

MINOURA

Live Ride LR241

(ver.1.0 2020/7)

Indoor Bicycle Trainer for mini-velo – instructions manual –

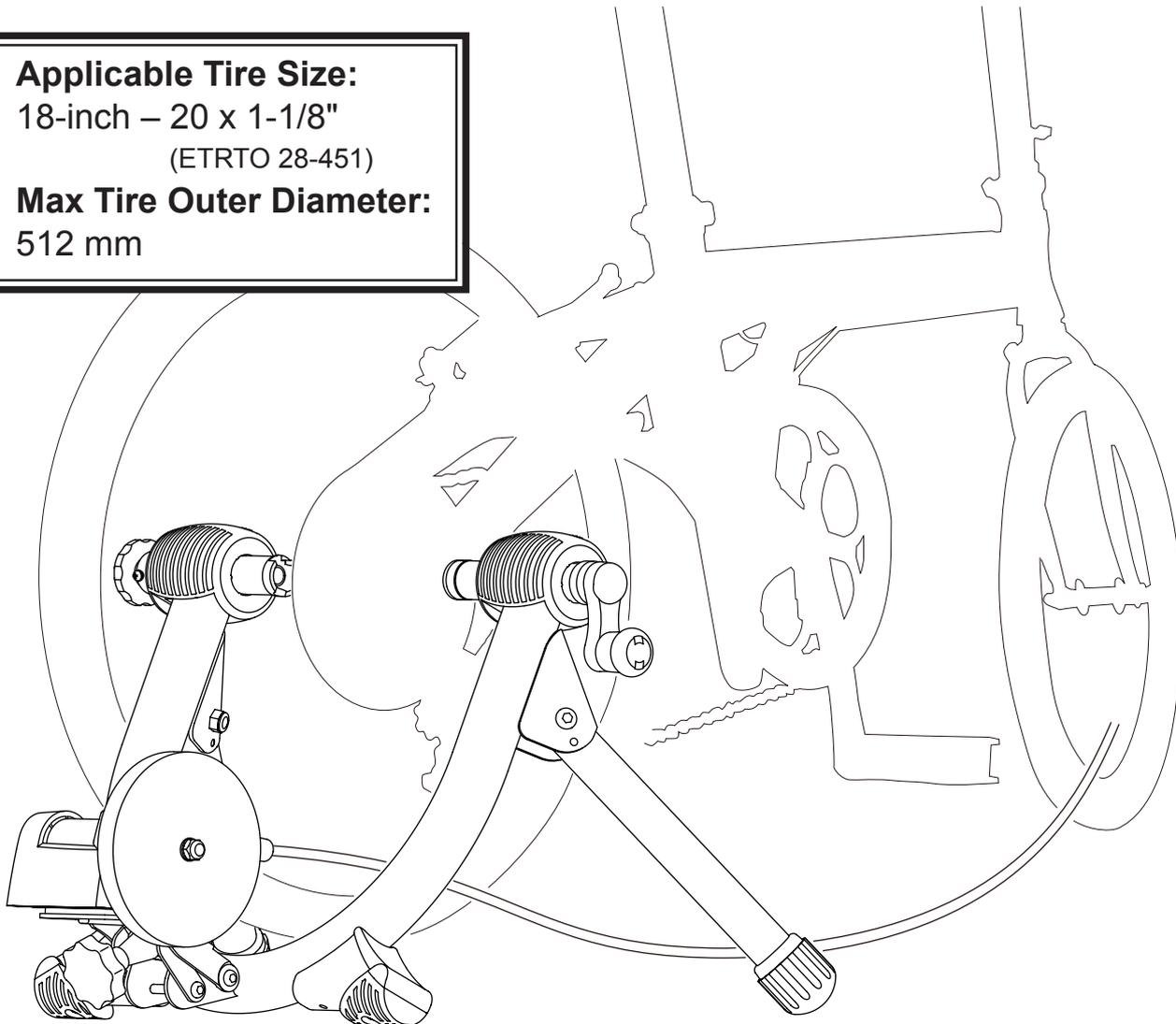
Applicable Tire Size:

18-inch – 20 x 1-1/8"

(ETRTO 28-451)

Max Tire Outer Diameter:

512 mm



Read this instructions carefully before use

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.*

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

Hayward, California, U.S.A.

