

# MoZ-Roller

— Please read this instructions carefully before use —

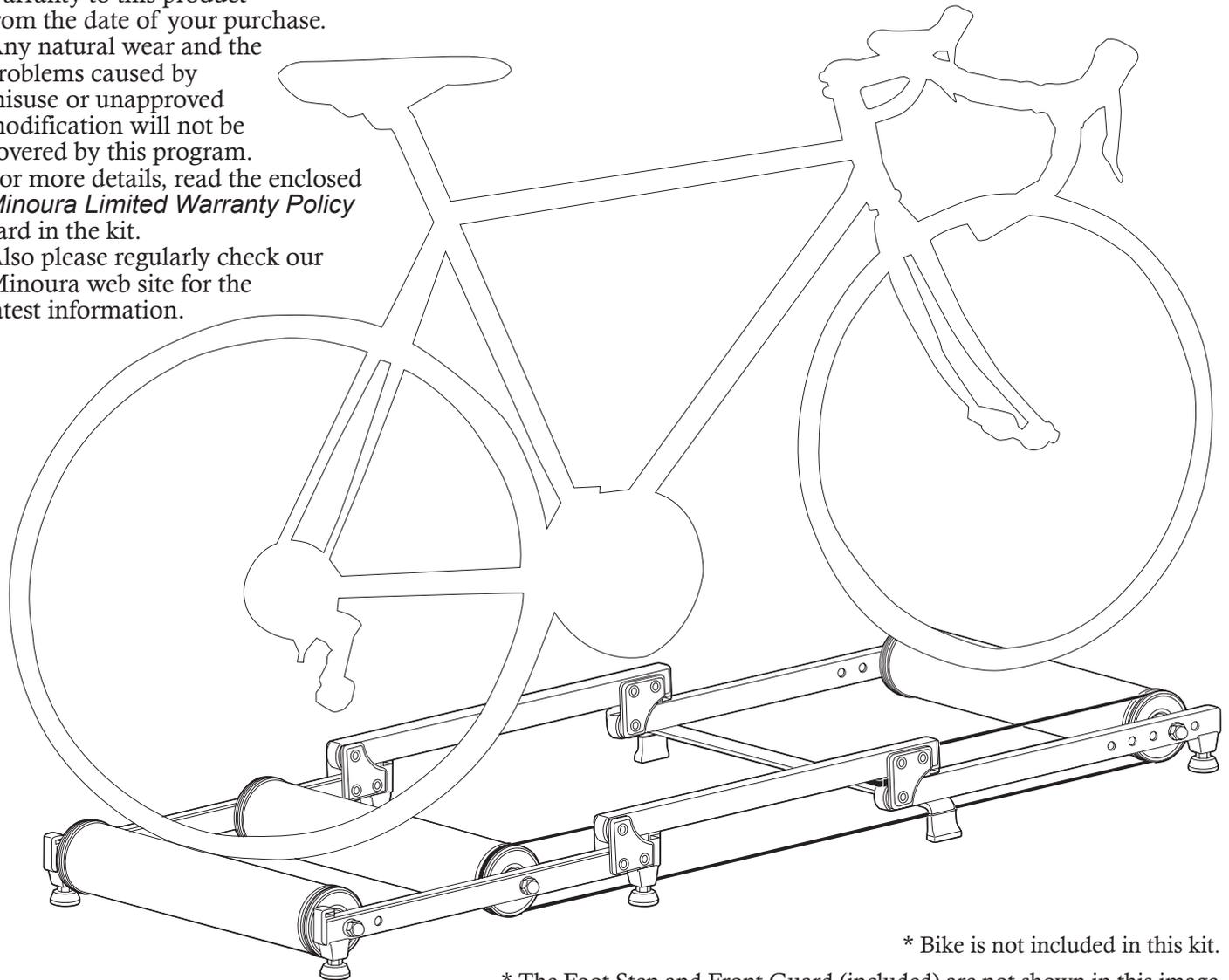
## Warranty Period : 1 year

Minoura offers 1-year limited warranty to this product from the date of your purchase.

Any natural wear and the problems caused by misuse or unapproved modification will not be covered by this program.

For more details, read the enclosed *Minoura Limited Warranty Policy* card in the kit.

Also please regularly check our Minoura web site for the latest information.



\* Bike is not included in this kit.

\* The Foot Step and Front Guard (included) are not shown in this image.

## Contact

*If you have questions or need help, please contact the shop where you purchased this product or the distributor in your country first. The distributor can be found on our web site.  
If your shop or distributor is unable to help you, please contact us at:*

### MINOURA JAPAN

*(for ALL customers, including Canada)*

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

Phone: +81-584-27-3131

Fax: +81-584-27-7505

Email: [minoura@minoura.jp](mailto:minoura@minoura.jp)

Web: [www.minoura.jp](http://www.minoura.jp)

### MINOURA NORTH AMERICA

*(for the customers in the U.S.A. ONLY)*

Hayward, California, USA

Phone: 1-510-538-8599 (9:00 – 17:00 PST)

Fax: 1-510-538-5899

Email: [support@minourausa.com](mailto:support@minourausa.com)

**Made in Japan**

## IMPORTANT NOTES

- *Read this instruction manual carefully and keep them for future reference.*
- *This product requires assembly. Mind each caution below.*
- *This product is made to be assembled one way only. Any modification or change from the supplied instructions will void the warranty.*
- *A 1-year warranty is provided for this product. Please refer to the enclosed warranty card for more details.*

