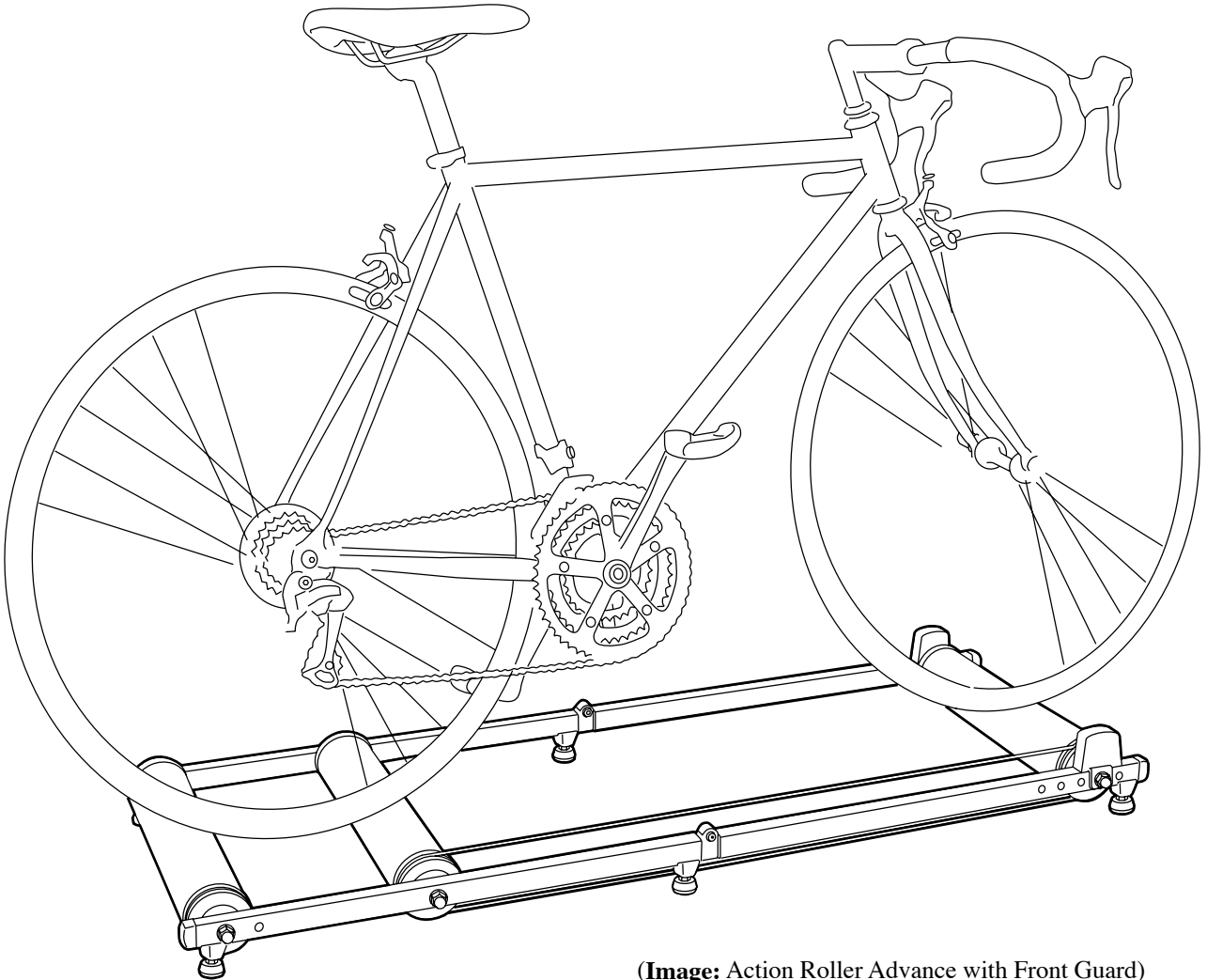


# **MINOURN** *ActionRollerAdvance*

## Instructions Manual



(Image: Action Roller Advance with Front Guard)

Read this instructions carefully before use

### **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](mailto:minoura@minoura.jp)  
[www.minoura.jp](http://www.minoura.jp)

