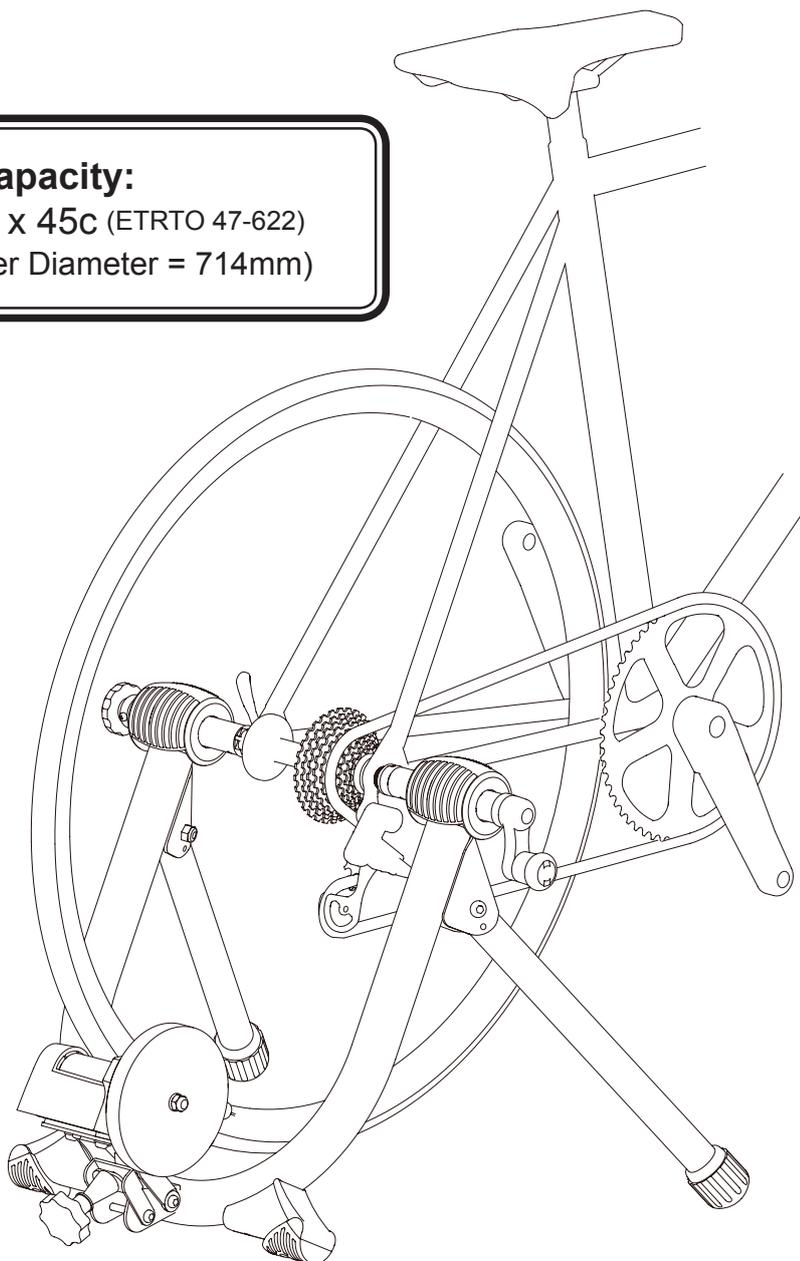


### Applicable Tire Size Capacity:

any 24-inch – 700 x 45c (ETRTO 47-622)

(Max Tire Outer Diameter = 714mm)



### Main Features

- The basic LiveRide series trainer combined with the simple & durable U-shaped design main 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

