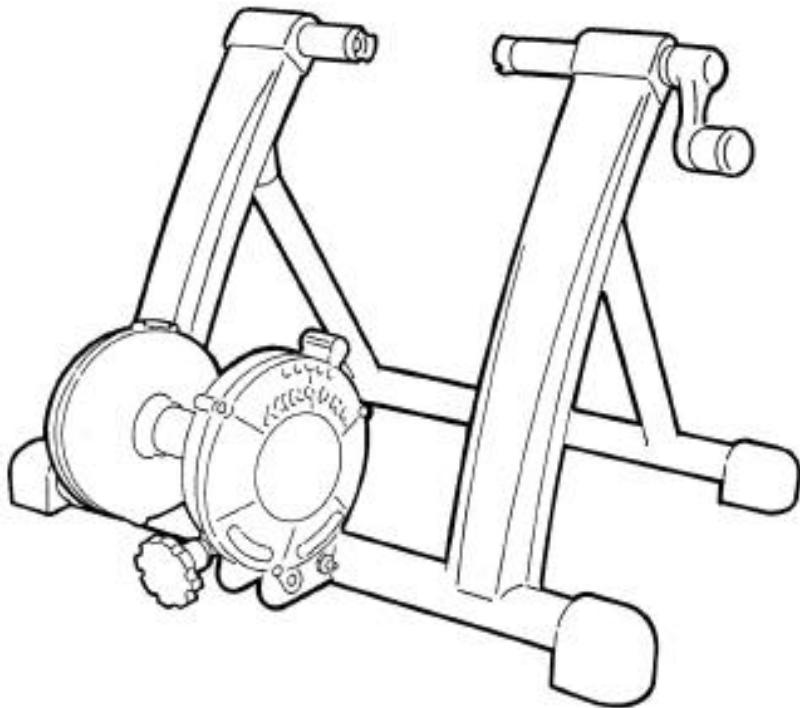


MAGTURBO ERGO INSTRUCTION MANUAL

Please read this instructions carefully before use.



Thank you for purchasing Minoura Magturbo Ergo trainer.
This is the best cost-performance stationary indoor bicycle trainer
with completely re-designed patented magnetic resistance device
that allows you to feel real road ride feel even in your house or
garage.

This trainer fits between 24" to 27" (700c) wheels with adjusting the
roller position.

If you want to ride MTB on this trainer, we strongly recommend to
replace the rear tire from knobby one to a slick one in order to avoid
vibration and noise problem caused by the tire pattern.

Enjoy your workout with Minoura Magturbo trainer.

MINOURA
ADVANCED PRO GOODS

IMPORTANT NOTES

- **Read all instructions carefully before use.**
- **Some assembly required.**
- **Keep the manual handy at all times. Lost instruction materials can be replaced through Minoura or your local dealer.**
- **Do NOT use trainer for any other purpose than instructed.**
- **The trainer is manufactured to precise standards. You may not disassemble or rebuild it.**
- **"Magturbo" is the trademarks of Minoura and may not be copied.**

WARNING

Please obey warning signs.



Use two-wheeled bicycles only. Tandems may be used if balanced correctly.



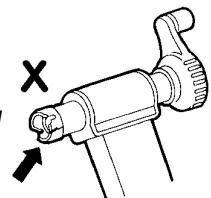
Remove all oils and moisture from the drive roller before use.



Keep both hands on handlebars at all times and maintain a normal riding position.



Check the couplings supporting the rear hub for damage and cracks. Accidents may occur from cracked or damaged couplings.



When using the trainer, place it on a flat surface for safe training.



Do not over tighten the hub-clamp handles. Over-tightening may cause damage to the trainer or bicycle frame. The clamp handles should be a snug and secure fit. Do not force!



Keep away from small children.

