

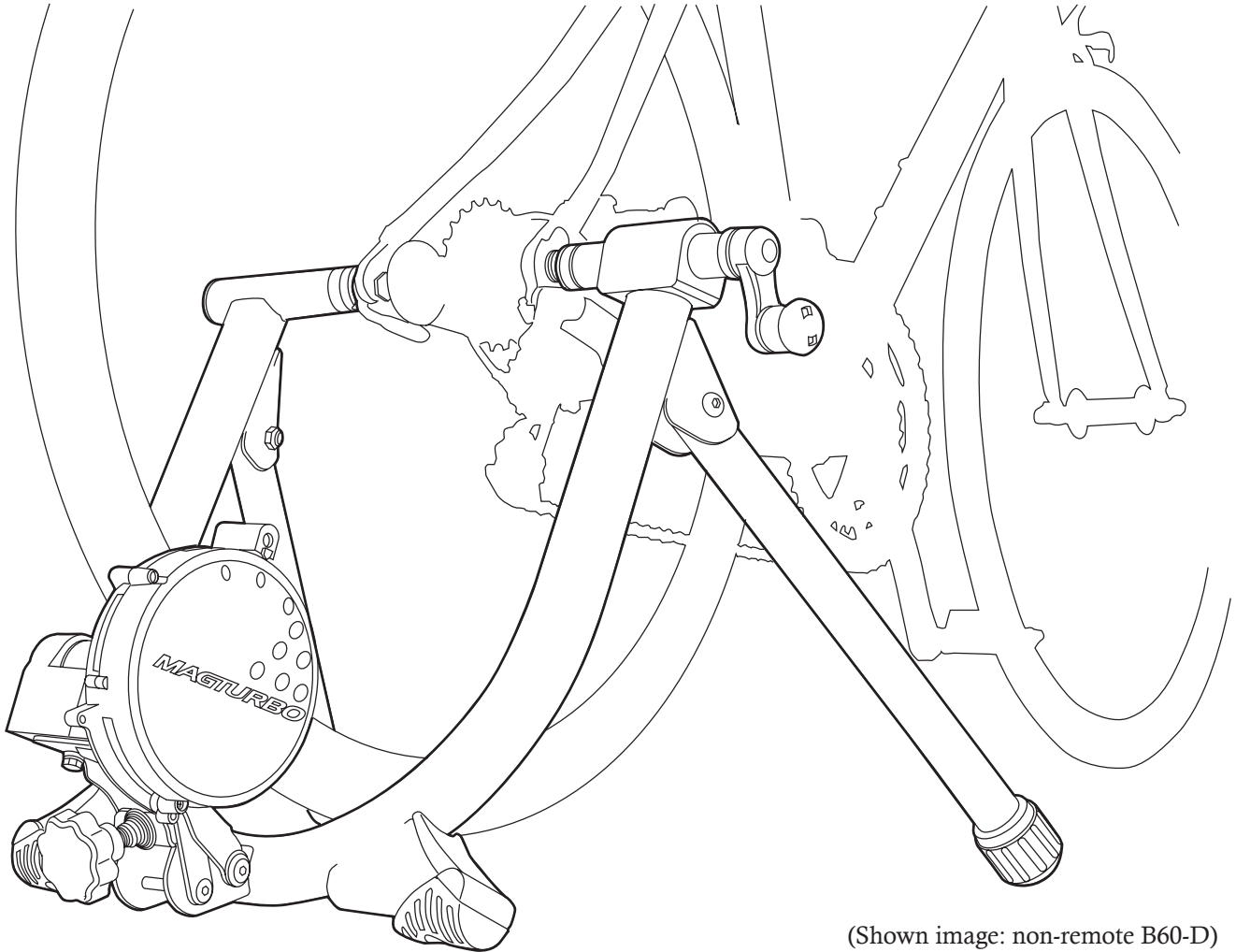
# MINOURA

(ver.1.4 2011/8)

## B60-D (Non-Remote) B60-R (Remote)

### Indoor Bicycle Trainer – instructions manual

Tire Size Capacity Range	<w/o Z-adaptor>	26 x 1.0 – 700 x 45c
	<with Z-adaptor>	22 x 1-3/8 – 700 x 32c



(Shown image: non-remote B60-D)