### 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)

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**

## Important Notes

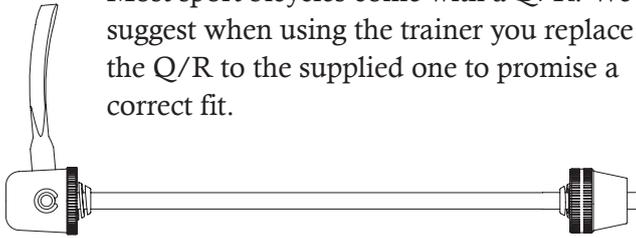
Please read carefully before use

- For use with a normal 2-wheel bicycle only. Do not use a tandem, recumbent, track racer or other.
- Fits rear wheel hub width between 120mm and 148mm with the standard 9mm quick release skewer type or the plain hub nut type.  
Cannot be used on any other bikes such as 1) narrower than 120mm width, 2) equipped with internal transmission, and 3) 12mm thru axle type hub.
- The right side coupling has a black plastic cover (Grommet) in standard on LR341. This is for protecting the quick release skewer's nut from scratching, but if you use a bike with the nut type rear wheel axle, remove Grommet for better stability.
- Fits tire size between 24" and 700x45c (ETRTO 47-622). To use 24x1.75" or smaller tire, install the supplied Small Wheel Adapter between the Mag unit and the base bracket. 29" tires cannot be used on LR341.
- 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 LR341 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 LR341 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.minoura.jp/english/>).

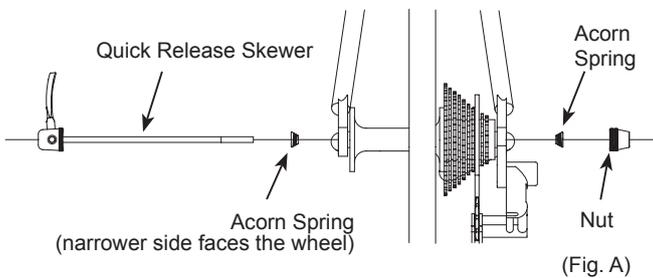
## About Quick Release Skewer

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

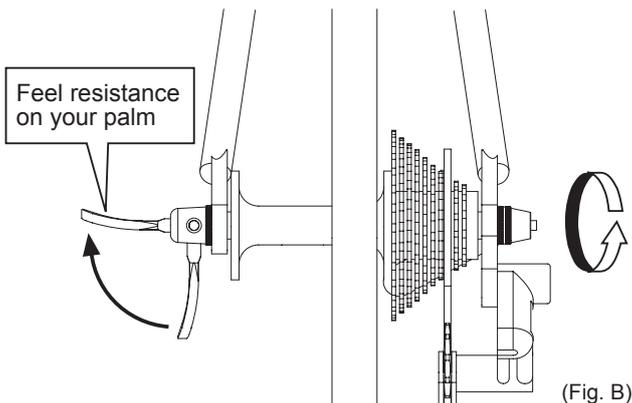
Most sport bicycles come with a Q/R. We suggest when using the trainer you replace the Q/R to the supplied one to promise a correct fit.



- 1** 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 of the hub. Attach another acorn spring and the nut on the opposite side. Temporarily tighten the nut.

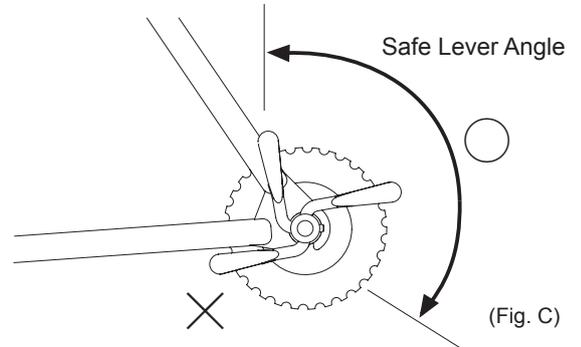


Raise up the lever. Adjust the nut tightening until you feel resistance on your palm when the lever becomes the position that it aligns to the shaft.

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

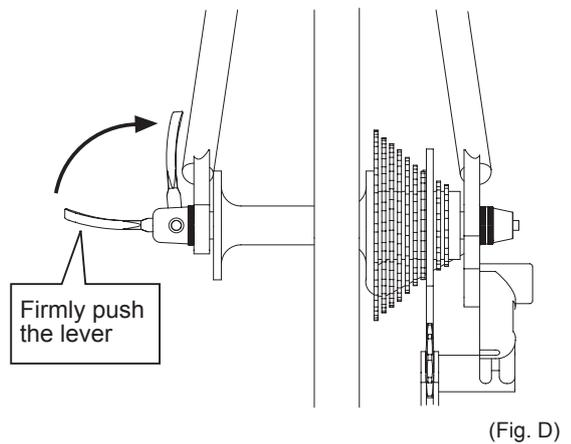


*Set the Q/R lever angle between the 12 and 4 o'clock position. Any other angle may cause the bike to detach from the couplings.*



**3**

- 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 an angle.*



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

# Setup Your LR341

**Required Tools:** 10mm Spanner, 4mm Hex Wrench (not supplied)

1. Replace the quick release skewer on the one included with the LR341.  
The coupling is designed to fit the supplied Q/R only. Minoura is not responsible to any troubles caused by using your own skewer.