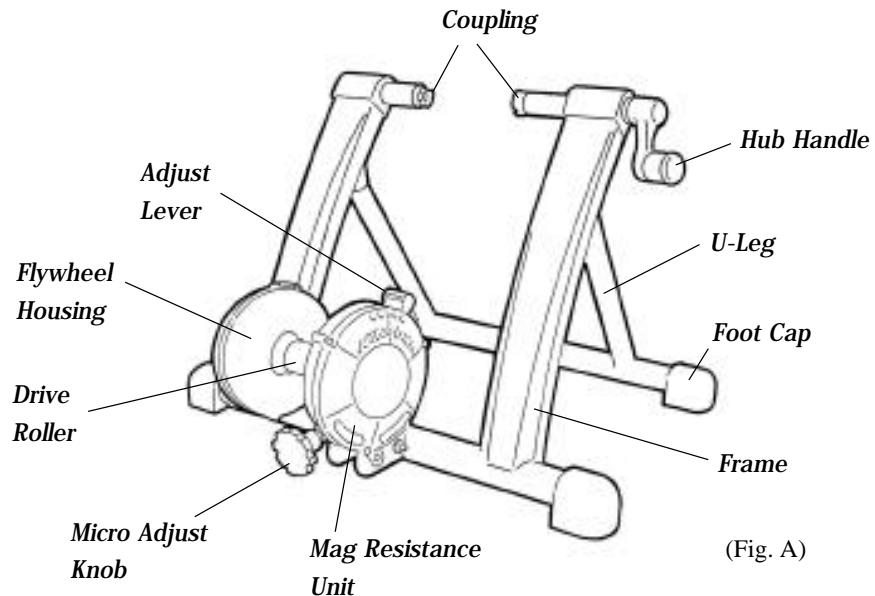


Before use, make sure all bolts and nuts are securely fastened.



Keep hands and feet away from spinning rollers and wheels at all times.

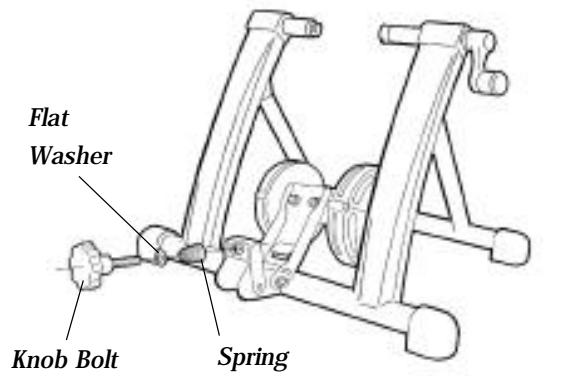
ASSEMBLING YOUR TRAINER



1 Open the Frame and U-Leg and place on level floor.

2 Tighten the Micro Adjust Knob Bolt with a spring and a flat washer. (see Fig. B)

3 That's all. Now you are ready to install your bike on the trainer.



(Fig. B)

INSTALLING YOUR BICYCLE

- 1 Before attaching your bicycle to this trainer, turn the Hub Handle in a counter-clockwise direction to open the trainer enough to easily line up your rear quick release (QR) with the Couplings. This will make it easier to attach the rear hub of your bicycle.

Do NOT open the Hub Handle too far. Otherwise the inside Nylon nut located in the metal cap of the Hub Handle may come loose.

- 2 Loosen the Knob Bolt enough until the wheel can be placed without touching the Drive Roller on Mag resistance unit. You may need to manually move the drive roller. This is O.K. and won't hurt the mag unit.
- 3 Install the rear hub between the couplings. (see Fig. C)
While holding your bicycle, tighten the Hub Handle in a clockwise direction until you see the couplings come in contact, and engage the heads of your QR lever.



(Fig. C)

- 4 Stop tightening the handle after the couplings have engaged the QR. You should NOT be able to move the bicycle without also moving the trainer. If the bicycle moves within the couplings AT ALL, continue to tighten the handle until you see no movement of the bicycle within the couplings. Please be sure not to tighten the couplings past the point that the bicycle does move within the couplings. Over tightening can cause both your bicycle and trainer to sustain damage.

Be sure to check this each time you use your trainer.

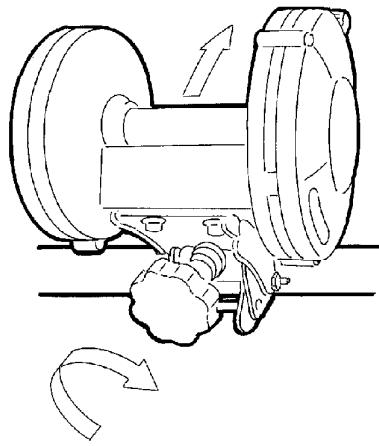
5

Tighten the knob bolt until it starts to move the drive roller towards your tire. It is O.K. to use your hand to assist in this process.

Once the drive roller comes in contact with your tire, tighten the knob bolt another half or one more turn. This should provide optimal contact with your tire.

This is a guideline and adjustment one way or the other may be necessary in order to provide the best contact. (see Fig. D)

Be sure too much or too few roller pressure to the tire will cause a problem such as wearing down so quickly.



(Fig. D)

USING THE MAGTURBO UNIT

The Magturbo unit has seven different levels of load force, replicating actual riding resistance.

The load settings range from high (H) to low (L) and can be adjusted via the white lever on the Magturbo unit or the lever on the thumb shifter device. The rider may also adjust the load force by shifting up or down among his gears, depending on the level desired.