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Fax: 1-510-538-5899

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Made in Japan

IMPORTANT NOTICE

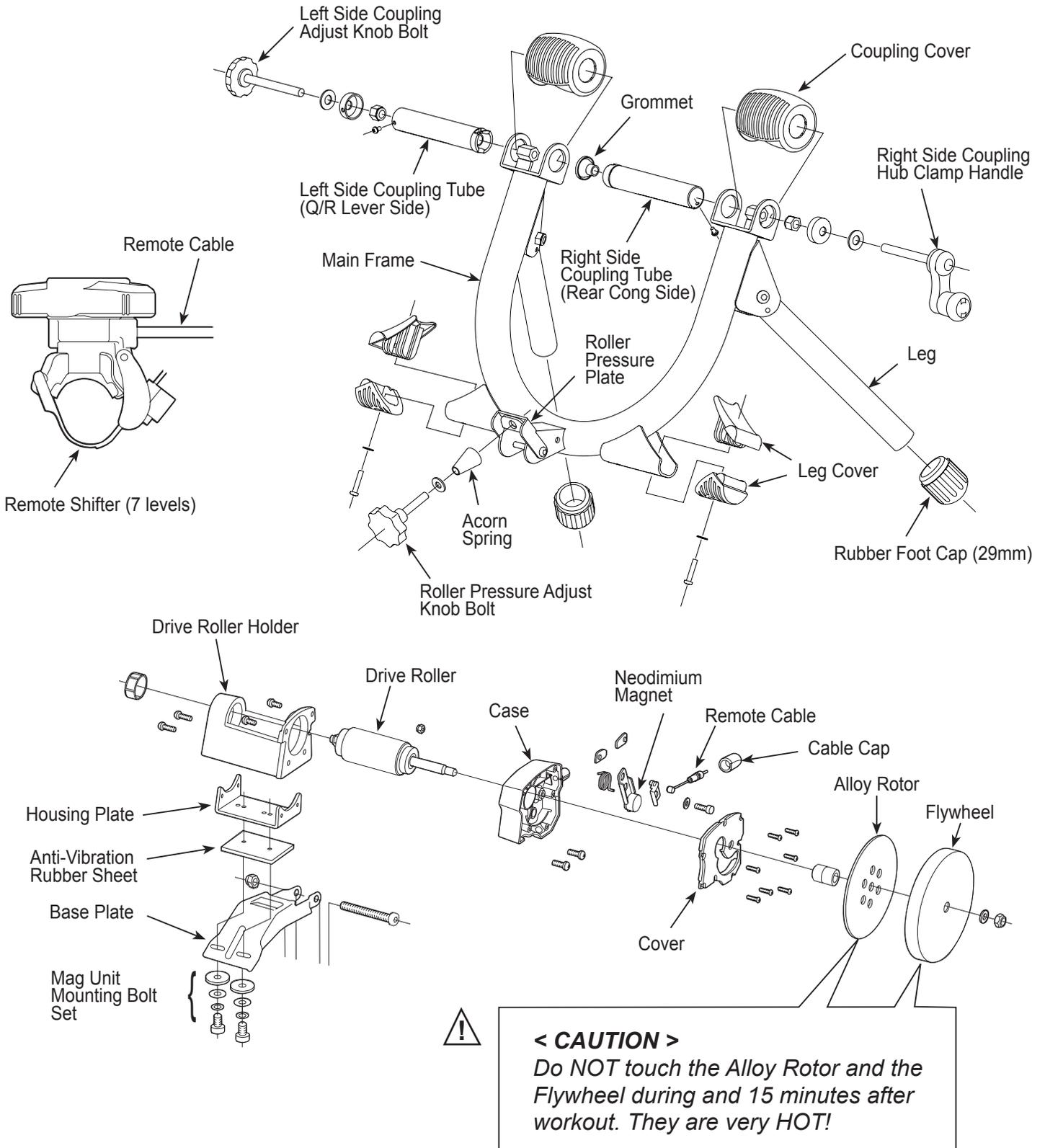
- *For use with mini-velo or BMX with the tire sized between 18-inch and 20x1-1/8 only.
If the actual tire outer diameter is larger than 512mm, the tire may conflict with the plastic housing of the Mag unit. Please check if the tire doesn't touch the Drive Roller Holder, especially when using 20x1-1/8" (ETRTO 28-451) size tire. On this case, you should remove the Anti-Vibration Rubber Shim between the Mag unit and the Base Plate.*
- *LR241 fits the hub width between 125mm and 140mm.
If you use with a hub nut type rear wheel axle on LR241, you need to remove the black plastic piece named "Grommet" from the tip of the right side coupling tube.*
- *LR241 is packed in pre-assembled condition so basically you don't need any assembly. Use correct tools (10mm spanner & 4mm hex wrench) for maintenance and adjustment. Tools are not supplied in this kit.*
- *Use the supplied rear quick release skewer for maximum stability.
Minoura is not responsible for any problem caused from using your own skewer.*
- *Setup and use on flat and level floor or ground, and fully open the legs for the maximum stability.*
- *Adjust the roller pressure to the rear tire properly in order to maximize your tire life.
And you should maintain the tire air pressure 10% higher than your usual level for this purpose.
The tire contact to the trainer roller will eventually wear both the tire and the roller.*
- *LR241 is a tire drive model, so if you use LR241 with a knobby tire on BMX, a loud noise must occur. To avoid this problem, replace the rear tire to a slick pattern one.
Do not use the LR241 for washing the mud from the tire.*
- *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 non-remote resistance unit to the remote control version one due to a difference in the inside mechanism.*
- *If you feel any strange noise or smell, stop using the LR241 immediately, and contact the retailer where you purchased the LR241.*
- *Any warranty will be void if you use the LR241 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. You must ask the the shipping company to any damage from shipping or moving.
Read the enclosed "**Minoura Limited Warranty Policy**" card and refer Minoura website (www.minoura.jp) for more details.*