Read this instructions manual carefully before use

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**Made in Japan**

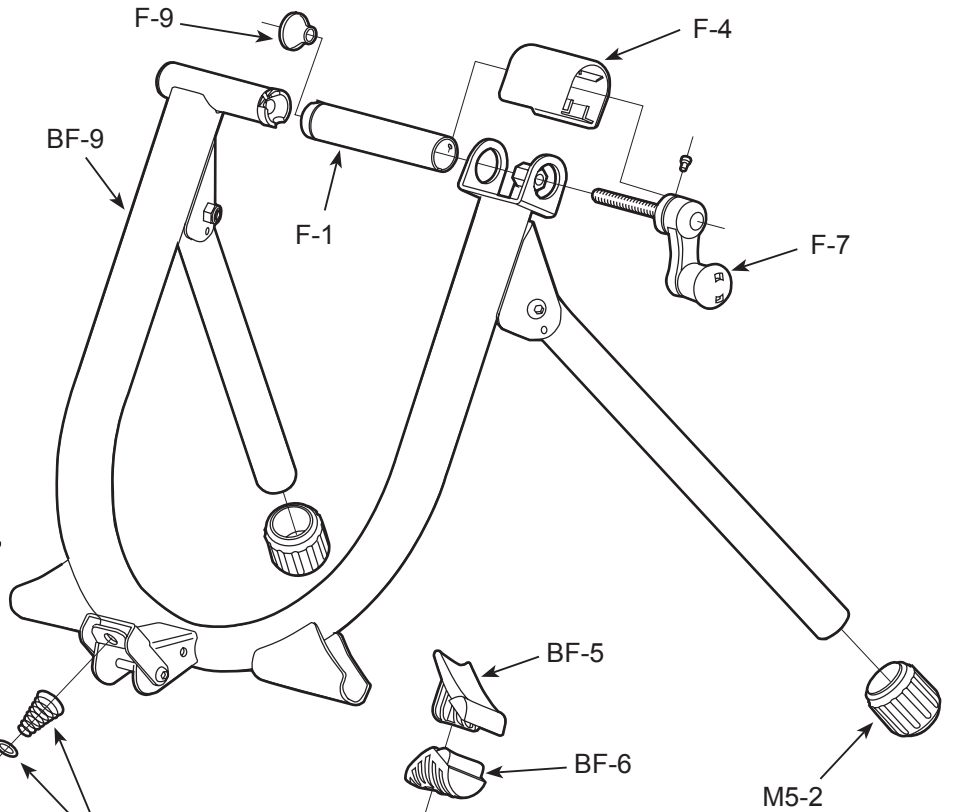
# MINOURA

## IMPORTANT NOTICE

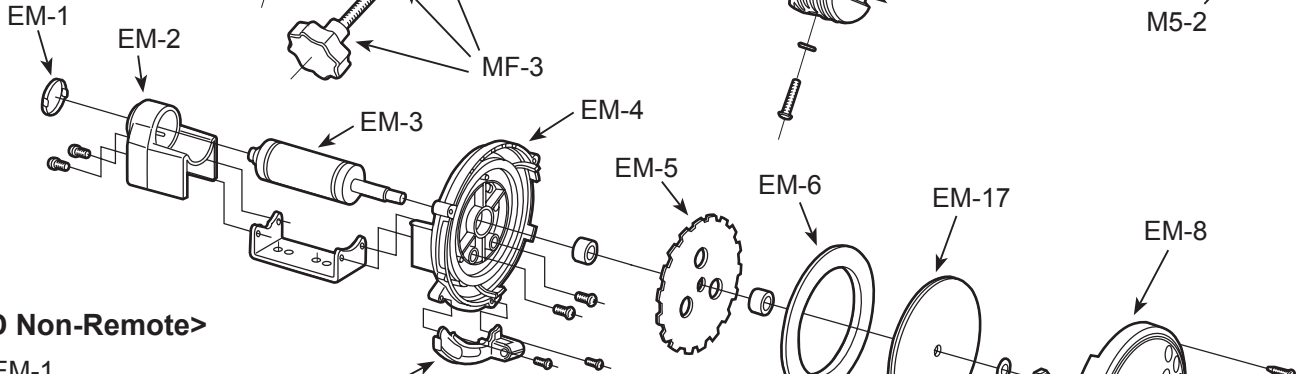
- *For use with a normal 2-wheel bicycle only. Do not use a tandem, recumbent, or other.*
- *Fits tire size between 26x1.0 and 700x45c. 29-inch is not compatible on this model. To use 26x1.0" or smaller tire, install the optional Z-shaped Small Wheel Adaptor.*
- *Some assembly required. Use correct tools (10mm spanner & M4 hex wrench). Tools are not supplied in the kit.*
- *Use the supplied rear quick release skewer for maximum stability. Minoura is not responsible for any problem caused from using your own skewer. (\* Quick release skewer = A wheel axle device which allows mounting/disengaging the wheel without any tool)*
- *If your bike wheel is not equipped with a quick release skewer but a standard hub nut type axle, remove the black plastic Grommet (F-9) from the Right Side Coupling (F-1) for better and safer fitting. Be sure that it is not possible to convert a hub nut type wheel axle to a quick release skewer type unless replacing the wheel hub itself.*
- *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-to-roller contact will eventually wear both your tire and the trainer roller. It's normal.*
- *On B60-D (non-remote type), adjusting the resistance must be done when the bike stopped. Do not operate the Dial Lever (EM-13) for changing the resistance power while the rear wheel is spinning.*
- *Touching the spinning wheel and/or any other moving parts while training should cause serious injury. Keep children and pets away from the trainer when in use.*
- *If you feel any strange noise or smell, stop using B60 immediately and contact the retailer where you purchased.*
- *Any warranty will be void if you use B60 for other purpose than instructed. Minoura offers 1-year limited warranty on the resistance unit 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 caused by transporting process is not covered under warranty. Any damage from shipping or moving must be made to the shipping company. Read enclosed "Minoura Limited Warranty Policy" card for more detail.*