*If your bike is not a quick release skewer type, but a hub nut type, remove the Grommet (a black plastic skewer nut protector) from the right side coupling.*

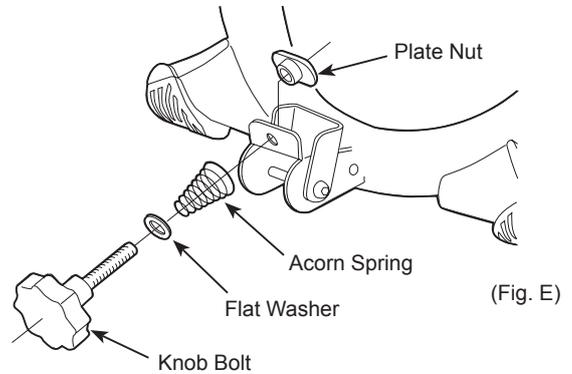


*It is not necessary to replace the supplied skewer to another one if you want to ride your bicycle outside.*

2. Install the Mag unit to the frame.  
First, install the knob bolt to micro-adjust the roller pressure against the tire.

Put the T-shaped Plate Nut into the hole on the bracket from the backside.

Screw the Knob Bolt with the Flat Washer and the Acorn Spring to the Plate Nut through the hole. (see Fig. E)



*Make sure the Acorn spring is in the correct direction. (see Fig. E)*

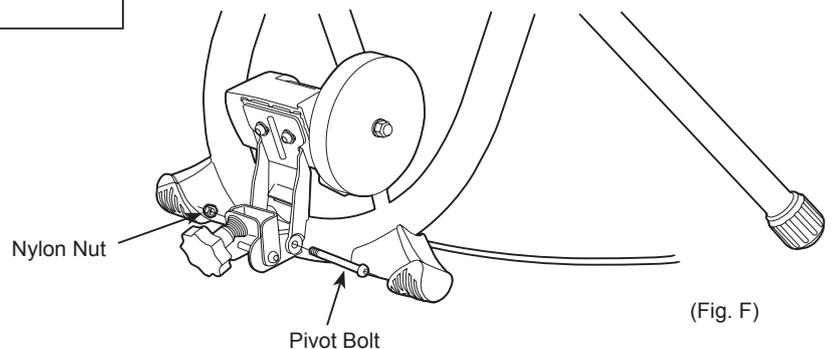
3. Install the base plate of the Mag unit to the frame.

Remove the Pivot Bolt, align the holes to the bracket. Put the Pivot Bolt through the holes, then tighten the Nylon Nut. (see Fig. F)

If you tighten the nut too much, the Mag unit won't move.

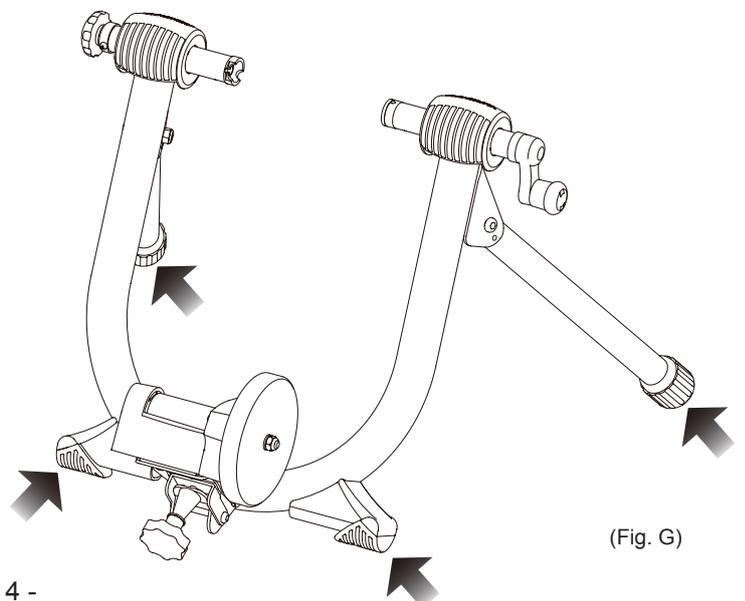
If it's too loose, you may pinch your finger.