LR241 Schematics

LR241 is completely pre-assembled in the package.

This diagram just guides you how the product is constructed, and instructs you what is the correct parts name when you need to order a replacement parts without any misunderstanding or trouble.

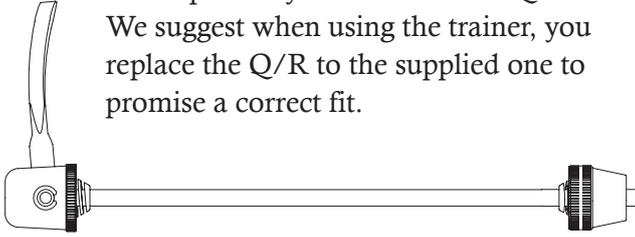
This does not recommend you to disassemble or modify the product without any prior approval from Minoura.



About Quick Release Skewer

A Quick Release Skewer is a device used to easily install or remove the wheels from your bicycle frame.

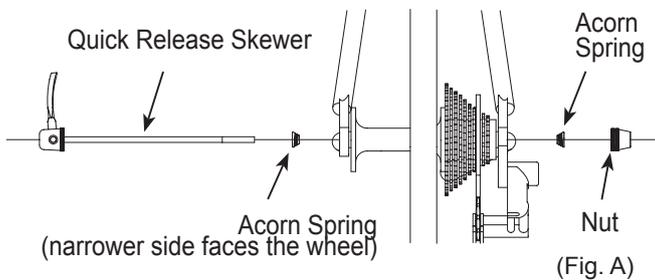
Most sport bicycles come with a Q/R. We suggest when using the trainer, you replace the Q/R to the supplied one to promise a correct fit.



1 Replace the Quick Release Skewer.

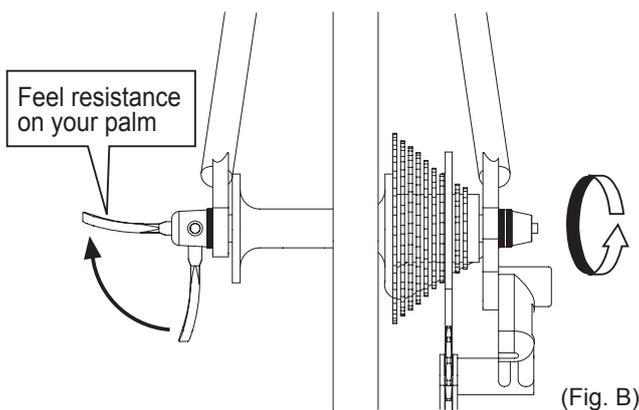
To remove your current Q/R, pull the lever down to open the Q/R.