# B60 Schematics

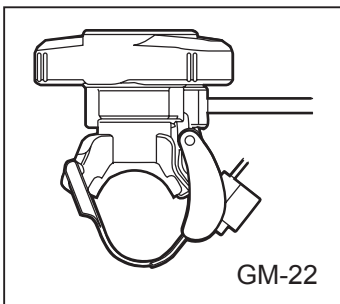
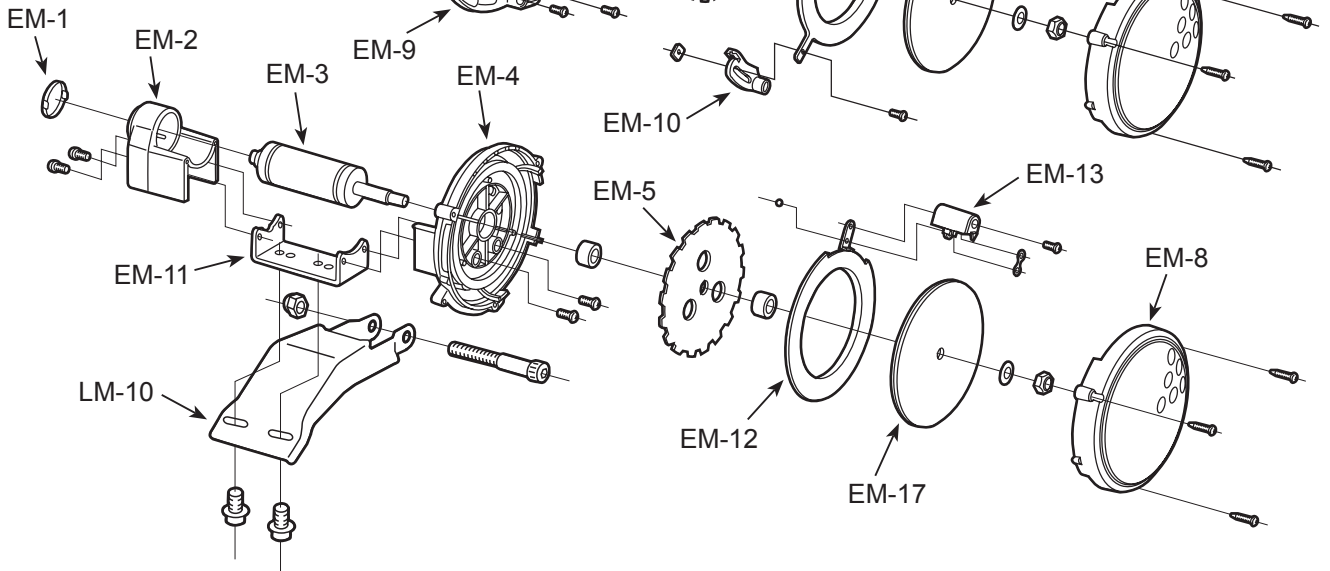
- F-1: Coupling (Right)
- F-4: Coupling Cover
- F-7: Hub Handle
- F-9: Grommet
- BF-5: Leg Rubber Cover (White)
- BF-6: Leg Rubber
- BF-9: B60 Main Frame (Black)
- M5-2: Rubber Foot Cap (29mm)
- MF-3: Micro Adjust Knob Set



## <B60-R Remote>



## <B60-D Non-Remote>



- EM-1: Outer Cap
- EM-2: Axle Holder
- EM-3: Drive Roller & Bearing
- EM-4: Main Housing
- EM-5: Alloy Plate
- EM-6: Magnet Plate (Remote)
- EM-8: Flywheel Cover
- EM-9: Remote Base
- EM-10: Cable Guide
- EM-11: Connecting Plate
- EM-12: Magnet Plate (Dial)
- EM-13: Dial Lever
- EM-17: Flywheel (600g)
- GM-22: Remote Shifter
- LM-10: Base Plate

## How To Setup Your B60 Trainer

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

1. Replace your rear wheel quick release skewer to the supplied one.  
Minoura guarantees the stability only when using the supplied skewer due to the coupling inner shape.



