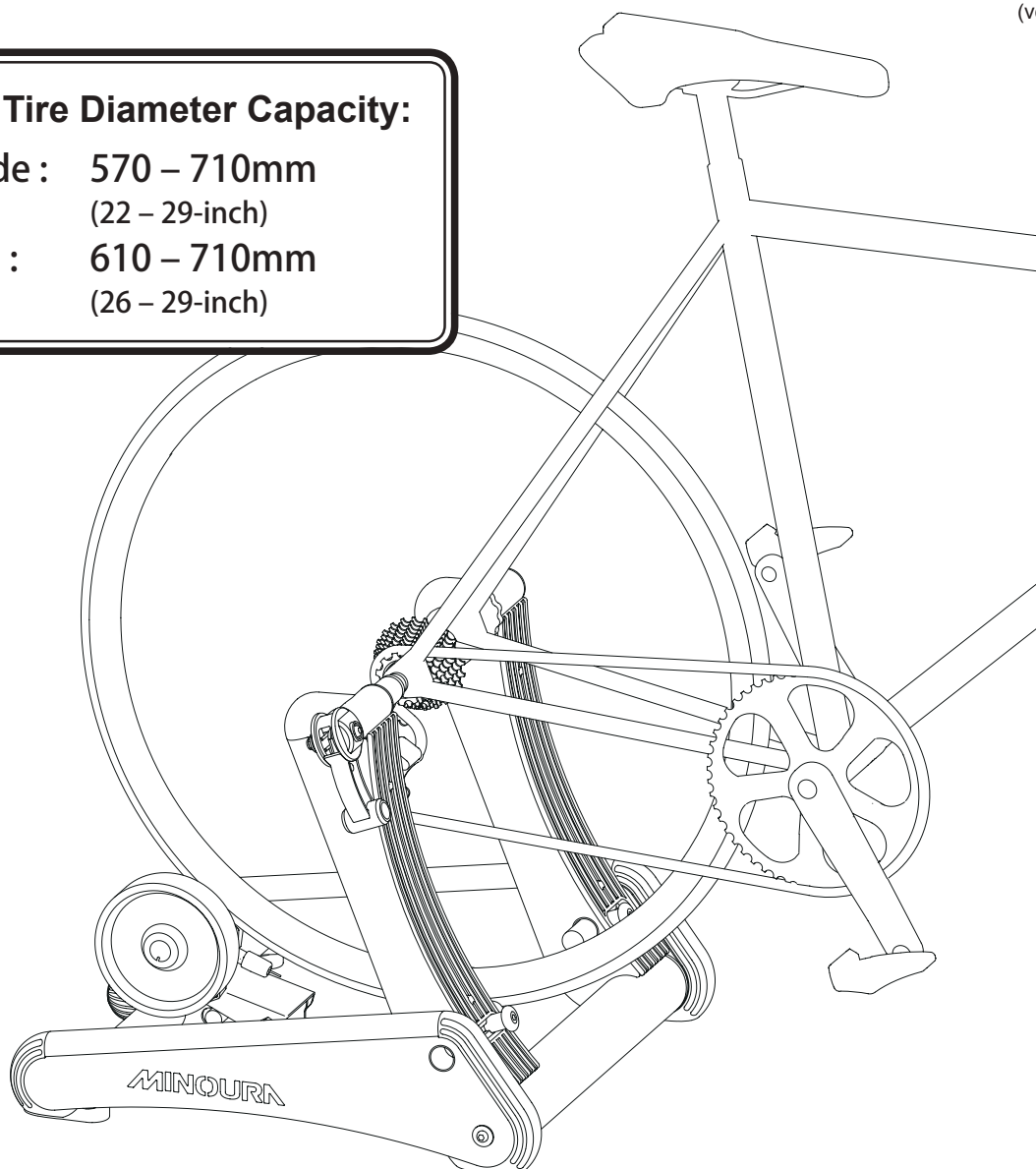


Applicable Tire Diameter Capacity:

Gravity Mode : 570 – 710mm
(22 – 29-inch)

Fixed Mode : 610 – 710mm
(26 – 29-inch)



Dual Mode

The LR541 can be used as a gravity trainer or a fixed position trainer by operating the lock lever.