-  *For standard 2-wheel bicycle with a wheelbase between 950 and 1,090mm only. No other bikes (including small wheel bikes and BMX) can be used on this product.  
We don't recommend using this product with a recumbent bike because its riding position is so special that it's hard to keep correct balance. If you use a recumbent, you do so at your own risk.*
-  *Rollers do not offer any support. You must learn to keep your balance while on the rollers. Place the rollers on a flat surface and near a hand rail or something you can hold onto until you can gain your balance on the rollers.*
-  *It's dangerous to remove your hands from handlebar while riding on rollers. Place your both hands on the handlebar gently (do not grab hard) at all times. Do not look down, and try to look 2 – 3 meters ahead for safe riding.*
-  *Adjust the front roller position properly in the best position for your bike's wheelbase.  
If the front roller is located too far forward, the handling performance on the front end will be unstable and you may fall easily. If the bike is too far back, stability will decrease.*
-  *Set the air pressure 10% higher than usual. If it's too low, squealing will occur.  
If the tire is wet, it will slip and that is dangerous. Always wipe any moisture away before use.*
-  *Make sure you are positioned several inches off the floor. Being on rollers mean you won't be able to reach the floor in the same way as if you aren't on rollers. While supporting yourself, find the best place to put your foot down when needed. If you have cleats on your shoes, be extra careful not to slip on the frame or the floor. An optional foot step is available for added safety.*
-  *Set the Roller Belt properly on the grooves found on the roller drum end caps. You cannot ride on rollers without this belt. Check the belt before every use. If the belt becomes worn or frayed, replace it immediately.*
-  *Before each use, make sure all bolts and nuts are properly tightened.  
Do not adjust the bolts on the end of the rollers. This could cause serious damage to the rollers.  
Do not over tighten the Dome Nut. This will cause the inside metal collar to deform, and ruin the flat washer which could result in serious injury.*
-  *It's dangerous to touch the spinning roller or belt. Keep small children and pets away from the rollers while workout.  
Keep any sharp and fragile items away from the rollers to prevent any unexpected accident.*
-  *Be careful not to pinch your finger when folding down the frame. Do not stand on the roller drums.*
-  *If you don't install the optional Mag resistance unit on the frame, remove the mag unit V-belt to avoid any risk of an accident.*

 The belt will stretch over time. To help keeping its shape, we recommend folding the rollers down when not in use. The belt is made of urethane material. It should be flexible enough but it could get longer and may not fit your roller position setting. Replace the belt if it becomes too long.

 Do NOT use brakes when on the rollers. This could cause serious injury. To stop, simply stop pedaling and wait for the bike to stop rolling.

 **About Foot Adjuster**  
The foot adjuster works to change the height and angle of the rollers. If each drum is not parallel when you place the rollers on the floor, extend the adjusters to to make each roller level. Make sure to tighten the lock nut when done adjusting.

 **About Bridge Frame**  
If the Roller Belt has scratched the Bridge Frame while running, it will be worn out so quickly. Make sure you put the Bridge Frame into the belt loop when assembling.

 **When Installing Front Guard**  
The Front Guard is installed between the front roller and the frame. Remove the inside washer that sits between roller drum and frame. You will use the Front Guard itself as a spacer.

### **About Anti-Slip Rubber**

Put the supplied rubber sheet on top of the Mid Frame on the side you usually place your leg to support yourself. When using the optional Foot Step at all times, you should put it on opposite side.

### **About The Hole for 24" Wheel**

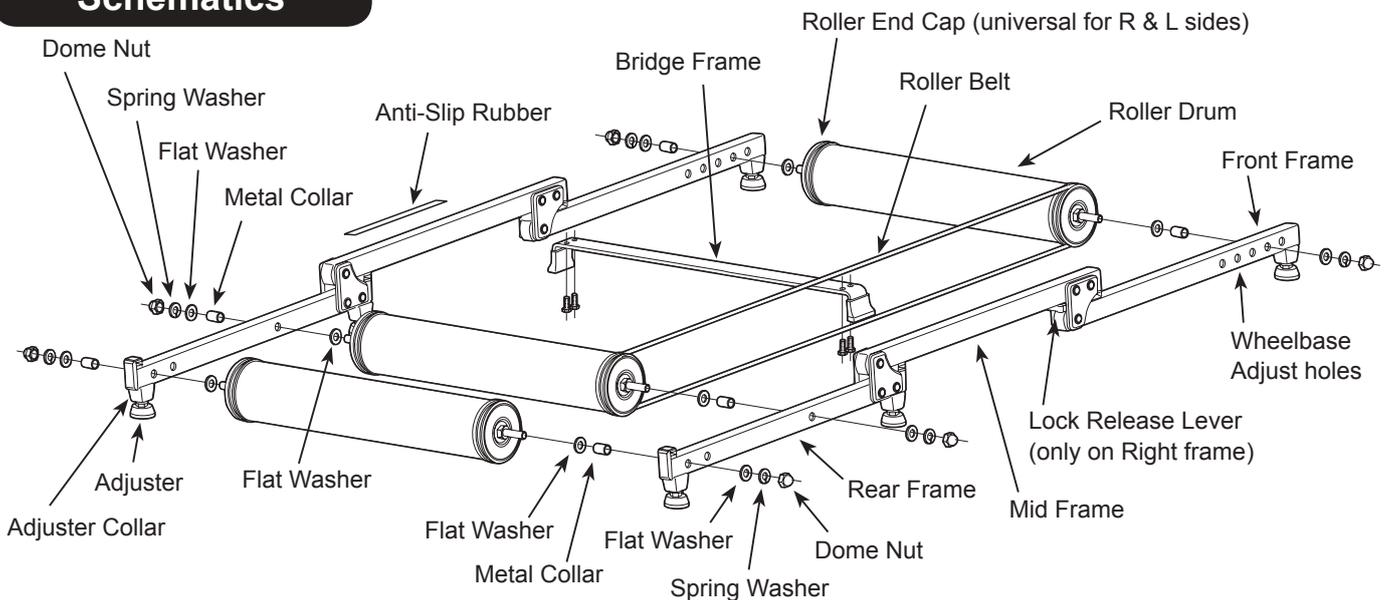
There are two holes on the Rear Frame for the Rear Roller. The rear hole is for the standard 700c / 27" wheels, and the front hole is for smaller 24" / 650c wheels. You set the rear roller in the front hole when you use MoZ-Roller with smaller wheel bike.