*If your bike is not equipped with quick release skewer and it's a hub nut type, you should remove the black plastic Grommet (Skewer Nut Protector) (F-9) from the right side coupling. Minoura doesn't guarantee the stability if you don't remove the Grommet*



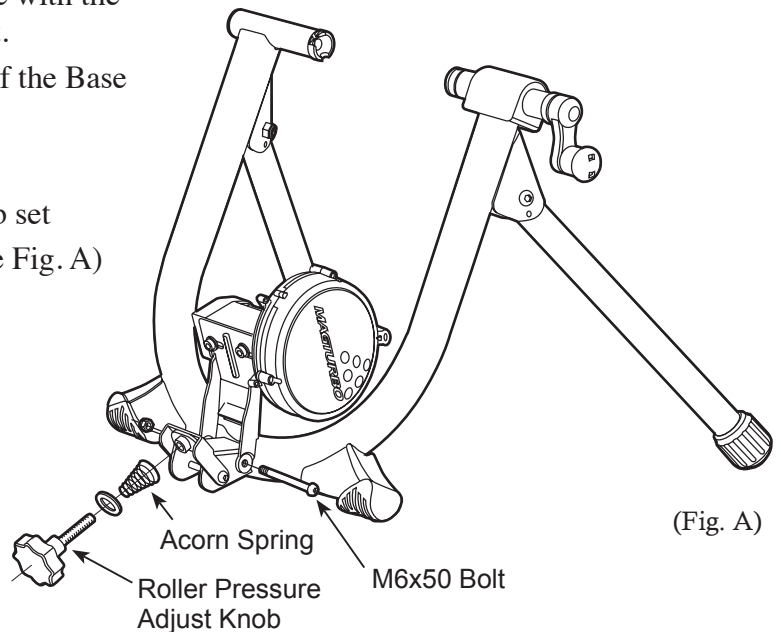
*You don't need the supplied quick release skewer if your wheel is a hub nut type. It's not possible to convert your wheel from the hub nut type to the quick release skewer type unless replacing the hub.*

2. Install the MAG resistance unit to the frame with the supplied M6x50 bolt and the M6 Nylon nut.  
The bolt and nut are preinstalled on the tip of the Base Plate (LM-10).

And install the Roller Pressure Adjust Knob set (MF-3) to the welded nut on the frame. (see Fig. A)



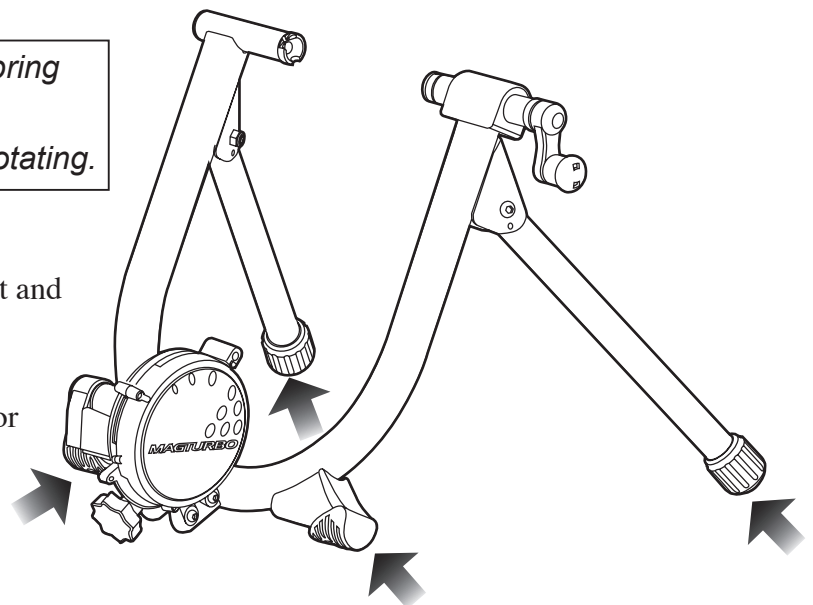
*Precisely adjust the tightening torque of the M6x50 bolt.  
Too strong setting will cause difficulty of moving the MAG unit smoothly.  
Too loose setting may pinch your finger .*



(Fig. A)



*Make sure the acorn shaped spring direction is as shown in Fig. A.  
Failure will cause difficulty on rotating.*



(Fig. B)

3. Fully open both legs and place B60 on a flat and level floor.  
At this moment, make sure all 4 feet are contacting the floor at once to sit on the floor stable. (see Fig. B)