Fixed Mode acts like a traditional trainer where the trainer stays in the same position and the rear roller compresses the tire to achieve resistance. This is good for power training. Gravity mode supports the bicycle frame by the axle allowing the bike to move up and down. Your body weight dictates contact with the roller naturally so no adjustment is needed no matter what bike or tire you use. This also extends tire life.

Contact

If you need support, please first contact the shop you purchased this product from or contact the distributor in your country for assistance. A list of our distributors can be found here:
<http://www.minoura.jp/english/support/shop/distributor.html>.

If you need further support, contact us at one of the places listed below.

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

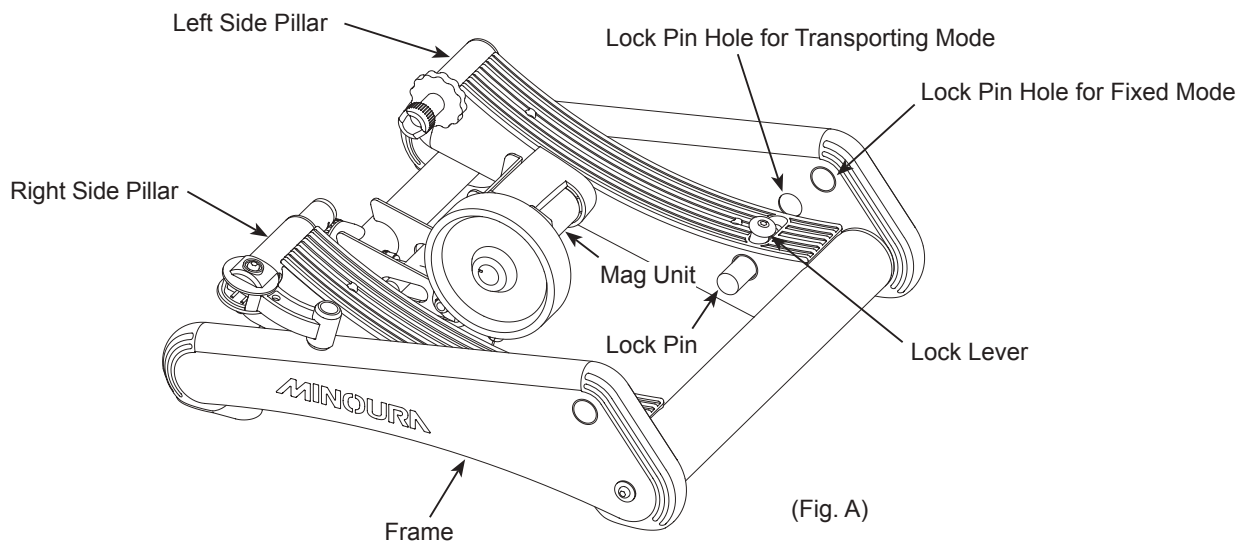
- For use with a normal 2-wheel bicycle only. Do not use a tandem, recumbent, or other.
- Fits rear wheel hub width between 125 and 140mm.
Hub nut type rear wheel axles are not compatible without replacing the left side coupling bolt (UF-8S) with the optional Left Side Coupling for Hub Nut Axle (UF-8L).
- Fits tire which outer diameter is between 570 and 710mm (Gravity Mode) or 610 and 710mm (Fixed Mode).
Any other sizes cannot be used on LR541.
A slick tire **MUST** be used with all tire drive trainer like the LR541. Use of a non slick or knobby tire will cause severe damage to both the trainer and your tire and will void any warranty.
- Packed in completely assembled condition. However, you will need tools for adjusting the center foot length or the remote shifter band. The tools don't come in the kit, you need to prepare separately.
- 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.
- Be careful not to pinch your finger when raising up or folding down the Mag unit, or folding the frame.
- 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 both the tire and the drive roller life. And maintain the tire air pressure 10% higher.
- 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.
- 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.
- If you feel any strange noise or smell, stop using LR541 immediately and contact the retailer where you purchased the trainer. Do not try to disassemble LR541 without our prior approval.
- Any warranty will be void if you use LR541 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 Setup LR541

Required Tool : 13mm open wrench (NOT a closed type)

LR541 is packed in the folded condition. The pillars are folded backward, and the Mag unit is folded forward. (see Fig. A)

First, raise the pillars then set the mag unit into position.