### **Minoura North American Tech Center** (for U.S. residents only)

1996 East Avenue, Hayward, CA 94541 U.S.A.  
Phone: 1-510-538-8599 / Fax: 1-510-538-5899  
Email: [support@minourausa.com](mailto:support@minourausa.com)

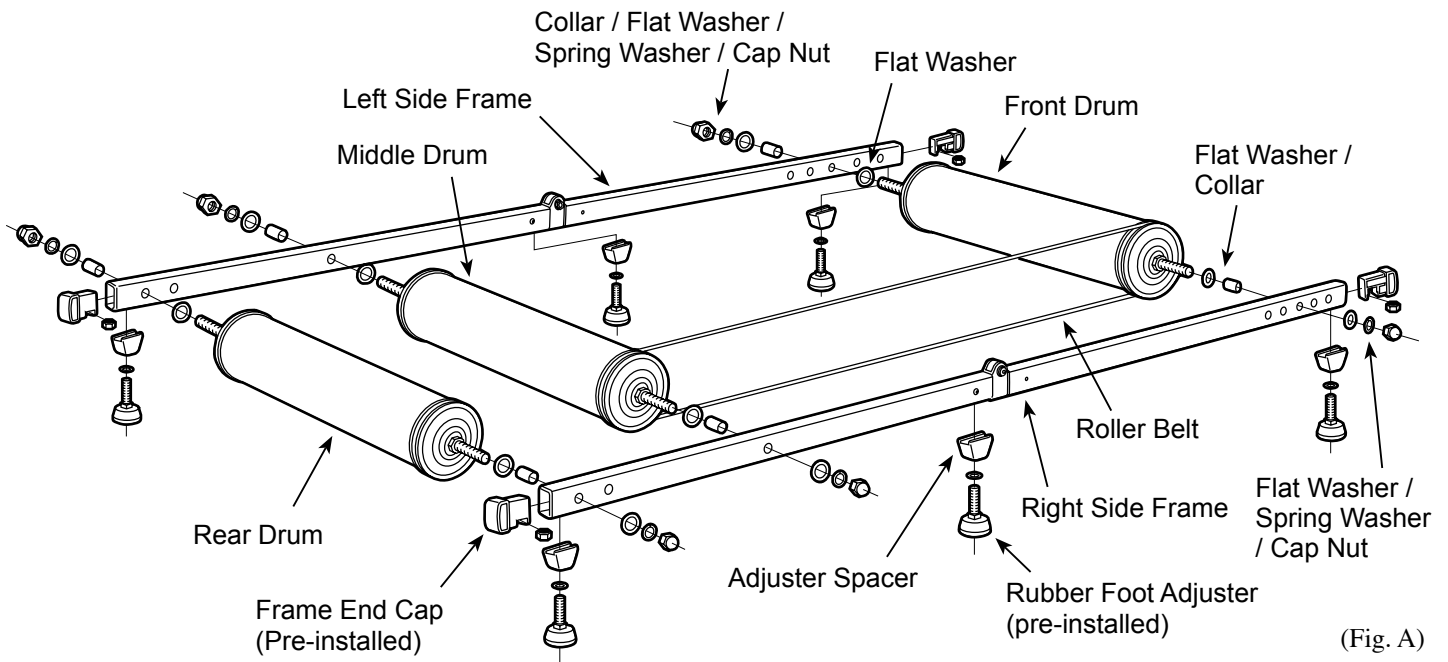
**Made in Japan**

## IMPORTANT NOTICE

- *For using on a normal 2-wheel bicycle with 24-inch or larger wheel and the wheelbase is between 970 and 1,090 mm. Do not use with a tandem, recumbent, or other.*
- *Use on flat and level floor. You should use the rollers beside a handrail or next to a wall for your safety when losing balance. We strongly recommend you to be assisted by a skillful helper if you are a beginner.*
- *Keep your hands on the handlebar at all times and do not look down. Maintain proper riding position and look at 2 - 3 meters ahead to keep the balance.*
- *Measure the actual wheelbase of your bike and set the front roller drum at correct position. If the front drum is located too far front, the handling will become worse. If too far back, you may fall off easily.*
- *Do not apply brake at all times while getting on the rollers. To stop riding, just stop pedaling and wait the speed is gradually reducing.*
- *Remember that you are lifted up 10 cm above the floor. Even though you stretch your leg, you won't reach the floor. If you wear shoes with hard cleat, it's slippery on the metal frame. Set the optional Foot Step on the frame to prevent slippage problem. Make sure you set the Foot Step away from the roller drums.*
- *Make sure the roller belt snugly sits in the groove on the roller caps. You cannot ride without the belt. Check the belt condition regularly, and do not ride if it's damaged.*
- *Check every bolt and nut are securely tightened before use.*
- *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.*
- *To prevent any possible injury, do not leave any fragile or sharp items around the rollers.*
- *When folding the frame, do not pinch your finger. Do not stand on the roller drum.*
- *Any warranty will be void if you use Advance for other purpose than instructed. Minorua offers 1-year limited warranty on the roller drum and 5-year limited warranty on the frame from the date of your purchase for any problem caused by manufacturer's defect.*  