Precisely adjust the nut tightening as the Mag unit will come down smoothly and slowly by its own weight.



4. Fully open the legs and place on the floor.  
Make sure all 4 rubber feet solidly contact the floor or ground. (see Fig. G)

If the trainer is unstable, pull on each leg to make sure each leg is fully extended for maximum stability.

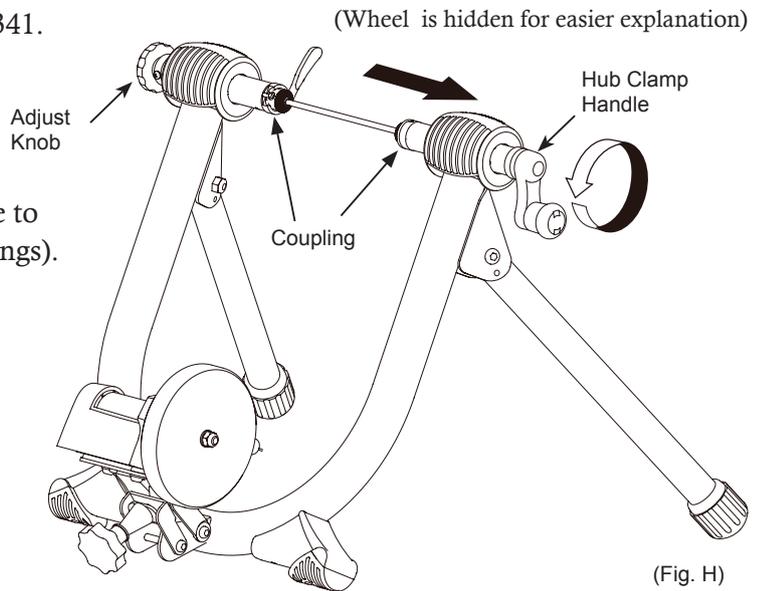


**5.** Here is the step to mount the rear wheel onto LR341. (Wheel is hidden for easier explanation)

- 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. H)

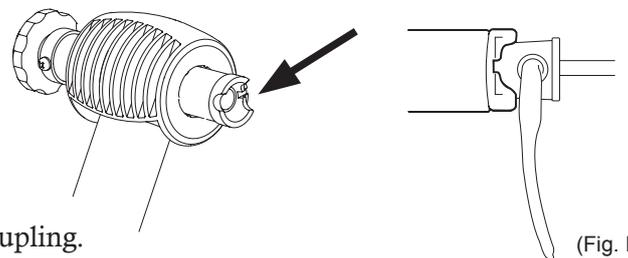


*Do NOT turn the hub clamp handle too much. It will loosen the inside nut, and it could cause a problem that the you cannot clamp the hub properly.*



(Fig. H)

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. I)

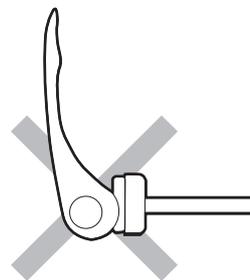


(Fig. I)

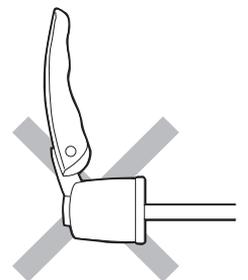
- ① Insert the left side (lever side) of the skewer into the coupling.
- ② While holding it, move down the bike until the right side skewer comes to the same height of the right side coupling.
- ③ Turn the hub clamping handle clockwise to catch the skewer with the right side coupling to clamp.