Make sure both side Lock Levers are released from the holes, then raise up the pillars.

While supporting the pillars, pull the Lock Lever and slide it outward to insert the pin into the hole for Fixed Mode. (see Fig. B)

The lever will be retracted by the inside spring. Slide the pin until it's securely locked.

You will do this on both sides to prepare using the trainer in Fixed Mode.

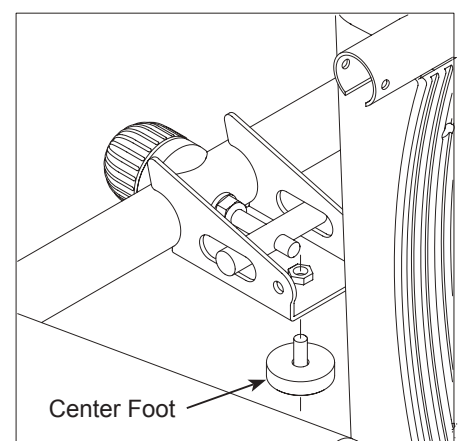
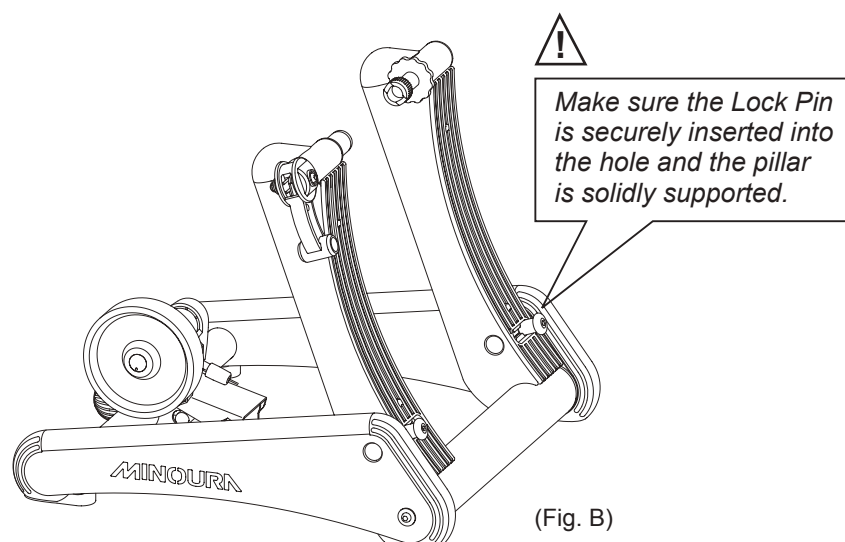
Even if you will choose Gravity Mode, set the pillars in this position first.

Adjust the center foot length by turning it until all 5 foot points securely touch the floor.