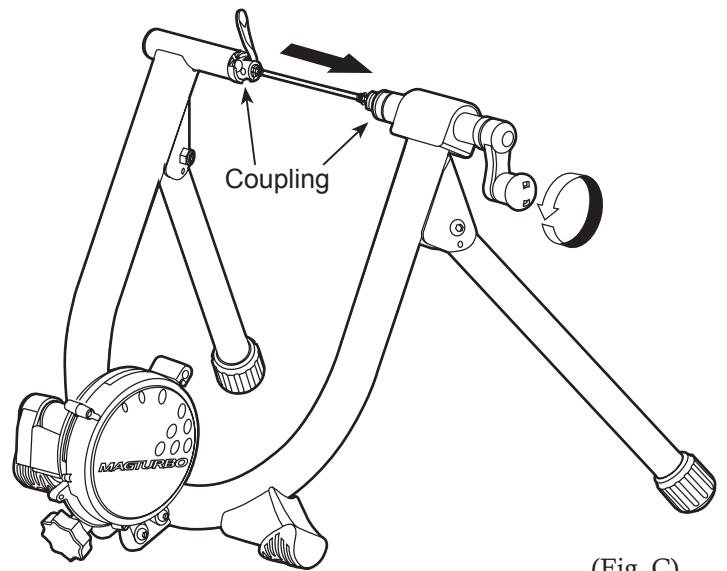
**4.** Place your rear wheel in between the couplings.

- 1) Turn the Hub Handle in the direction of counter-clockwise to make the enough space between the couplings.

You should almost fully open the coupling for easier wheel installation. (see Fig. C)



*Be careful not to over-loosen the Hub Handle. It will loosen the inside nut and no longer proper tightening can be expected.*



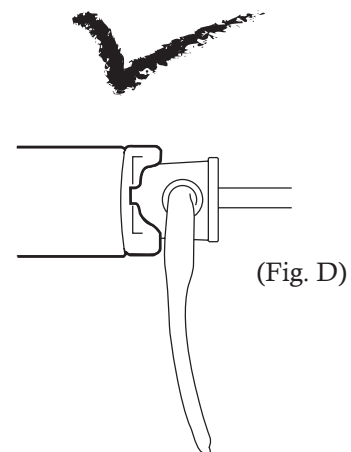
(Fig. C)

- 2) Insert the left side (quick lever side) skewer into the left side coupling first. The quick lever shaft must be inserted into the cut-out on the coupling to hold the bike stable. Turn the coupling to adjust the cut-out position prior to tightening the Hub Handle.
- 3) While keeping this position, slowly come down the bike to align the right side acorn nut to the right side coupling.
- 4) Turn the Hub Handle clockwise to hold the rear wheel. Once the rear wheel hub is stiffly caught between the couplings and you see the frame starts opening, it's the bottom position. Stop tightening.
- 5) Turn the Hub Handle two more rotations. Do not try to over-tighten the Hub Handle.



*Both right and left side couplings are designed to suit the supplied quick release skewer. The left side coupling must fit perfectly in the skewer head to get correct stability. (see Fig. D)*

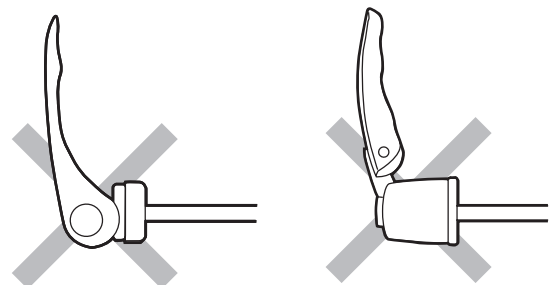
*Any skewer type which lever is located on the end of the axle (see Fig. E) or the lever will not be bent over right angle (see Fig. F) cannot be used on B60.*



(Fig. D)



*Do not try to over-tighten the Hub Handle to keep the correct tightness of rear hub clamping. Too tight setting will cause damage to both B60 and your bike frame. Too loose setting may cause the bike to come out of the trainer during use.*



(Fig. E)

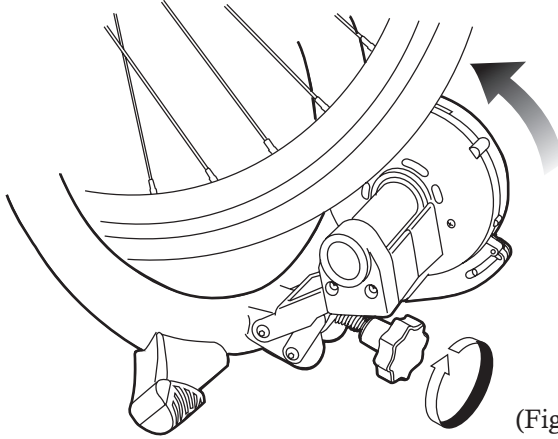
(Fig. F)