This hole also can be used for micro-adjusting the wheelbase size setting. The hole pitch is 40mm. It means the rear wheel can be set 20mm ahead (a half of hole pitch) when you use the front hole.

For example, if your bike's wheelbase is 980mm and you set the Front Roller at the "970" position, it's too short and may become unstable, but the "1000" position is too far.

In this case, you should set the Front Roller at "1000" position hole and use the front hole for the Rear Roller. It enables to get the best size for 980mm ( $1000 - 20 = 980$ ).

## **Schematics**



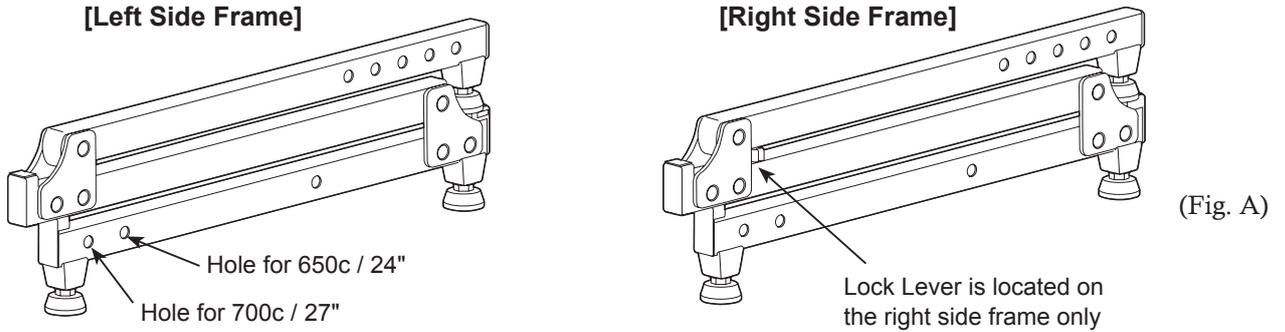
# How To Assemble MoZ-Roller

**Required Tools:** 17mm Spanner (x 2), #2 Phillips Screwdriver or 10mm Socket Wrench

- 1 Take out the Frames from the package, then distinguish the direction.  
The right side frame has the Lock Release Lever to prevent unexpected folding, but any other points are same on both sides. (Fig.A)

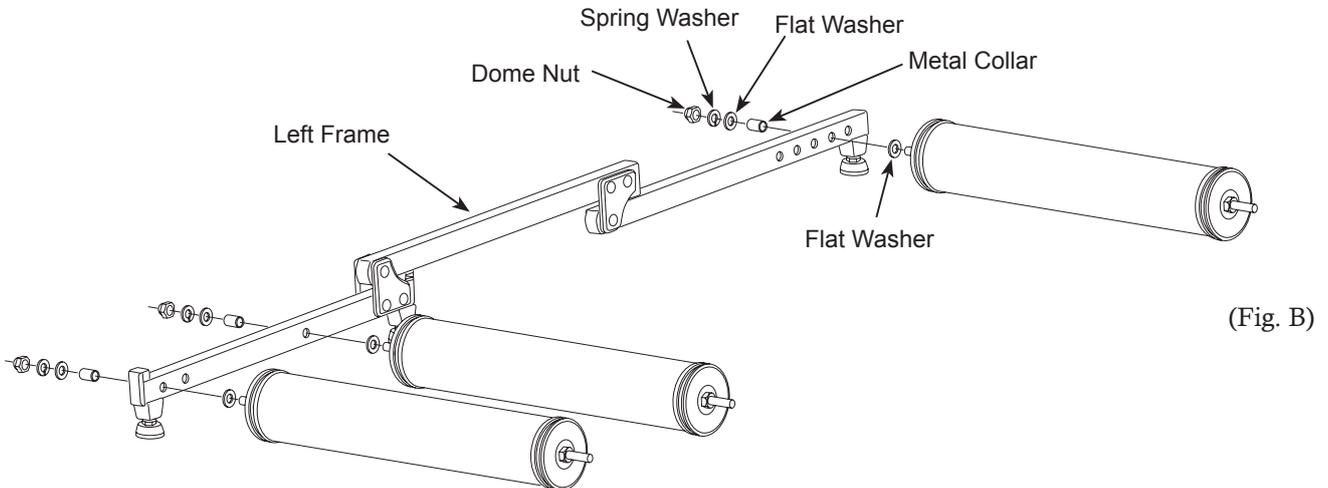


The left side hole is always larger diameter than the right side one.



- 2 There is no specific direction on the roller drum. It's symmetric. All three rollers are exactly the same.  
Put a Flat Washer to the left side axle to protecting the bearing, then insert to the smaller hole on the left side frame. (Fig. B)

These instructions are based on NOT using the the Front Guard. If you plan on installing the Front Guard, refer to this section on page 8 of these instructions.