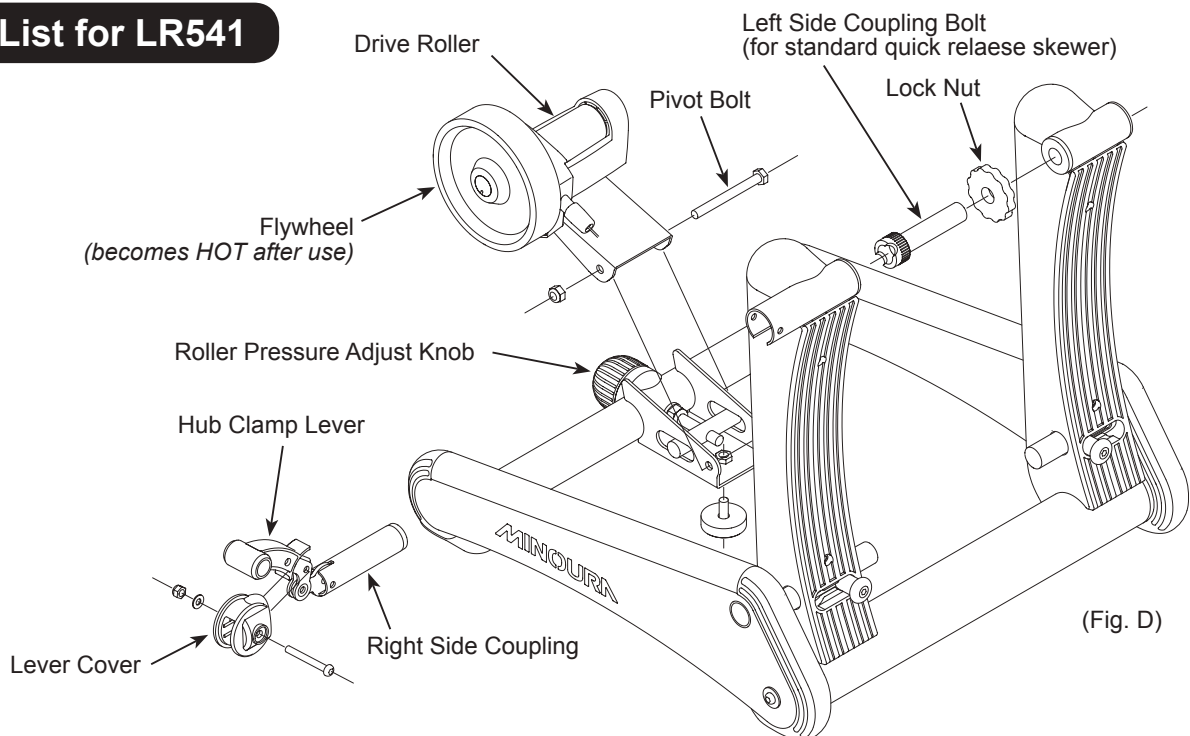
(see Fig. C)

If you set the the center foot too long, stability will be compromised.

After adjustment, tighten the inside nut by inserting a 13mm wrench from the front opening.



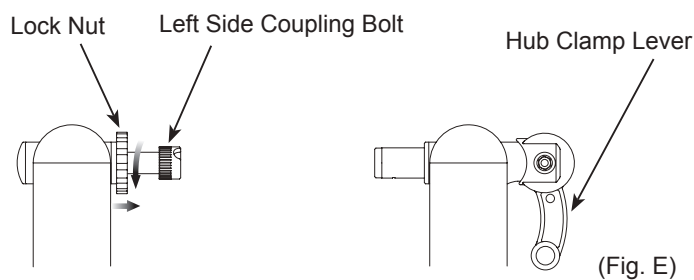
Parts List for LR541



(Fig. D)

How To Install Rear Wheel

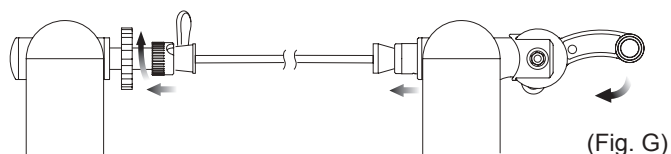
- 1** Turn the Lock Nut counter-clockwise to loosen. (see Fig. E)
- 2** Left Side Coupling is a screw bolt. Turn it to adjust the length. (see Fig. F)
- 3** Raise the Hub Clamp Lever up to retract the Right Side Coupling. (see Fig. F)
- 4** Insert the left side hub end of your wheel (quick release lever side) into the left side coupling cone. (see Fig. G)
- 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 Hub Clamp Lever until it fully engages the skewer or axle nut. (Fig. G)
- 7** Make sure the Clamp Hub Lever is lowered into its locked position and cannot be lowered any further.