- 5.** Contact the Drive Roller to the rear tire by turning the Roller Pressure Adjust Knob clockwise. (see Fig. G) The best position is that the roller compresses the tire in the depth of 3 - 4 mm. (see Fig. H)

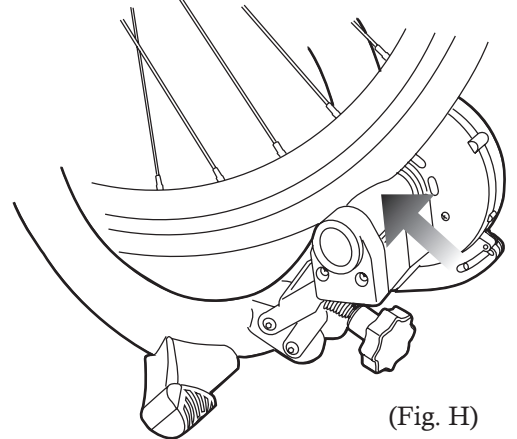


*Please note too much and too less roller pressure will bring premature tire wear. Keep correct roller pressure and maintain the air pressure in correct level before using B60.*

**TIPS** *If it's hard to tighten the knob bolt, lift up the Mag unit by hand then tighten the knob.*



(Fig. G)

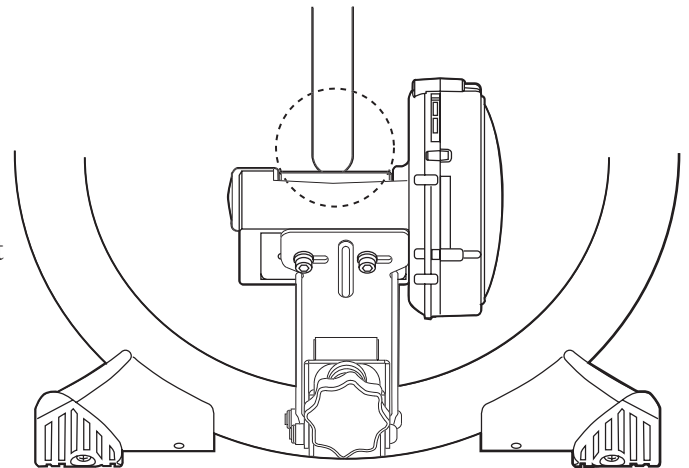


(Fig. H)

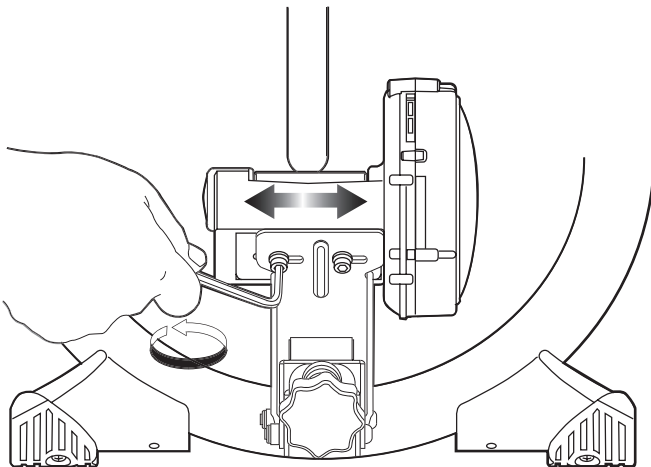
- 6.** The rear tire should sit in the almost center part of the Drive Roller without touching any other parts. (see Fig. I)

If the tire has touched the plastic parts (see Fig. K) due to some reasons like the rear wheel is not trued correctly or you have installed a too fat tire, you must adjust the Mag unit position.

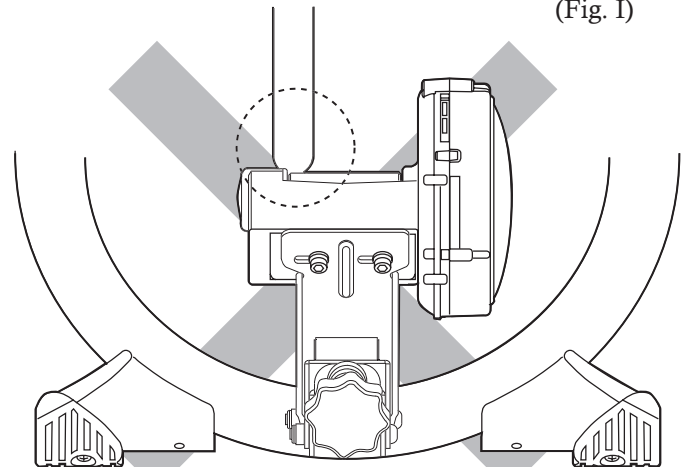
To do so, loosen the backside screws with M5 hex wrench, adjust the roller position, then tighten the screws again tightly. (see Fig. J)