- 3 Insert the Metal Collar, Flat Washer and Spring Washer from outside of the frame, then loosely screw on the Dome Nut.  
Repeat this step for the remaining rollers. (Fig. B)



There is a metal bracket in the Front Frame which holds the Bridge Frame in position that connects both frame sides. This bracket won't move while fixed with bolts, but it will move freely in the frame tubing once the bolts are released.  
When you install the front roller, make sure to place this bracket towards the center frame before assembling. Failure to do so might cause an issue where the bracket comes off over the front roller axle making it impossible to install the Bridge Frame.

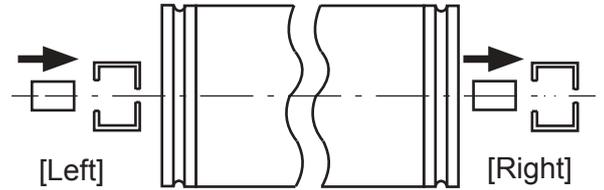


### Metal Collar Insertion Direction

The right and left frames are exactly the same, except the Lock Release Lever. It means the hole size combination is same between the right and left frames; The left side hole is larger, and the right side hole is smaller.

The Metal Collar must be inserted from the larger left side hole on either frame.

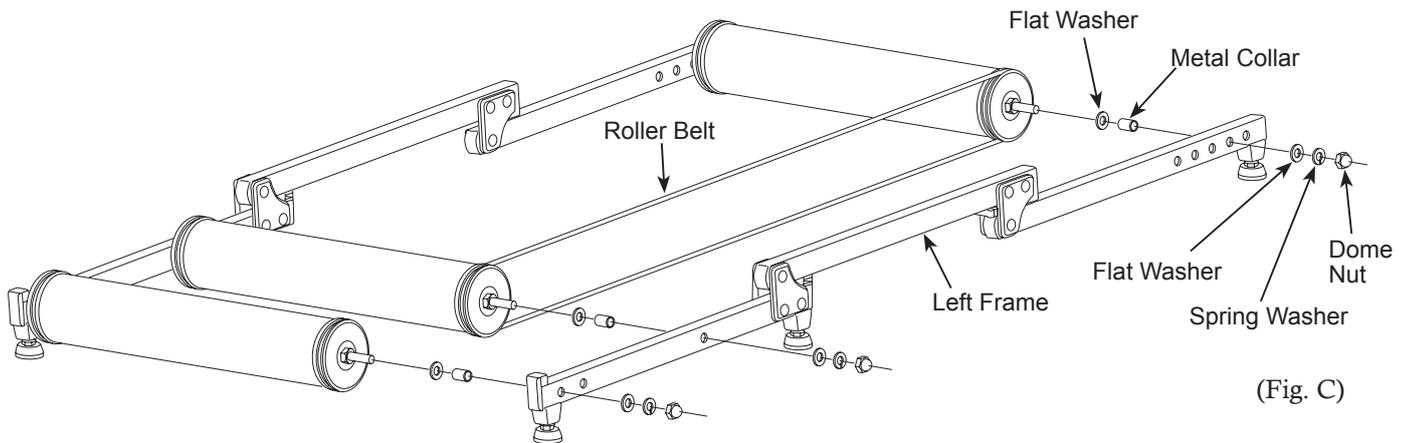
If you don't use the collar, the frame will deform due to the torque of the Dome Nut. If this happens, the frame cannot be repaired.



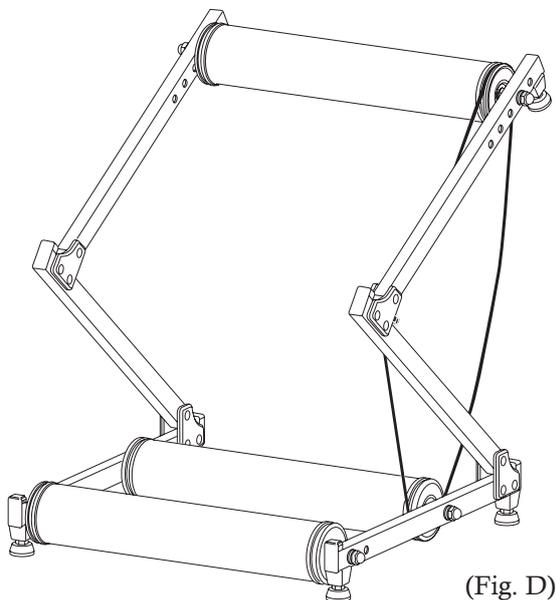
- 4** Put the Roller Belt on the Front and Mid Rollers. You don't put the belt on the Rear Roller. (Fig. C)  
 Put a Flat Washer and Metal Collar in the axle, and insert the right side frame to all axles. After installation, put a Flat Washer, Spring Washer and Dome Nut, then tighten temporarily.

During this step, shape the frame into a "Z". This will make the belt installation easier. (Fig. D)

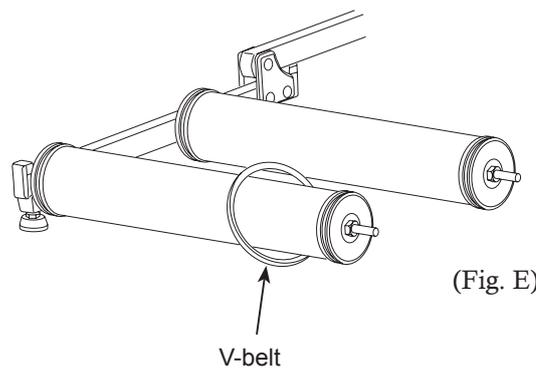
If you will install the optional Mag Unit to increase the resistance power, put the V-belt on the Rear Roller. The belt comes with the Mag unit. (Fig. E)  
 If you will not use the Mag Unit, even temporarily, it is strongly recommended you remove this belt to prevent jamming of the rollers.