*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 skewer. (see Fig. J & K)*



(Fig. J)



(Fig. K)



*Do NOT tighten the hub clamp handle too much. It could cause damage to the LR341 frame and/or your bike. Stop tightehing when you see the LR341 frame starts spreading. Add 2 turns more. It's the limit.*

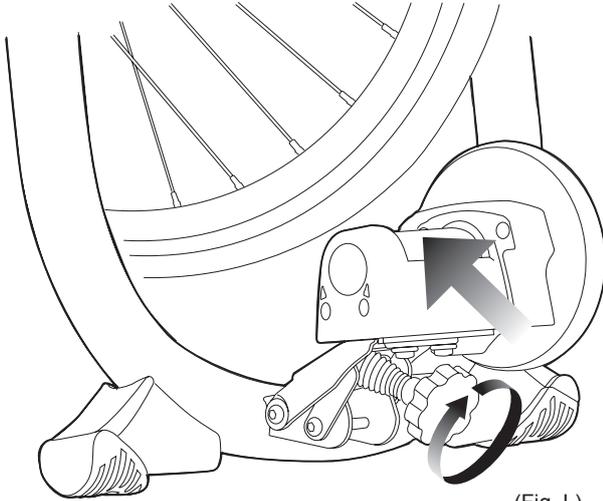


*When clamping the right side coupling, make sure the rear derailleur cable runs above the coupling not to be pinched. (especially on SRAM derailleur)*

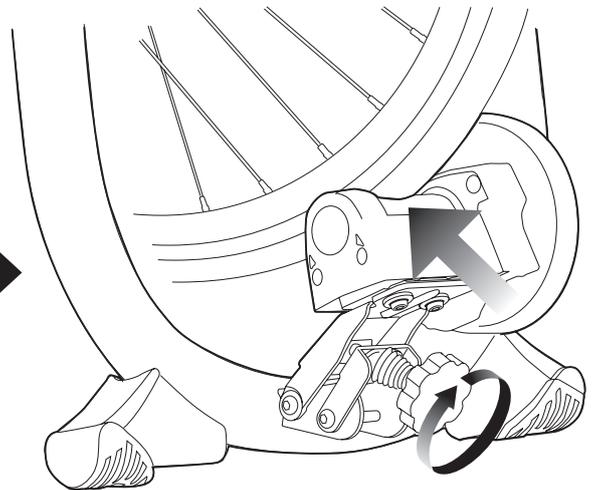
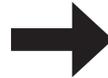
- 6.** Turn the knob bolt clockwise to compress the drive roller to the tire. (see Fig. L)  
The ideal level is that the tire is compressed in the depth of 3 – 4mm. (see Fig. M)



*Precise contact between your tire and the drive roller is critical. If the contact is too loose, your tire will slip and training will suffer. If it's too tight you will wear out your tire and possibly damage the drive roller. It's highly recommended that you increase the tire air pressure 10% more than your usual level to extend the tire life.*



(Fig. L)

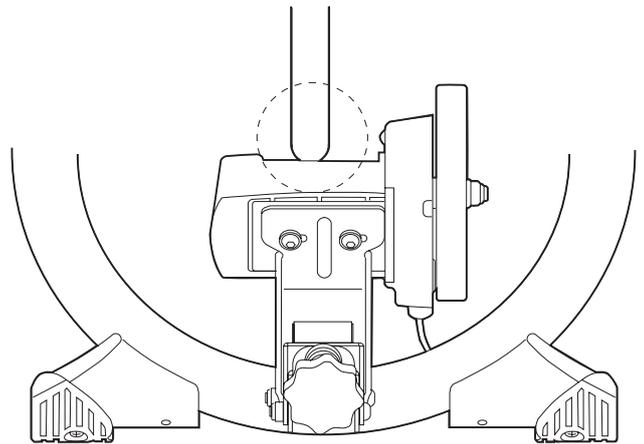


(Fig. M)

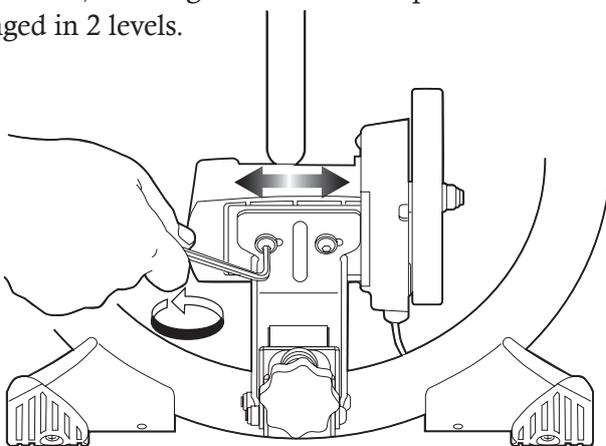
- 7.** The tire should sit in the center area of the drive roller, and you must avoid the tire touching any other area such as plastic housing. (see Fig. N)  
If the tire has conflicts, premature wear may occur. (see Fig. P)

To adjust the tire position, loosen the hub clamp handle, then turn the Adjust Knob on the left side coupling.