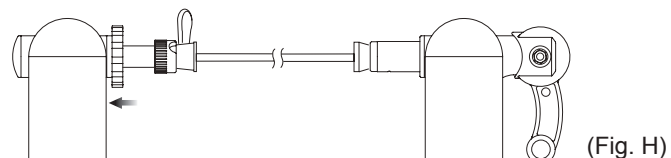
(Fig. E)



(Fig. F)



(Fig. G)



(Fig. H)

The frame may appear slightly open but this is normal.

If the frame seems to be opened too widely, remove the bike, turn the Left Side Coupling Bolt clockwise to retract a little, and mount your bike again.

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.

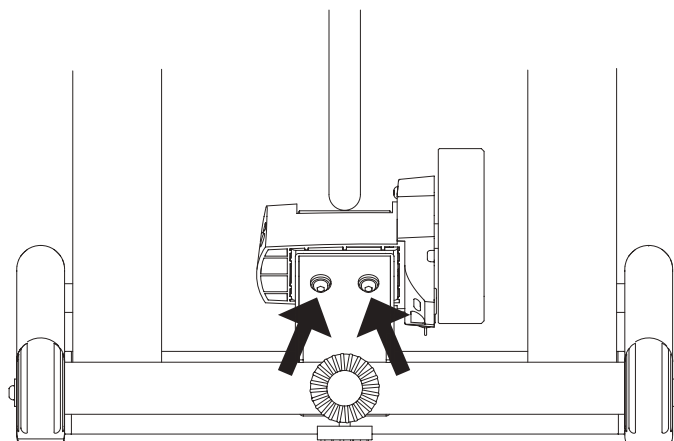
9 Tighten the Lock Nut firmly to fix the left side coupling position. (see Fig. H)



*If you feel the clamp lever action is too tight, spray a silicon lubricant between the plated right side coupling steel tube and the gray plastic guide sleeve.
Do not apply wrong type lubricant, the plastic material could be damaged.*

9 Make sure the rear tire is positioned as close to the center of the roller as possible and doesn't touch any of the plastic side pieces. (see Fig. I)

You cannot adjust the wheel position by changing the left side coupling bolt length. To do so, loosen the bottom side bolts of the Mag unit then slide the unit side to side. After adjustment, tighten the bolts firmly.



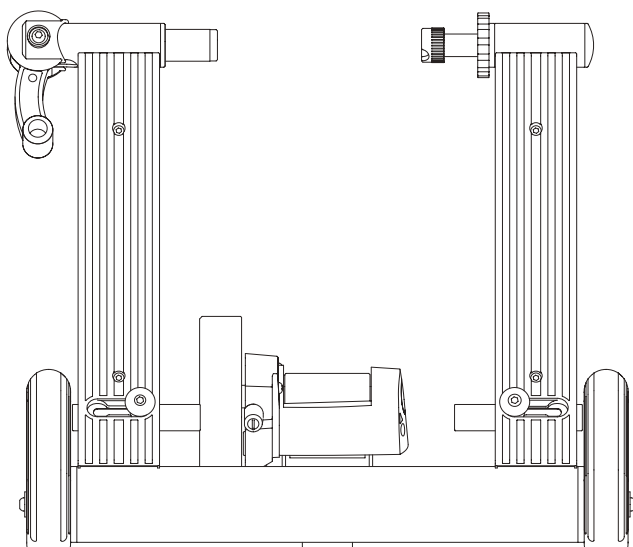
(Fig. I)

Operating Lock Pin

By moving the Lock Lever, you can engage the Lock Pin into the hole to hold the pillar in the fixed position, or retract the pin to make the pillar free to switch to Gravity Mode.