*Any damage or problem occurred during transporting is not covered under warranty. It must be handled by the courier company.*  
*Read enclosed "Minorua Limited Warranty Policy" card for more detail.*

## Advance Schematics

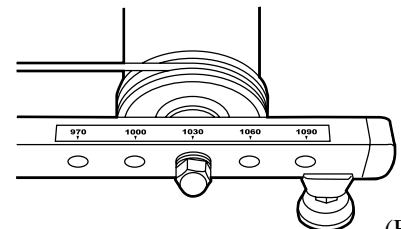
**Required Tools:** 2 x 17mm spanner (one is included)



**Make sure the Collar is inserted from outward on the left side frame, but inserted from inward on the right side frame.**

- We adopt exactly same frame for both right and left sides. The left side hole is always larger than the right side one. Collar is inserted from larger hole.
- Do not tighten the Cap Nut without the collar, otherwise the alloy frame will have to be deformed.
- The nuts on both roller drum end work for holding the bearing in correct position. They should be tightened with proper torque. Do not overtighten, otherwise the bearing will be damaged.

**1** Open the frame (not straighten) to install the roller drums. (see Fig. A)  
Make sure you set every drum in same direction. And also remember the collar insertion direction is different on right and left side frame.

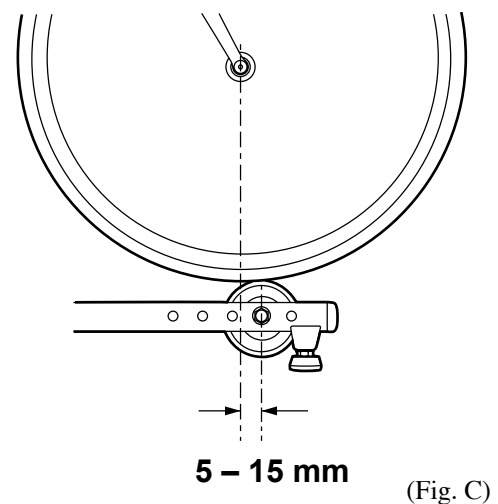


**2** Measure the actual wheelbase (the distance between the front and rear wheel axle) of your bike. Set the front drum at correct hole by referring the wheelbase indicator on the front frame. (see Fig. B)

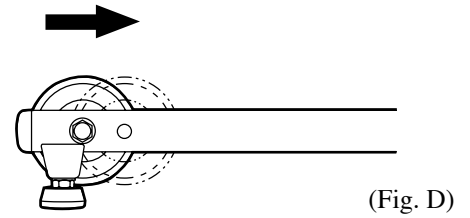
**3** Place your bike on the rollers temporarily and check if the front wheel axle is located 5 - 15 mm behind the front drum axle. If the front drum is located too far front or back, change the drum position. (see Fig. C)



**If the front drum is located too far front, the steering character will become too heavy.  
If the front drum is located behind the front wheel axle, you may fall off forward easily when you push the handlebar.**



- 4** When you use with the wheel smaller than 26-inch (like as 24-inch or 650c), change the rear drum position forward. (see Fig. D)  
This is for leveling your bike.