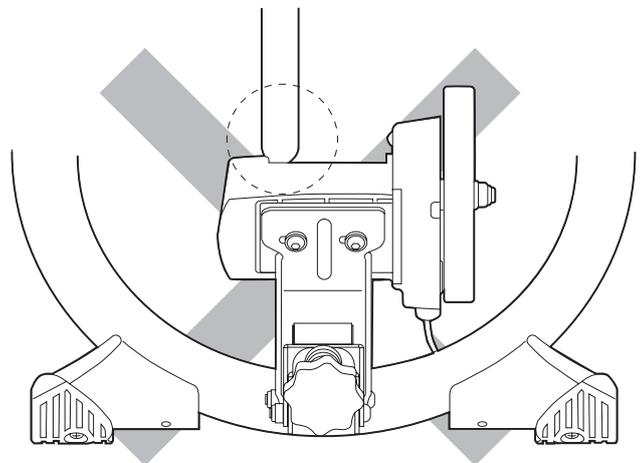
The Mag unit position is also adjustable side to side by loosening the bottom bolts. (see Fig. O)  
In addition, the Mag unit installation position can be changed in 2 levels.



(Fig. N)



(Fig. O)



(Fig. P)

- 8.** When you remove the bike from LR341, loosen the knob bolt to release the tire from the drive roller first. After that, loosen the hub clamp handle. If you have loosened the handle without loosening the knob bolt, it could terminate the re-installation of the bike because the drive roller pushes out the tire.

## How To Install Remote Shifter

**Required Tool:** 1 x M4 Hex Wrench

LR341 comes with a convenient remote shifter device. By installing it on your handlebar or stem, you can adjust the resistance in 7 different 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) Wrap the flexible plastic band around the handlebar,
- 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 standard handlebar size; 22mm (7/8") diameter.

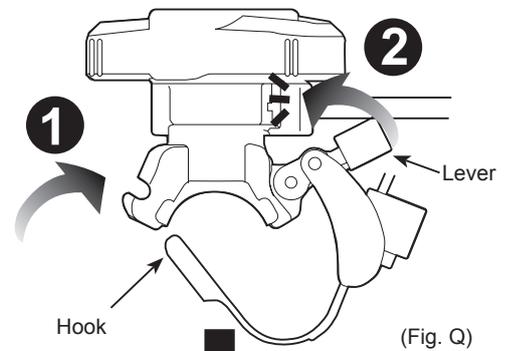
If it becomes loose or too tight, or you need to install the shifter onto an oversized handlebar or stem, adjust the band length by turning the plastic screw on the band with an M4 hex wrench.

(see Fig. S)

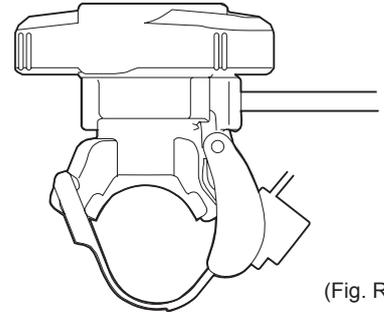
*(Please be advised that the hex wrench doesn't come in the package)*



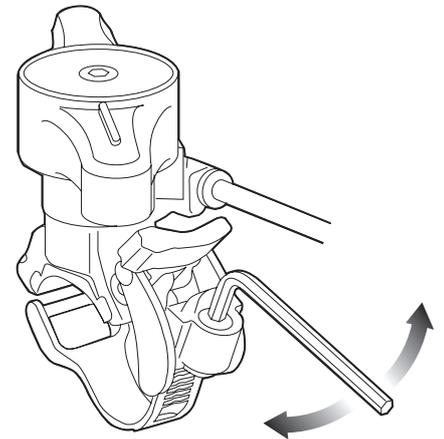
*The plastic band and screw are not made to be abused. Do not over-tighten. You should take off the hook before adjusting.*