(Fig. C)



(Fig. D)



(Fig. E)

(Refer page-10 for more details about Mag Unit)

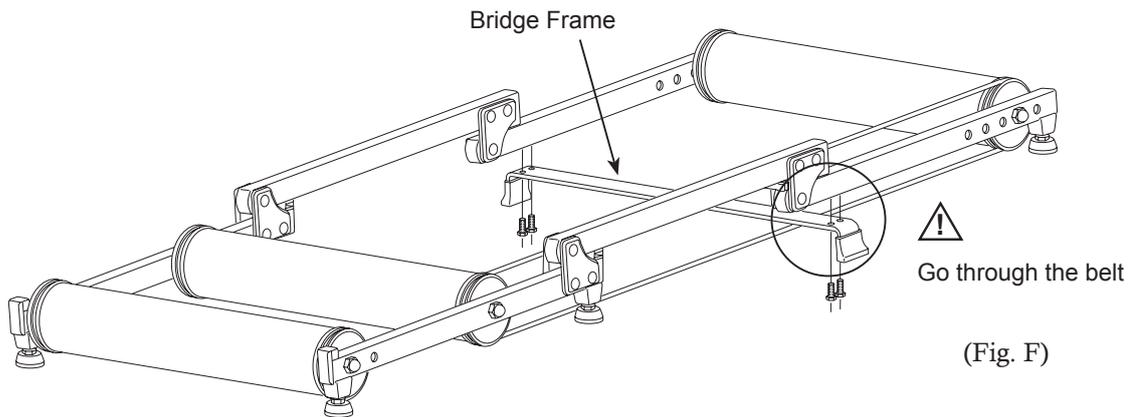
**5** Install the Bridge Frame under the Front Frames. (Fig. F)



*First, make sure the Bridge Frame comes through the roller belt loop. If you don't make sure, the belt will be in contact with the frame at all times causing premature wear and failure of the belt.*

If you cannot screw the bolt to the thread hole on the inside bracket, check that if the bracket is located in the correct position. It may be caught by the Front Roller axle in the frame. To solve the problem, remove the Front Roller, change the bracket position, and install the roller again.

A Phillips head screwdriver can work, but we recommend using a 10mm socket wrench.



**6** Tighten the Dome Nut by using a pair of 17mm spanners. (Recommended Tightening Torque: **8 N.m**) (Fig. G)

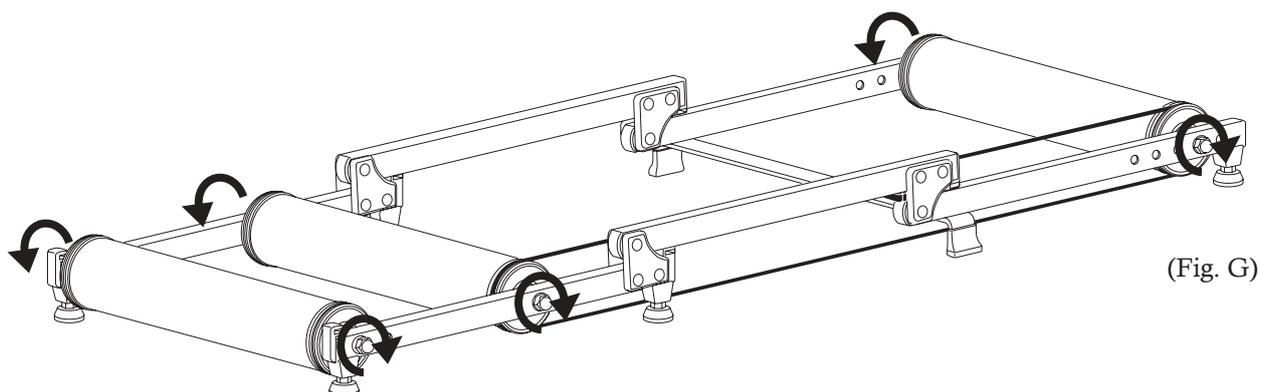


*Keep the recommended tightening torque: 8 N.m.  
If the Dome nut is overtightened, the alloy metal collar will deform and will be impossible to pull out. Or could cause the flat washer to form sharp edges that could cause injury.*



*The nut on the roller end cap is precisely adjusted to hold the bearing at proper position. Except in the case you find the nut has been clearly loosened, do not try to loosen or over-tighten this nut.*

When you install the bracket for the optional Mag unit on the Rear Roller, you may need to remove the Flat Washer and keep the Spring Washer only to tighten the Dome Nut due to the limited axle length. (Fig. S)



## Opening/Closing The Frame

### How To Open

- 1 While bending the frame in Z-style, apply the Roller Belt to both Front and Mid Rollers. The belt must be hooked in the groove on the roller end cap. (Fig. H)

On MoZ-Roller, the roller drum has the belt groove on both sides. Use the opposite side of the Foot Step to avoid jamming issues.