Then turn the nut counter-clockwise until it comes off.



2 Install the supplied skewer to the wheel.

Insert the left side acorn spring to the shaft then insert into the hole on the hub. Attach another acorn spring and the nut on the opposite side. Temporarily tighten the nut.



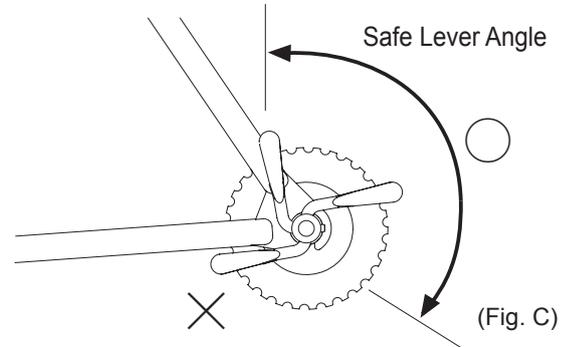
Raise up the lever. Adjust the nut tightening until you feel resistance on your palm when the lever becomes the position that it aligns to the shaft.



Acorn spring must be positioned that the narrower side faces inward.



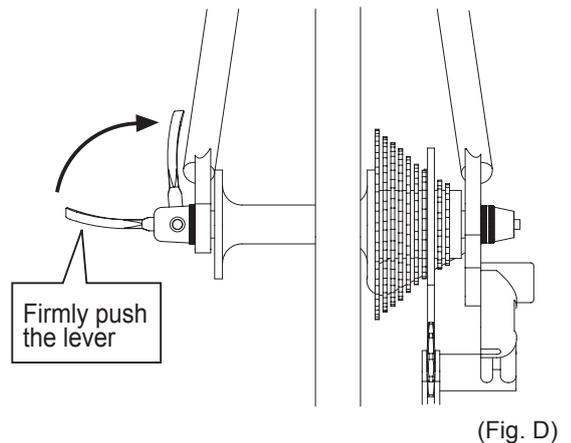
Set the Q/R lever angle between the 12 and 4 o'clock position. Any other angle may cause the bike to detach from the couplings.



3

Finalize setting the Q/R.

Firmly push the lever into the locked position with your palm.



When you tighten the Q/R, make sure the wheel is located exactly in the center of the bike frame. Do not leave the wheel at angled.



If the Q/R has not been tightened properly, it could cause the wheel to come out of the frame and cause an accident while riding.

1. Replace your rear wheel quick release skewer to the supplied one.

Minoura guarantees the stability only when using the supplied skewer due to the coupling inner shape.



If your bike is not equipped with quick release skewer and it's a hub nut type, remove the black plastic piece "Grommet" from the tip of the Right Side Coupling Tube.

Minoura doesn't guarantee the stability if you don't remove the Grommet.



It's safe you continue using the supplied quick release skewer even on the actual road. It has enough strength for riding.

2. Install the Roller Pressure Adjust Knob set to LR241 frame.

First, raise up the black small Roller Pressure Plate, then insert the T-shaped Nut to the hole on the bracket which is welded to the Main Frame directly.

Insert the Flat Washer and Acorn Spring into the Knob Bolt first, then screw the knob set to the T-shaped Nut coming from behind the bracket on the frame. (see Fig. E)



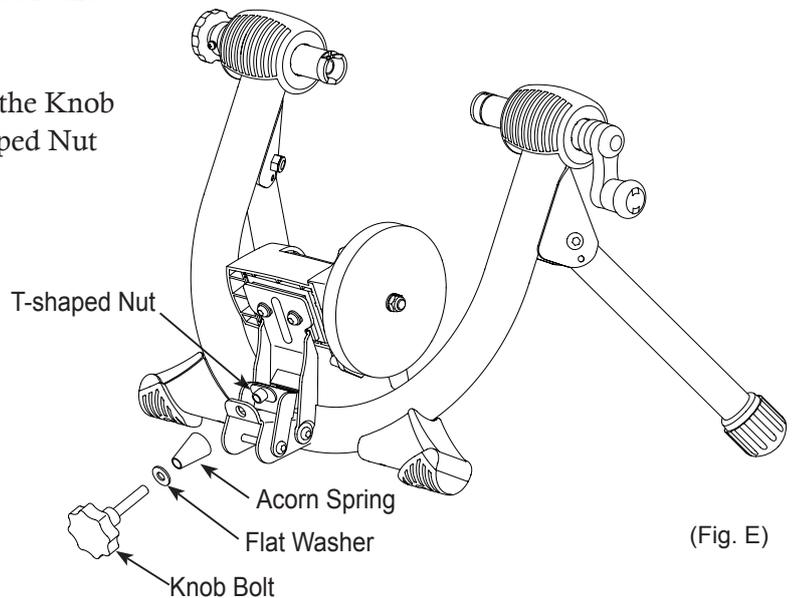
Make sure the Acorn Spring direction is as shown in Fig. E.