(Fig. Q)



(Fig. R)



(Fig. S)

## How To Adjust Resistance Level

### How to increase the resistance level

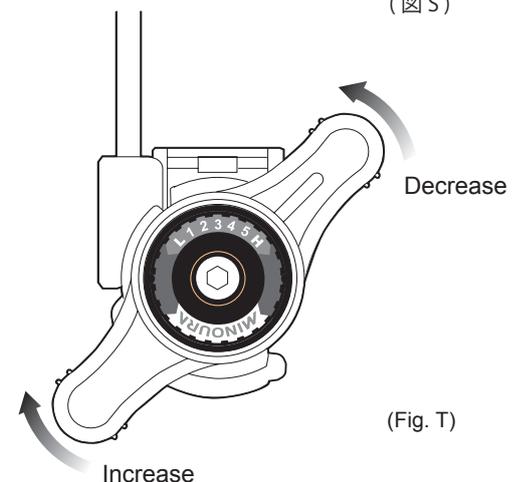
Twist the shifter lever toward "H" symbol

### How to reduce the resistance level

Twist the shifter lever toward "L" symbol



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

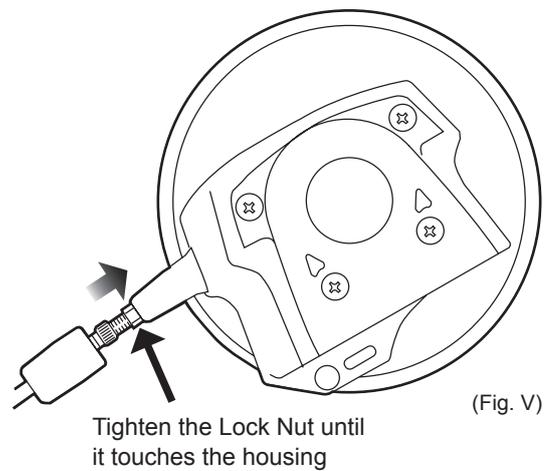
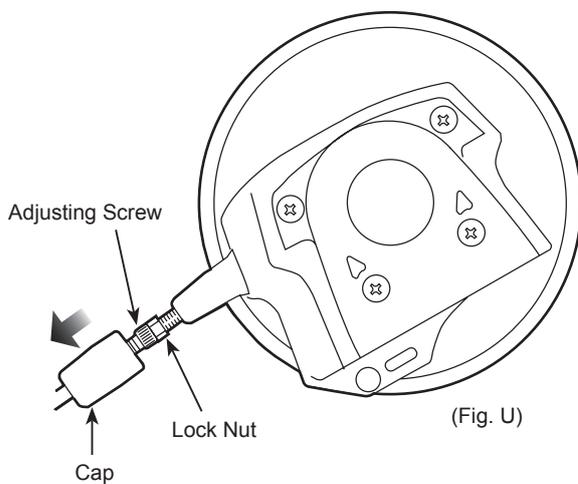


(Fig. T)

## Why My Remote Shifter Doesn't Work Properly?

If you have a shifting issue where you can't set the remote at L or H, your cable may be stretched. To fix this problem, follow the adjust the cable tension.

- 1.** Set your remote shifter at "H" position and remove the shifter from your handlebar, then straighten the cable as much as possible.
- 2.** Pull out the plastic cover cap on foot of the remote cable. (see Fig. U)
- 3.** Hold the inside Adjusting Screw and push it toward the shifter, then adjust the Lock Nut to set the cable tension properly. (see Fig. V)
- 4.** Install the cover cap again.



## How To Use Small Wheel Adapter

**Required Tools:** 1 x 10mm Spanner, 1 x M4 Hex Wrench

If you wish to use a tire size 24x1.75" or smaller, you need to install the Z-shaped "Small Wheel Adapter" between the Base Plate and the Mag unit to raise up the roller height. (see Fig. W)

The direction of Z-adapter 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 even if you install the adapter, make sure you have been installed in correct direction.

The mounting bolt configuration is a shown in the Fig. W.