- 5** To install the optional Front Guard or Front Guard Roller, install it onto the front roller axle from outward, then tighten with washers and cap nut. (see Fig. E)



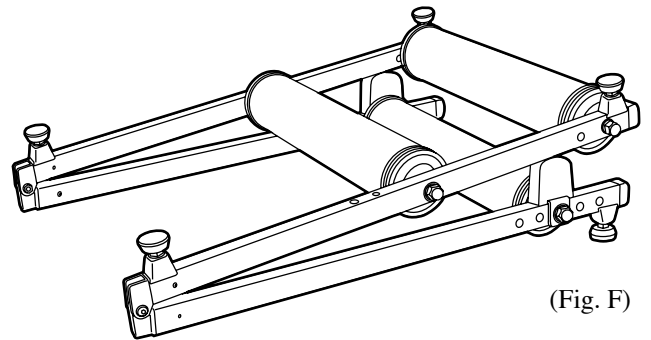
## How To Open & Fold the Frame

(Image: Action Roller Advance with Front Guard)

Action Roller Advance is designed to be foldable into two for compact storage when not in use. (see Fig. F)



**Do not pinch your finger at the frame joint.**

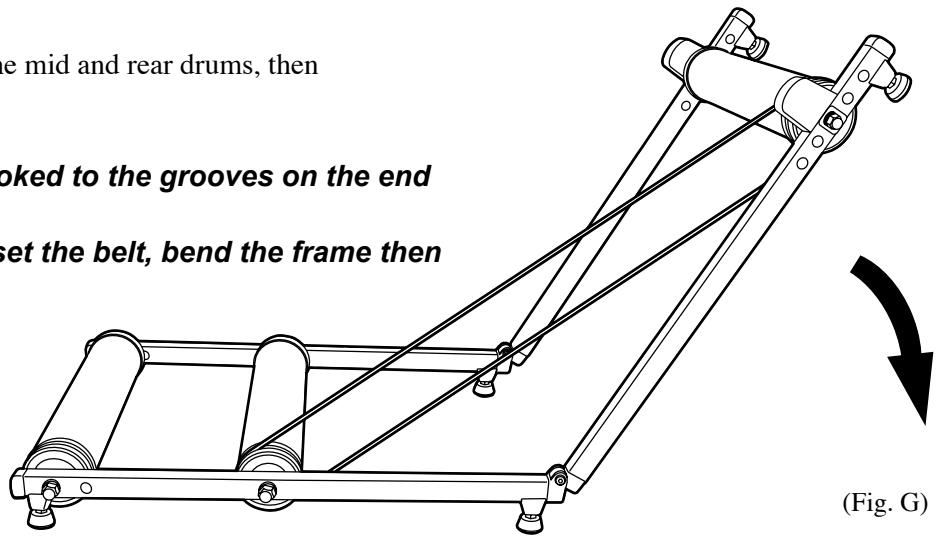


- 1** Hold the frame by hands and open it.

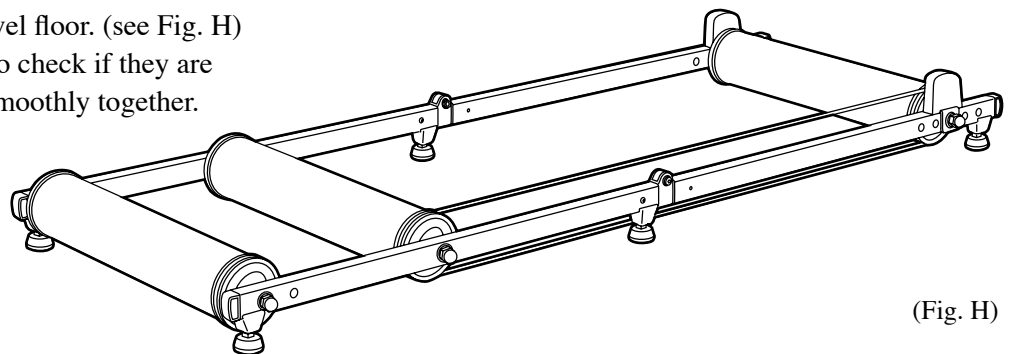
- 2** Set the roller belt to the groove on the mid and rear drums, then straighten the frame.



**Roller Belt must be hooked to the grooves on the end caps properly.**  
**If you have missed to set the belt, bend the frame then try again.**



- 3** Place the rollers on flat and level floor. (see Fig. H)  
Rotate the mid or front drum to check if they are properly connected and spin smoothly together.