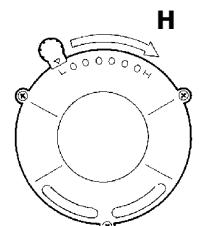
We recommend that you start with a medium to low load force and gradually work up, increasing force as muscled warm up.

Increasing Load Force

To increase the load force, move the white lever on the Mag unit toward the (H) symbol. (see Fig. E)

If your Mag unit is a remote control type, turn the lever on your thumb shifter device toward the (H) symbol.

(see Fig. G)



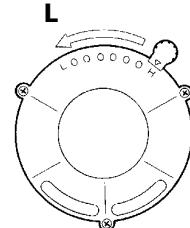
(Fig. E)

Decreasing Load Force

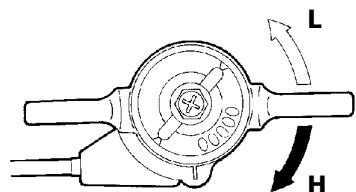
To decrease the load force, move the white lever on Mag unit toward the (L) symbol. (see Fig. F) The lowest selection is not zero load; there still be a small level of force.

If your Mag unit is a remote control type, turn the lever on your thumb shifter device toward the (L) symbol.

(see Fig. G)



(Fig. F)



(Fig. G)



You must not be riding the trainer when you are adjusting the white lever on the Mag unit for load force. Make sure all parts have stopped spinning. Do not try to adjust the lever with your feet while riding.

<Trouble Shooting Your Remote Shifter Unit>

If you experience your load level increasing automatically, the remote shifter lever may be loose.

To solve this problem, adjust the small center knob nut on the remote shifter device. (see Fig. H)

If you cannot shift to either the lowest (L) or the highest (H) position, it is possible that the inner wire of the remote shifter cable is too long and the wire tension is loose. If so, please adjust the tension with the following steps;

1.

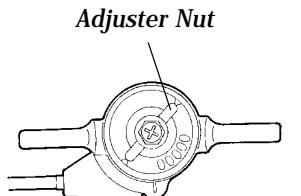
Set the remote shifter lever at "H" position. Remove the remote shifter device from the handlebar and straighten the cable.

2.

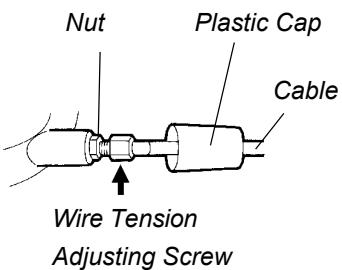
Remove the plastic cap located on the bottom of the cable. (see Fig. I)

3.

Hold the adjusting screw with your right hand and push it towards the direction of the outer cable, then adjust the nut with your left hand to make the wire tension properly.

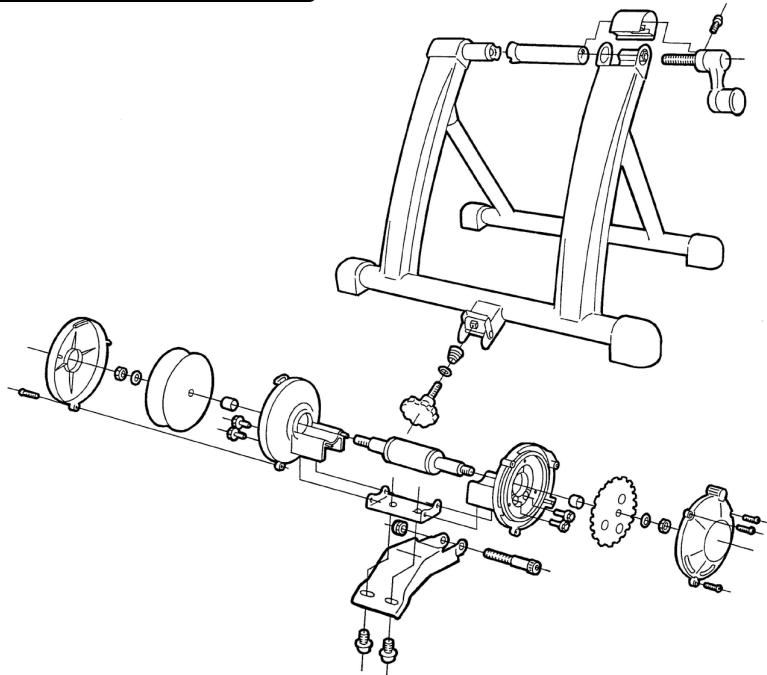


(Fig. H)



(Fig. I)

RESOLUTION DIAGRAM



FOR MORE INFORMATION

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