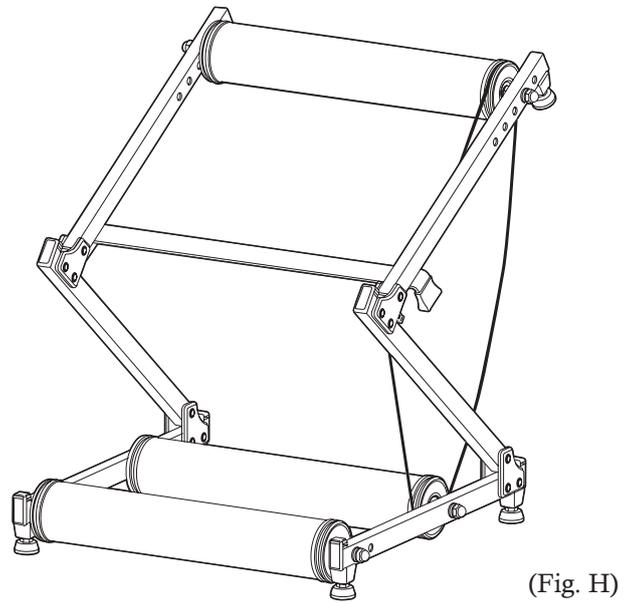
- 2 Extend the Front Frame until you hear the Locking Lever click into the locked position. (Fig. I)  
Extend the left side frame as well as the right side frame.

#### **Lock Release Lever**

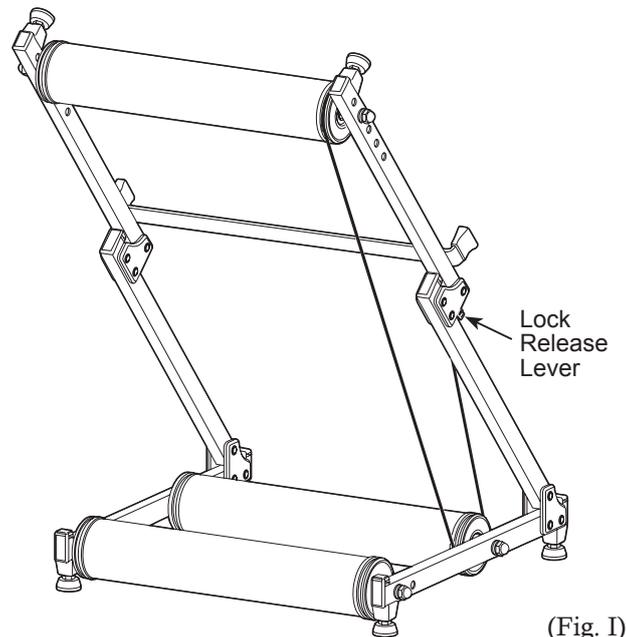
This is provided for your safety to keep the frame from unexpectedly folding.

- 3 Lay down on the floor gently. (Fig. J)  
Now the Roller Belt is properly tensioned and ready to ride.

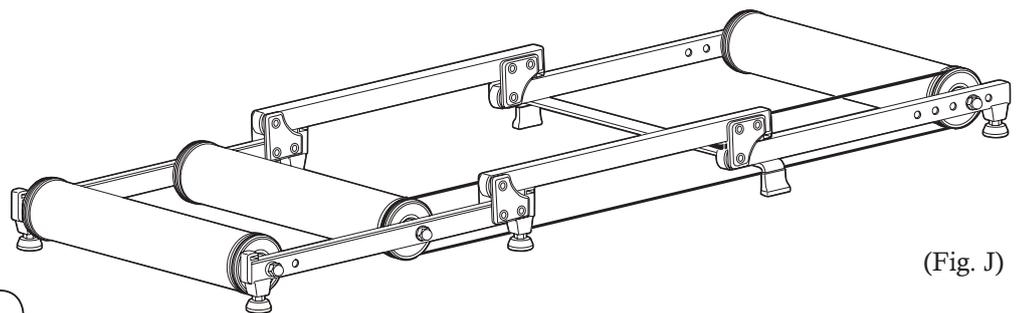
If the Roller Belt has come out from the grooves on the roller end cap, push the belt toward the groove while rotating the drums slowly.



(Fig. H)



(Fig. I)



(Fig. J)

### How To Fold Down

To fold down the frame, pull the Lock Release Lever then push the Front Frame downward.



*Pushing down on the frame without releasing the Lock Lever Release will damage the frame.*



*Be careful not to pinch your finger when folding/opening the frame.*

While storing, tie the Roller Belt or hook to the Foot Adjusters, do not leave it hanging loosely.

## About Front Roller Position

The Front Roller is adjustable in 5 positions in order to fit your bike's wheelbase size as closely as possible.

The ruler on the right side frame shows the exact number of wheelbase size, not the calculated number to expect stability. If you already know your bike's wheelbase size, set the Front Roller at the next hole of your number. Do not use the smaller number hole for your safety.

To make your ride safe, we recommend you to set the Front Roller at 10 – 15 mm forward to the front wheel axle. (Fig. K)

As your skill increases, this number will get smaller, and the final setting is just the same number of your wheelbase (just beneath the axle).

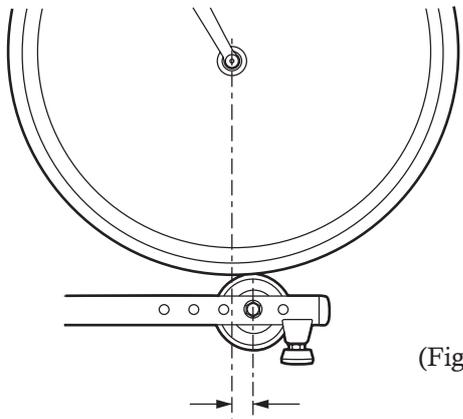
The position just beneath the front wheel axle is only for expert level riders because the handling becomes so quick (but natural).  
On the rollers, the front wheel will move sideways very quickly once the roller starts spinning.