Failure will cause difficulty on rotating.



If you feel some difficulty of the vertical action of the Mag resistance unit, slightly loosen the pivot bolt which connects the Mag unit to the frame.

Do not over-loosen the pivot bolt. It may cause injury to your finger when the Mag unit suddenly drops down.

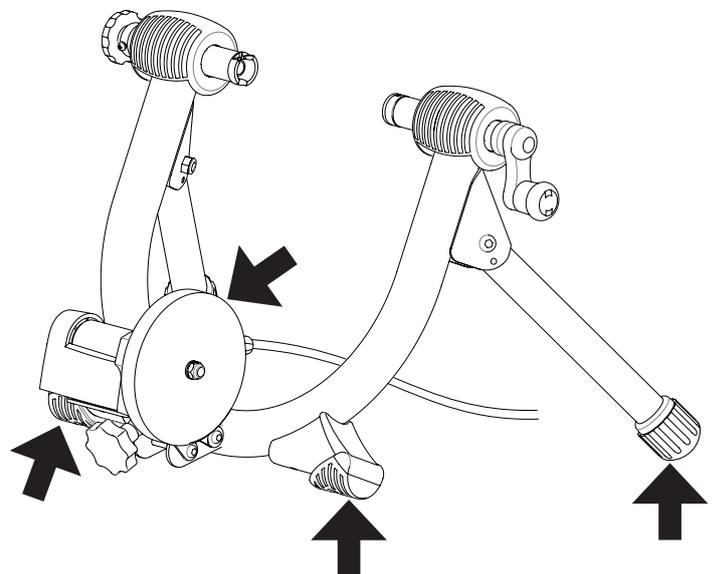


(Fig. E)

3. Place LR241 on the floor.

Fully open both legs and place LR241 on a flat and level floor.

At this moment, make sure all 4 foot are contacting the floor at once to sit on the floor stable. (see Fig. F)



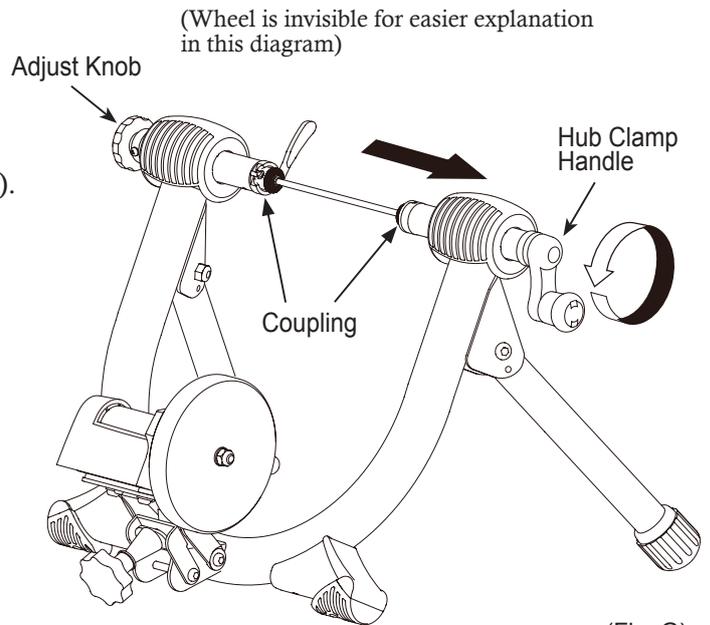
(Fig. F)

4. Mount the rear wheel on LR241.

- 1) Set the left side coupling tube to be almost center by turning the Adjust Knob.
- 2) Turn the Hub Clamp Handle counter-clockwise to retract (to make wide space between the couplings). (see Fig. G)



Do NOT turn the hub clamp handle too much. This action will loosen the inside nut, and it could cause a problem that you cannot clamp the hub properly.