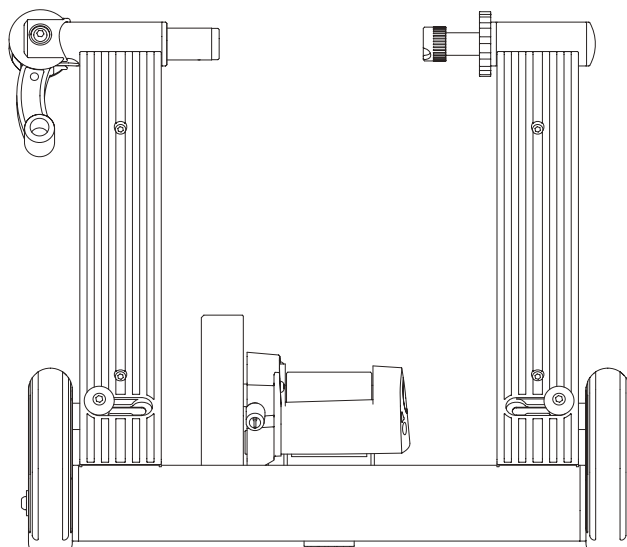
The Lock Pin can be fixed in two positions; 1) Fixed Mode position and 2) Transporting position. It will be free in any other area.

To move the Lock Pin, pull the Lock Lever to release the lock.



(Fig. J)

[Retracted Lock Pin = The pillars can move freely]

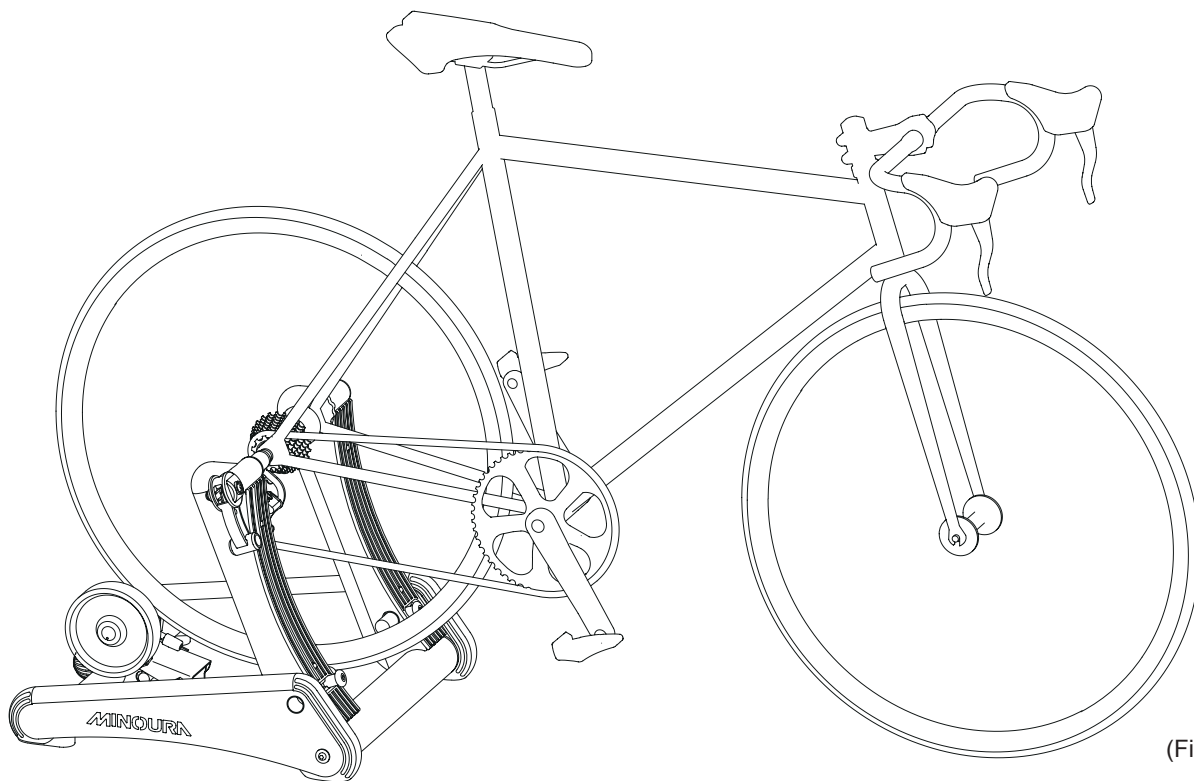


(Fig. K)

[Inserted Lock Pin = The pillars are securely fixed]

How To Use Gravity Mode

In Gravity Mode, the pillars move freely by releasing the Lock Pin from the hole. The rear tire will be compressed to the drive roller at ideal pressure due to applying your weight including the bike weight automatically and directly. You don't need to micro adjust the roller pressure every time you set any bike on LR541 whatever the tire size is. And this also helps extend tire life.