*If the front wheel axle is further front than the roller, the bike will come off the rollers in front very easily.  
If positioned too far behind, the bike will feel heavy and unpredictable.*

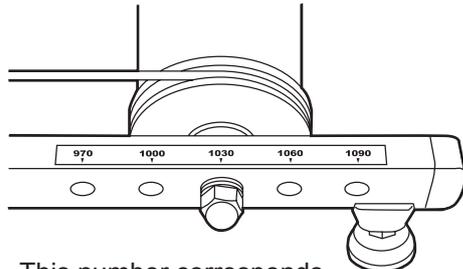
### HINT

The hole pitch on the Front Frame is 30mm. This sometimes makes the front roller position setting difficult to adjust within 10 – 15mm as suggested, depending on the actual wheelbase size. For example, if your wheelbase is 980mm, the 970mm position is too short and 1,000mm position is 5 – 10mm further than the suggestion. It's not recommended. In this case, you should set the Rear Roller to the front hole on the Rear Frame to move the bike itself 20mm (a half pitch of the holes) forward. At this moment, you can use the 1,000mm position as 980mm size.



(Fig. K)

10 – 15mm (Minimum 0mm. Not negative)



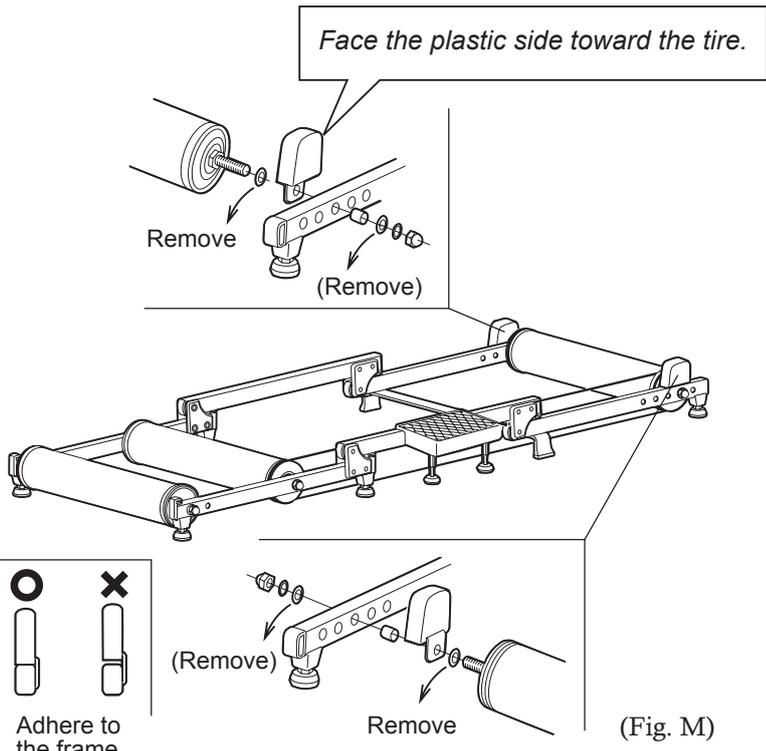
This number corresponds to the wheelbase when the Rear Roller is set at the 27"/700c hole. (Fig. L)

## How To Install Front Guard

The Front Guard is a safety device to push the front wheel back to center if you lose balance and nearly drop off from the rollers. Also the speed can be reduced by the friction created when the front tire and guard come in contact with each other.

We recommend the Front Guards for the beginners.

The roller axle length is limited and it may be too short when installing the Front Guard. If so you should remove the Flat Washer and use the guard itself instead of the flat washer.



(Fig. M)

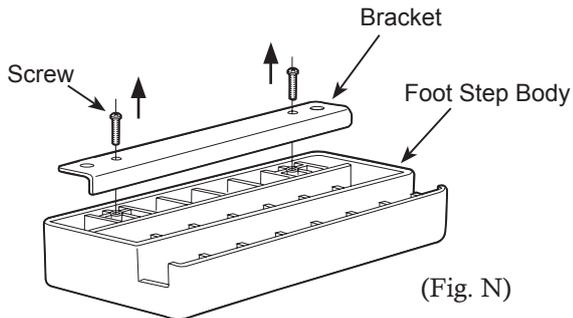
## How To Install Foot Step

**Required Tool:** Phillips Screwdriver, 13mm Open Spanner (not the closed type)

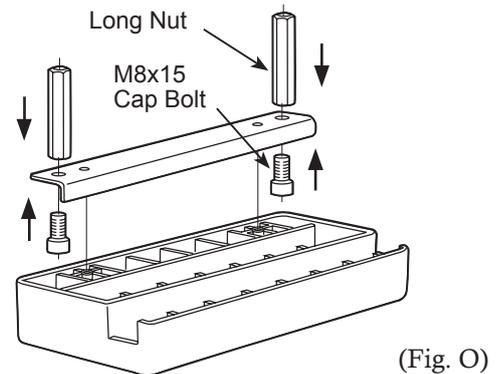
Please note you will be up higher than floor once on the rollers. This makes it difficult to touch the ground so you need to install the Foot Step to eliminate this problem.

The Foot Step is packed in disassembled condition. Please follow the steps below for setting-up.

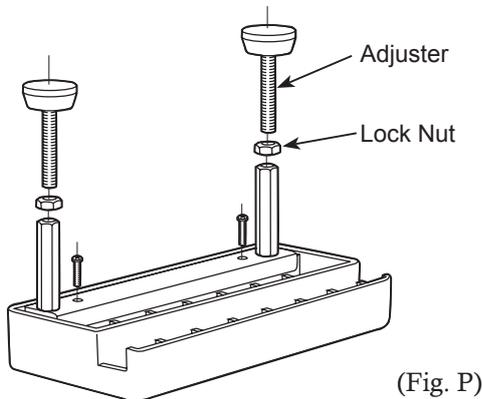
- 1** Loosen the screws to remove the bracket.