- 4** You will not be supported by anything on the rollers. If the rollers have been set on slanted floor, you will have to be pulled to the lower direction and it makes difficulty on maintaining the balance.  
If one of the 6 foot has been lifted up or if either drum has touched something, adjust the length of every adjuster to avoid those problems. After adjusting, tighten the nut toward the Adjuster Spacer to lock it.

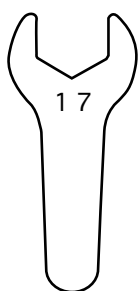
## How To Ride Rollers

It requires certain skill to ride on the rollers. It's not easy for the beginners, so they must need a skillful helper to be instructed. Set up the rollers beside a handrail or next to a wall for supporting yourself when you lose balance.

Below are the tips for riding the rollers. But we strongly recommend you to learn from a skillful coach or carefully read the specific booklet before trying the rollers.

- 1)** The most important thing is that you must get on in the center of the bike. If you have shifted to rightward or leftward, the bike will have to go to this direction naturally. Maintain the correct riding position.  
Do not look down and try to look at 2 - 3 meters ahead to keep the balance.
- 2)** The next important thing is that you don't apply any force to the handlebar.  
To do so, apply most of your weight to the saddle. Hold the handlebar as narrow as possible. Just touching the handlebar would be the best. Do not grab the drop bar on beginners, it's dangerous.
- 3)** Support your body by touching the wall, then start pedaling promptly. The bike can stand alone with the wheel's gyro moment, so slow speed is not good enough to get this force. The initial speed target should be 20 - 25 km/h. When you feel you can maintain the balance, release the hand slowly.
- 4)** Even if you lose the balance, it can be recovered automatically by continuing pedaling. Do not apply any force to the handlebar and do not stop pedaling. Keep pedaling is the safest way.
- 5)** Do not apply brake at all times while you are riding on the rollers. To stop riding, just stop pedaling and wait the speed is gradually reducing then expand your leg. We suggest you to set the saddle height a little lower than usual for easier approach to the step.

## How To Tighten The Roller Nut

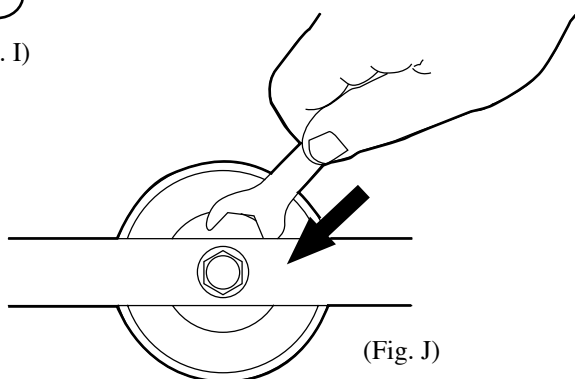


(Fig. I)

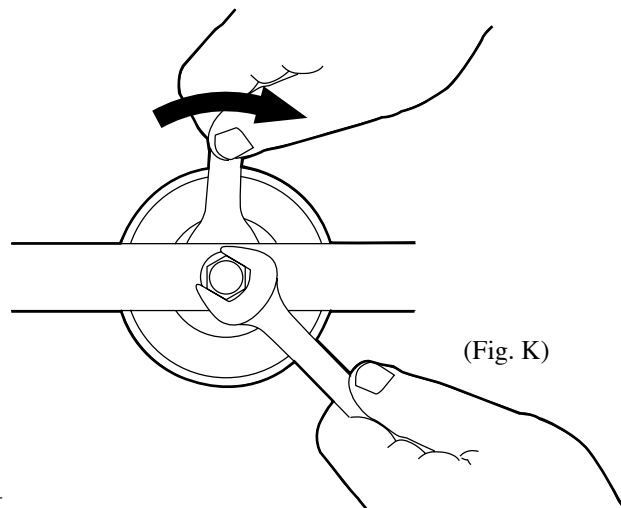
The roller nut which is located on both roller drum ends and works for holding the bearing in correct position may be loosened after use. If the nut has been loosened, the bearing will come out and occur the vibration and strange noise.

Check regularly if the roller nut is properly tightened with the supplied 17mm plate spanner (Fig. I).

If the nut has been loosened, apply the 17mm plate spanner to the nut (see Fig. J), apply another 17mm wrench to the Cap Nut (see Fig. K), then tighten the Roller Nut only.



(Fig. J)



(Fig. K)