(Fig. I)



(Fig. J)



(Fig. K)



*If the rear tire has touched any other parts than the Drive Roller, the certain part should be damaged and your tire will wear out quickly.*

- 7.** To remove the bike from B60, loosen the micro adjust knob first, then loosen the Hub Handle. If you remove the bike without changing the roller position, the next installation may become difficult because the rear wheel has been pushed forward by the roller.

## How To Adjust Resistance Level (B60-D)

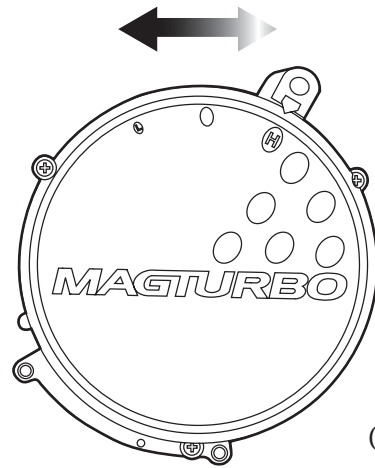
B60-D provides 3 different resistance levels to suit your training level.

### To Increase Resistance Level:

Slide the Dial Lever toward "H" position.

### To Decrease Resistance Level:

Slide the Dial Lever toward "L" position.



(Fig. L)

## How To Adjust Resistance Level (B60-R)

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

B60-R 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.

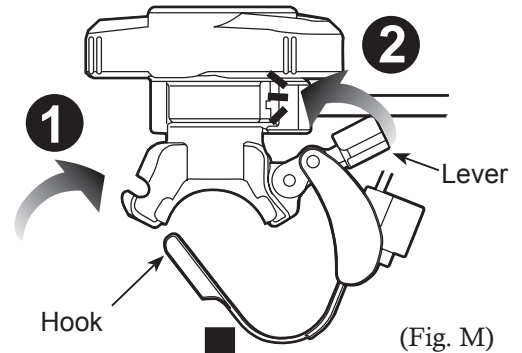
The remote shifter is pre-adjusted to fit the standard handlebar size; 22mm (7/8") diameter.

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. O).

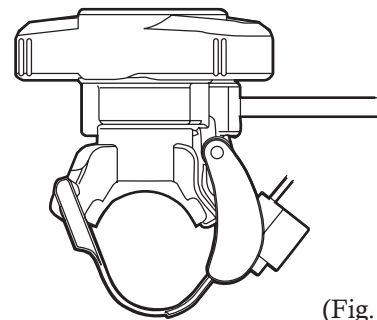
*(Please be advised that the hex wrench doesn't come in the package)*



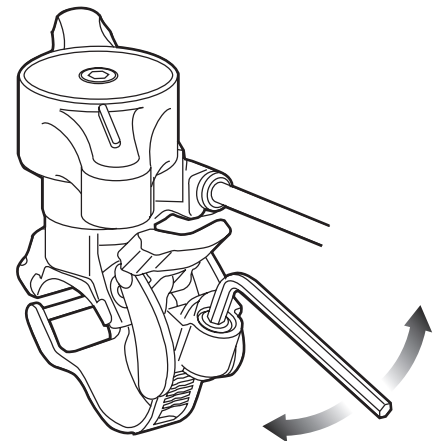
*The plastic band and screw are not made to be abused. Do not over-tighten. You should take off the hook before adjusting.*



(Fig. M)



(Fig. N)



(Fig. O)

## How To Adjust Resistance Level

### How to increase the resistance level

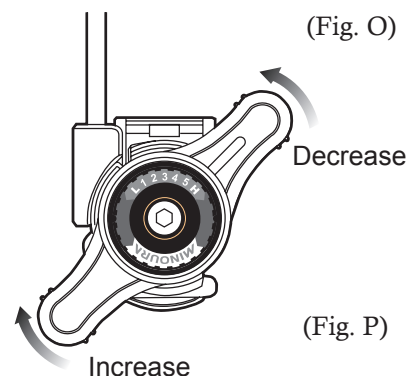
Twist the shifter lever toward "H" symbol.