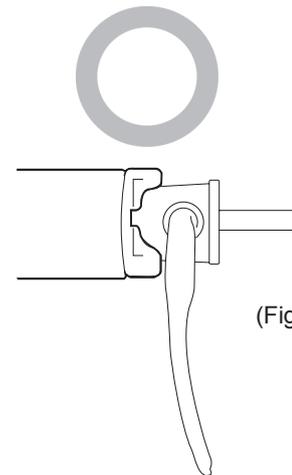
(Fig. G)

The skewer lever shaft needs to be in the right position in order to engage your bike correctly. Turn the coupling to align the larger cut out to the same position as the lever shaft. (see Fig. H)

- ① Insert the left side (lever side) of the skewer into the coupling.
- ② While holding it, move down the bike until the right side skewer comes to the same height of the right side coupling.
- ③ Turn the hub clamping handle clockwise to catch the skewer with the right side coupling to clamp.



The couplings are designed to fit the supplied skewer only. If your own skewer has quite similar shape to the supplied one, you may be able to use it. However, if your skewer does not fit completely and evenly into the trainers coupling, do not use your own skewer. (see Fig. I & J)



(Fig. H)

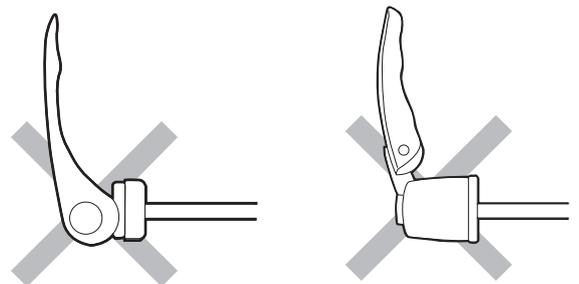
The quick release skewer will be inserted into the coupling head in the very limited depth, but it's enough to hold the weight safely.



Do NOT tighten the hub clamp handle too much. It could cause damage to the LR241 frame and/or your bike. Stop tighting when you see the LR241 frame starts spreading. Add 2 turns more. It's the limit.



When clamping the right side coupling, make sure the rear derailleur cable runs above the coupling not to be pinched. (especially on SRAM derailleur)



(Fig. I)

(Fig. J)

5. Contact the Drive Roller to the rear tire by turning the Roller Pressure Adjust Knob clockwise.

The best position is that the roller compresses the tire in the depth of 3 – 4 mm. (see Fig. L)

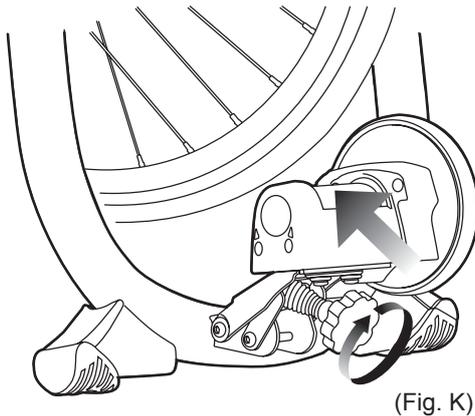


Please note too much and too less roller pressure will bring premature tire wear. Keep correct roller pressure and maintain the air pressure 10% higher than your usual level before using LR241.

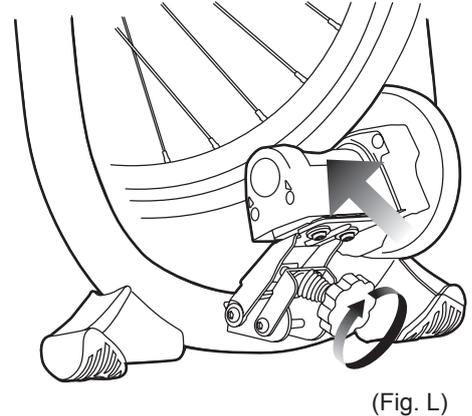


Do not apply brake while riding on LR241 to avoid unnecessary tire wear out.