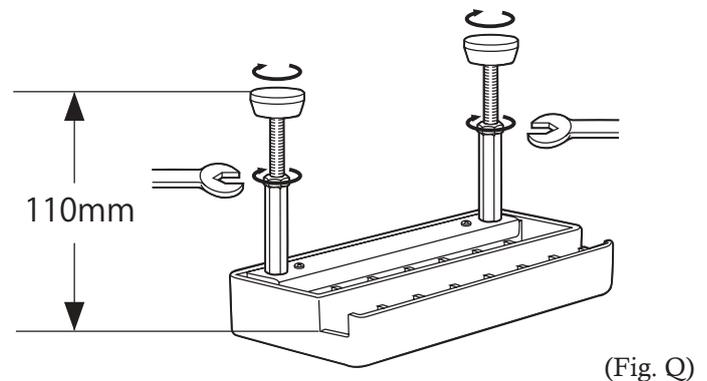
- 2** Fully screw the M8x15 Bolt to the Bracket from backside, and screw the Long Nut firmly with spanner.



- 3** Tighten the Bracket to the Step Body again. Put the Lock Nut through the Adjuster, and screw into the Long Nut.



- 4** Set the Adjuster length to 110mm (from the groove bottom to the adjuster top). Tighten the Lock Nut toward the Long Nut with spanner to fix the position.



- 5** Put the Foot Step over the Center Frame. If the Adjuster is too short and doesn't reach the floor, extend it.

## Warranty Service

Minoura offers 1-year limited warranty to this product from the date of your purchase.

Any natural wear and the problems caused by misuse or unapproved modification will not be covered by this program.

This warranty covers the original user only and is void if terms are not met.

For more information, refer the attached "Minoura Limited Warranty Policy" card, and visit Minoura's web site for the latest information.

## About Optional Mag Unit

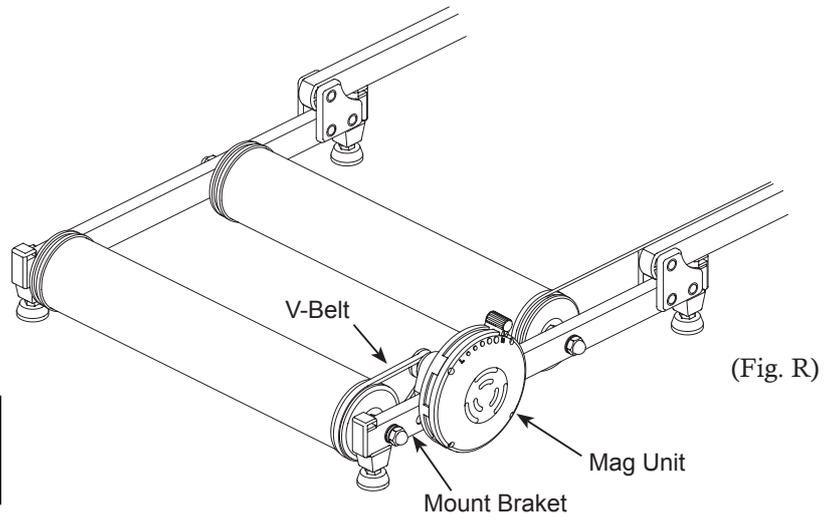
If you require more resistance than the rollers originally generate, you can purchase the optional Mag Unit and install it on the rear roller.

Power level is adjustable in 5 levels by sliding the top lever.

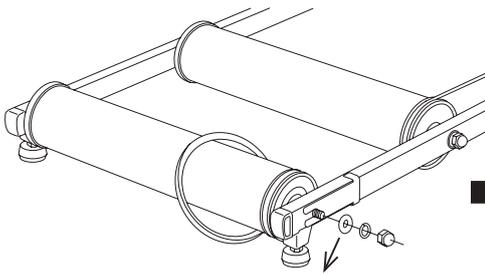
It is driven by the Rear Roller via a V-belt.



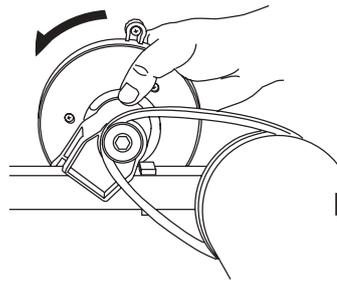
*This unit is only for MoZ-Roller.  
It will not work on other Minoura rollers.*



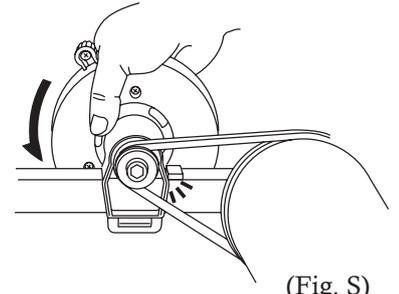
(Fig. R)



Install the Mount Bracket to the Rear Roller. (Either side is OK)



Hook the V-belt to both roller drum and the pulley.



(Fig. S)

Push down to lock.  
If the belt tension is too loose or too tight, adjust the bracket position.

## If Your Roller Belt Breaks

The Minoura roller belt is a universal fit for all Minoura rollers. The belt should last for many years but should you need to replace it your local Minoura dealer can assist or you can contact Minoura directly. The part number is 400-3098-00.