(Fig. L)

- 1** At first, turn the Roller Pressure Adjust Knob clockwise in order to set the Drive Roller at the lowest position.
- 2** Set your bike on LR541. At this moment, the pillars are securely locked at Fixed Mode position by Lock Pins.
- 3** Slide the both side Lock Levers inward to release the lock. Now the rear wheel will come down due to its own weight, then it stops when it reaches the Drive Roller.
- 4** Get on the bike and start workout.



Please note that the trainers stability will be different than when in Fixed Mode. The trainer will feel less stable. To keep your balance and from possibly falling, stay closer to the bike when getting on/off the bike on LR541.



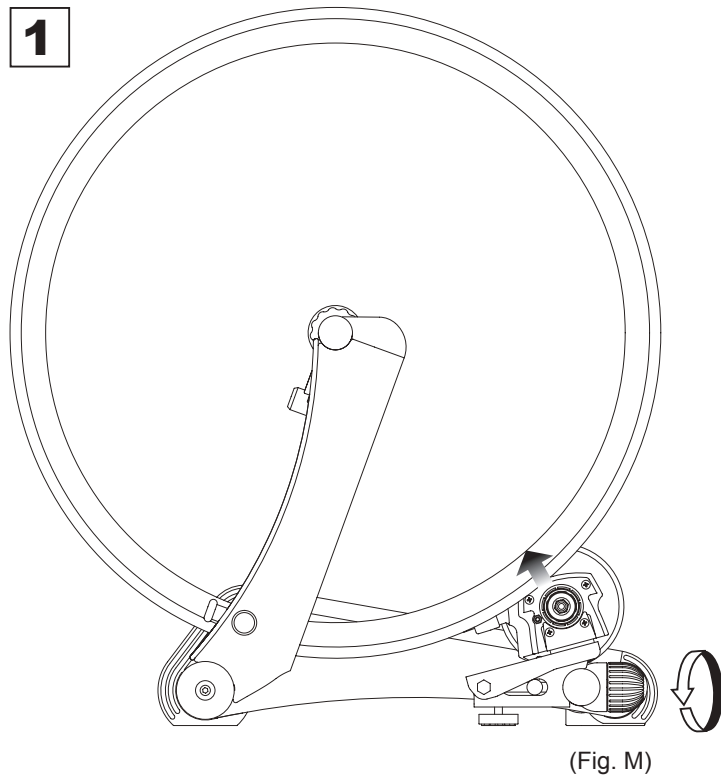
In Gravity Mode, the drive roller is not always in contact with the with the rear tire. This is normal depending on your riding style. Sudden movements or out of saddle climbing (dancing on the pedals) could mean loss of contact between the tire and roller. This is to be expected and we recommend staying seated while in Gravity Mode.