TIPS *If it's hard to tighten the knob bolt, lift up the Mag unit by hand then tighten the knob.*



(Fig. K)



(Fig. L)

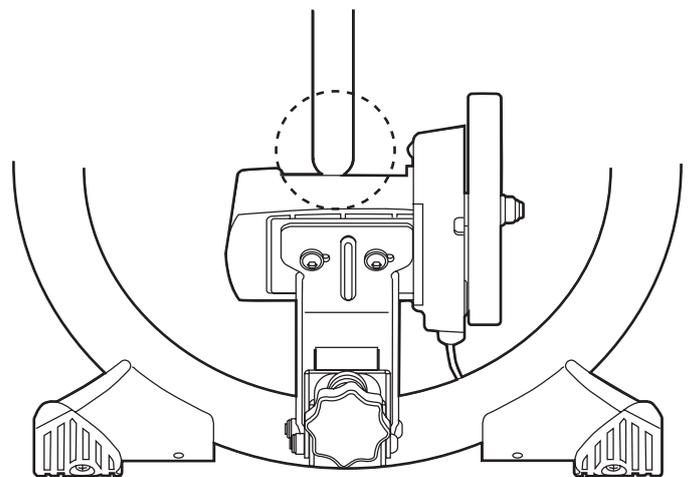
6. About the tire position on the Drive Roller

The rear tire should sit in the almost center part of the Drive Roller without touching any other parts. (see Fig. M)

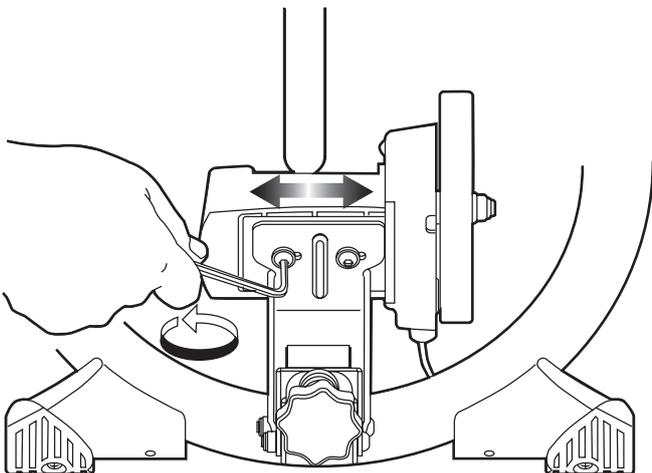
If the tire has touched the plastic parts (Fig. O) due to some reasons like the rear wheel is not trued correctly or you have installed a too fat tire, you must adjust the Mag unit position.

You can also micro-adjust the Mag unit position side by side.

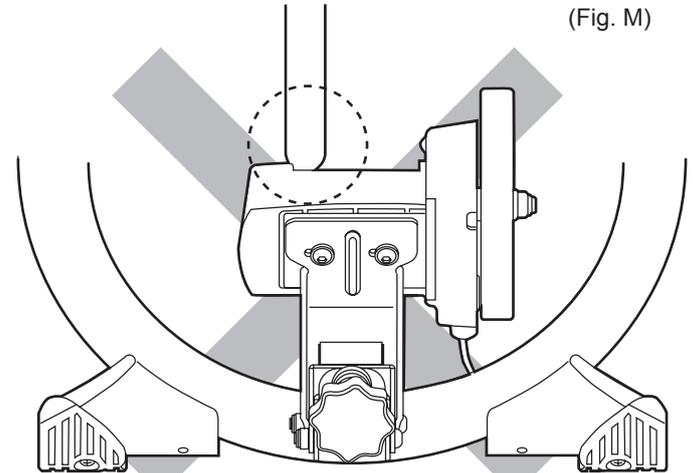
To do so, loosen the backside screws with 4mm hex wrench, adjust the roller position side to side, then tighten the screws again tightly. (see Fig. N)



(Fig. M)



(Fig. N)



(Fig. O)



If the rear tire has touched any other parts than the Drive Roller, the part may be damaged and your tire will wear out quickly.



You can operate both the left side knob bolt and the right side hub handle at once to adjust the bike position between the frame side to side.

