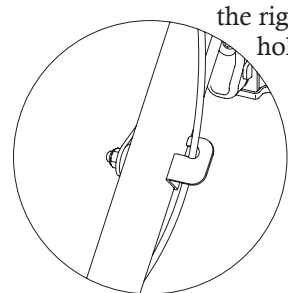
It's normal for the rear tire to sway or move back and forth slightly while using (Fig. Q). As long as the tire doesn't touch the sides of the rollers this is ok (Fig. O).

If you find the tire is not centered properly, check if the front fork is mounted on the quick release skewer properly, or if the handlebar has been twisted a little.

If the bike has been slanted, loosen the quick release skewer and push down the front fork until end.

If the handlebar has been twisted, loosen the Knob Lever, adjust the steering angle, and tighten the lever firmly.

There is a guide bracket on the right side tripod leg to hold the remote cable.



(Fig. R)

With normal use you may find that the roller belt has become loose. A loose belt could be a serious issue if unattended. If you find the belt has become loose, it is important to tighten the tension on the belt correctly. To do so, use an M4 hex wrench to loosen the previously mentioned bolts while sliding the mag unit forward to increase the tension on the belt until the correct tension has been achieved. (Fig. R)

(Fig. Q)

How To Operate Remote Shifter

Required Tool : 4mm Hex Wrench (not included)

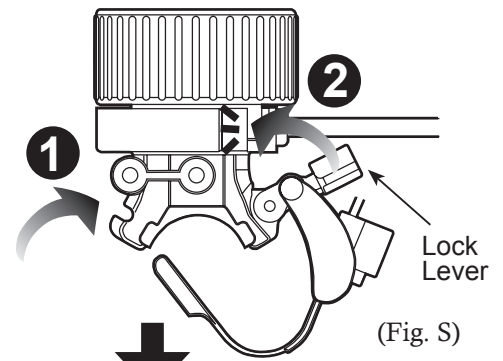
FG542 comes with a convenient remote shifter device.

By installing it on your handlebar or stem, you can adjust the resistance level in 13 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. S ①)
- 3) Flip up the lever to lock (Fig. S ②)



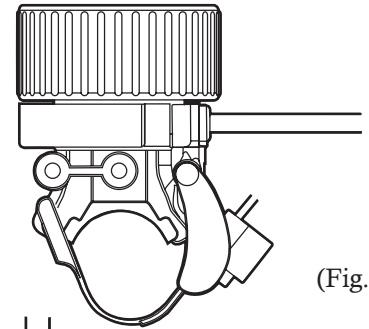
(Fig. S)

How to increase the resistance level

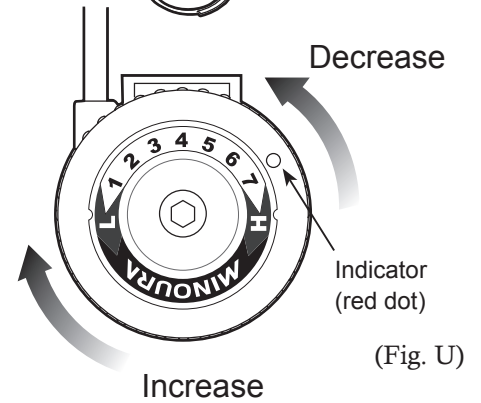
Twist the shifter dial toward "H" symbol (Fig. U)

How to reduce the resistance level

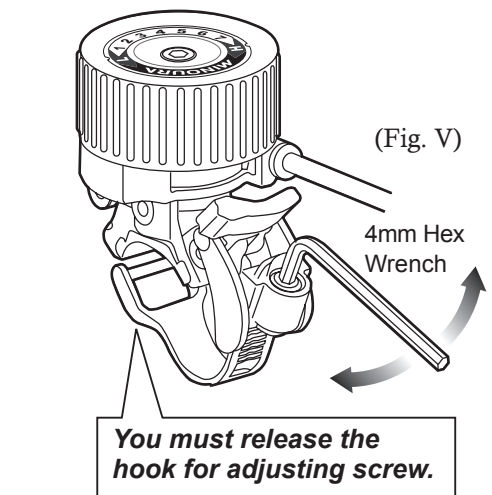
Twist the shifter dial toward "L" symbol



(Fig. T)



(Fig. U)



(Fig. V)



"L" does not mean no resistance. Due to the tire contact to the roller, there will still be some small resistance.

The preset inner diameter size of the remote shifter's band may be too loose or too tight to your handlebar. Or you may need to install the shifter onto an oversized handlebar or stem.

For these cases, adjust the band length by turning the plastic screw with an M4 hex wrench. (Fig. V)



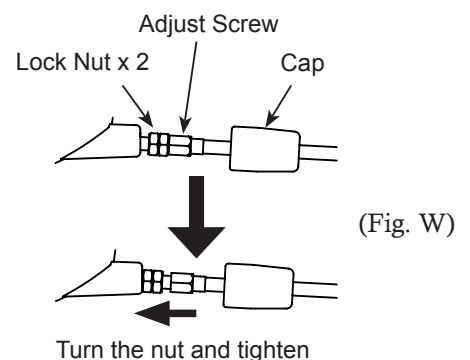
Do not overtighten the plastic screw. It will break the plastic band. Release the hook before adjusting.

How To Adjust Cable Tension

Required Tool : 8mm Spanner (not included) x 2

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 with two lock nuts will appear.
- 3) While pushing the outer cable toward the shifter, push the adjusting screw to the outer cable.
- 4) Turn the left side lock nut until it touches the Mag unit. You should not overtighten the nut, otherwise you won't be able to set the shifter at "L" position.
- 5) Turn the right side lock nut until it touches the left side nut, then twist the nuts each other to be locked as the method of "Double Nut".
- 6) Put the plastic cap over the screw again.



(Fig. W)

Turn the nut and tighten