How To Use Fixed Mode

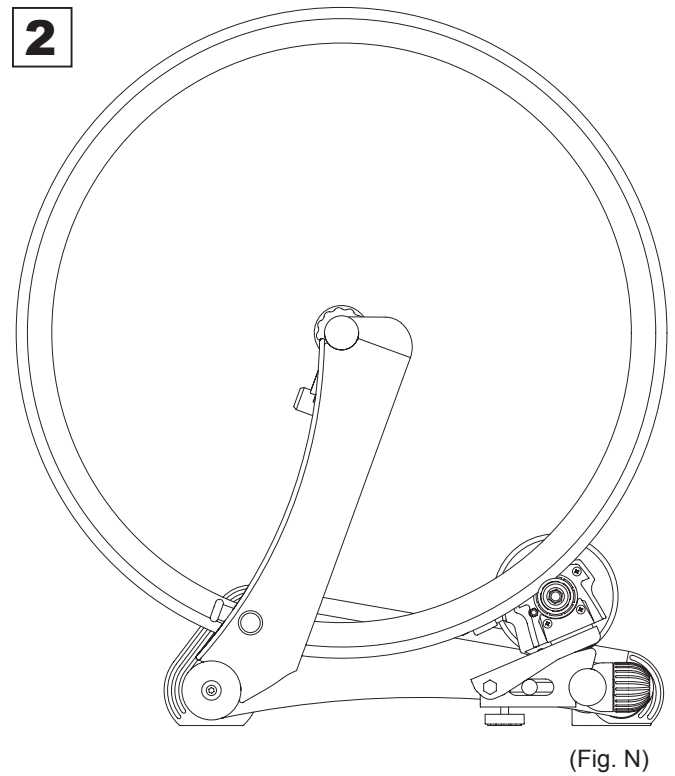
In Fixed Mode, the bike will be supported at same height level at all times. Even you apply load to the rear wheel, the wheel position will not change. So you need to push the Drive Roller to the tire. Maintain the pressure to the tire in correct level. It means the roller compresses the tire in the depth of 3 – 4mm.

If contact is too weak, periodic slippage will occur between the roller and the tire. it could cause premature tire wear or pit the alloy roller surface unexpectedly.

Too much pressure will deform the tire heavily and may cause tire burst due to increased temperature.



Turn the knob counter-clockwise to raise the driver roller up.



Keep turning the knob until the roller compressed the tire in the depth of 3 - 4mm.

3 When you release the bike from the trainer, turn the knob clockwise to release the tire from the roller.



When using in Fixed Mode, maintain the tire air pressure 10% higher than usual to achieve longer tire life.

How To Operate Remote Shifter

Required Tool:
1 x M4 Hex Wrench

LR541 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. O-1)
- 3) Flip up the lever to lock (Fig. O-2 and P)

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. Q).



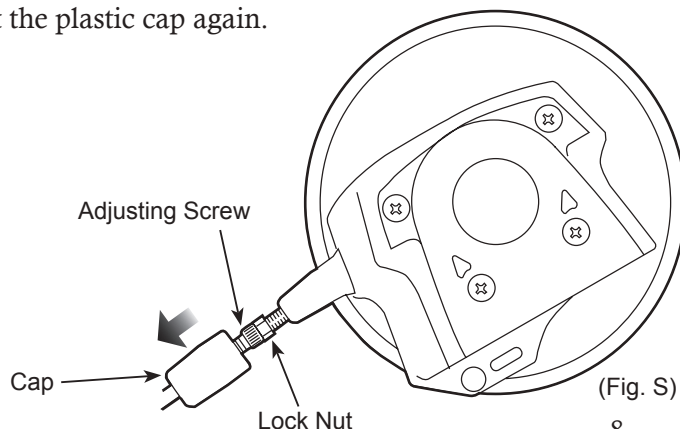
Do not overtighten the plastic screw. It will break the plastic band. Release the hook before adjusting.

You must release the hook for adjusting screw

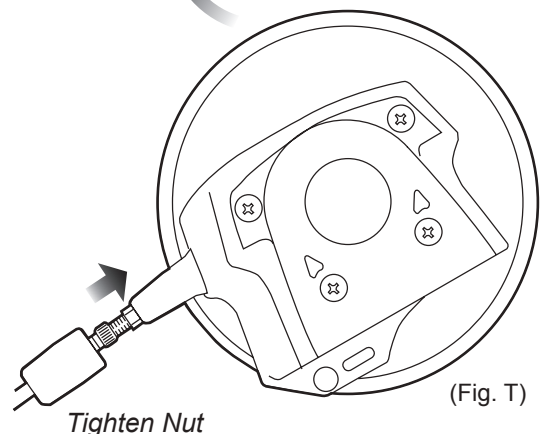
How To Adjust Remote Cable

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. S)
- 3) While pushing the outer cable toward the shifter, push the adjusting screw to the outer cable. (Fig. S & T)
- 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.



(Fig. S)



(Fig. T)