- 7.** To remove the bike from LR241, loosen the knob first, then lift up the clamp lever.
If you remove the bike without changing the roller position, the next installation may become difficult because the rear wheel will have to be pushed forward by the roller.

How To Operate Remote Shifter

Required Tool: 1 x 4mm Hex Wrench

LR241 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 remote shifter should be used in conjunction with the gears on your bike to achieve maximum efficiency in your workout.

How to install the remote shifter

- 1) Wind the flexible plastic band around the handlebar or stem,
- 2) Put the hook to the gutter on the plastic shifter base,
- 3) Flip up the lever to lock.

The remote shifter is pre-adjusted to fit the common 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 on the band with a 4mm hex wrench.

(Please be advised that the hex wrench doesn't come in the package)



The plastic band and screw are not so tough. Do not tighten too much. You should take off the hook before adjusting.

How to increase the resistance level

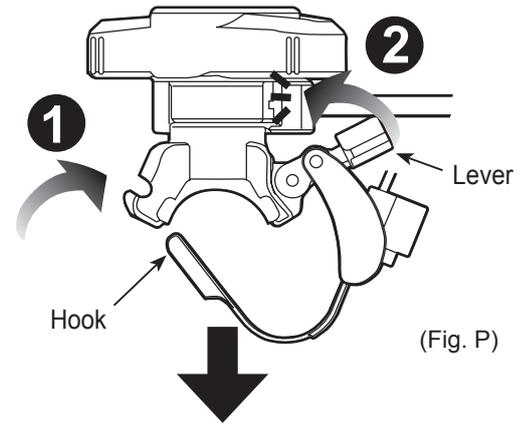
Twist the shifter lever toward "H" symbol.

How to reduce the resistance level

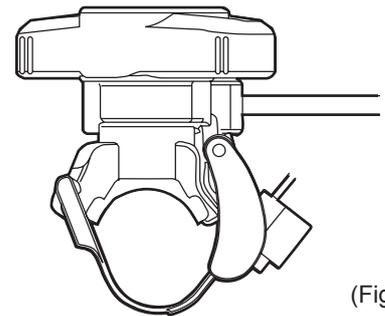
Twist the shifter lever toward "L" symbol.



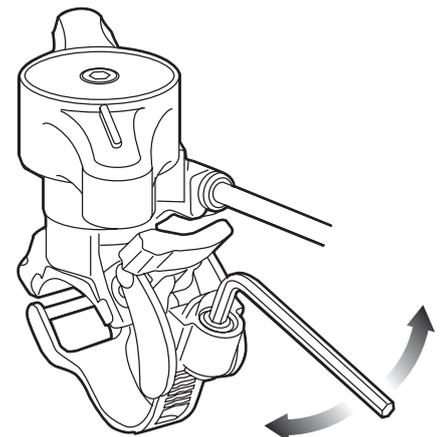
"L" is not zero resistance. Still some resistance remains at "L" level due to the roller compression to the tire.



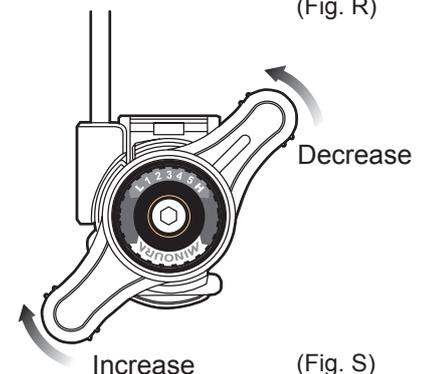
(Fig. P)



(Fig. Q)



(Fig. R)



(Fig. S)

Why My Remote Shifter Doesn't Work Properly?

You may have a shifting problem that you cannot set at L or H position properly due to the lengthened inner cable. To fix this problem, follow the steps to adjust the initial cable tension.

- 1.** Set your remote shifter at "H" position and remove the shifter from your handlebar, then lay on the floor and straighten the cable as much as possible.
- 2.** Pull out the plastic Cable Cap on foot of the remote cable. (see Fig. T)
- 3.** Hold the inside adjusting screw and push it toward the shifter, then tighten the Lock Nut toward the Mag unit housing until it just touches the housing (not force to push) to set the cable tension properly. (see Fig. U)
- 4.** Check if you can set every position from H to L correctly. Finally, install the Cable Cap again.