### 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.*

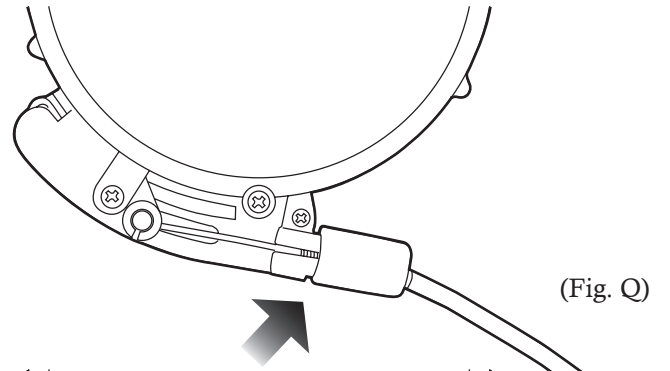


(Fig. P)

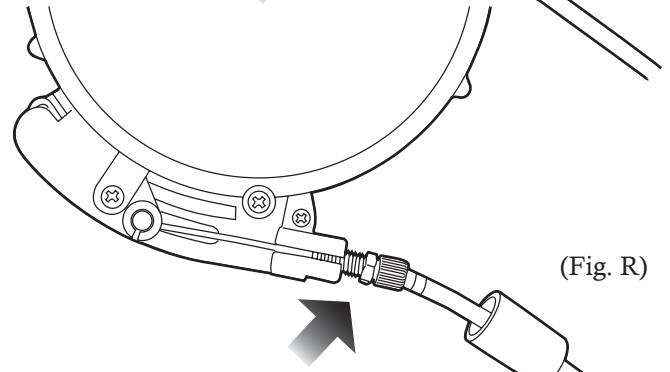
## Why My Remote Shifter Doesn't Work Properly?

You may have a shifting problem that you cannot set at L or H position properly due to the lengthened inner cable. To fix this problem, follow the steps to adjust the initial cable tension.

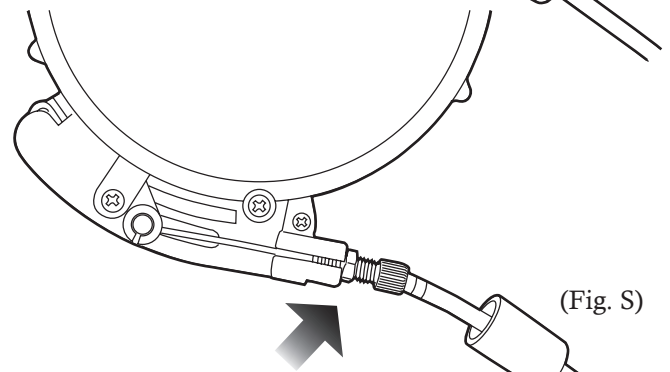
- 1.** Set your remote shifter at "H" position and remove the shifter from your handlebar, then straighten the cable as much as possible.
- 2.** Pull out the plastic cover cap on foot of the remote cable. (see Fig. P and R)
- 3.** Hold the inside adjusting screw and push it toward the shifter, then adjust the locking nut to set the cable tension properly. (see Fig. S)
- 4.** Install the cover cap again.



(Fig. Q)



(Fig. R)



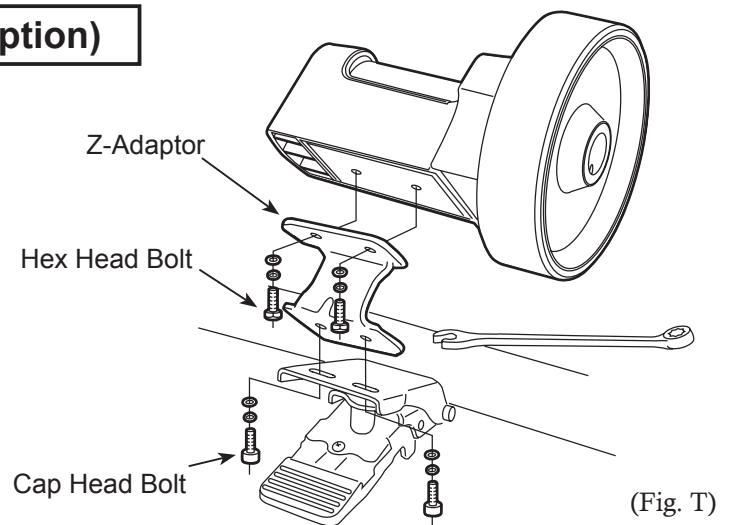
(Fig. S)

## How To Use Small Wheel Adaptor (Option)

If you wish to use the tire sized 26x1.0" or smaller, you need to install the optional Z-shaped "Small Wheel Adapter" between Base Plate and Mag unit to raise up the roller height.

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 adaptor, make sure you have been installed in correct direction.



(Fig. T)

< in case of V270 >

Use the original cap head bolts for the Base Plate, and use the supplied hex head bolts for the Mag unit.

**Required Tools:** 1 x 10mm Spanner  
1 x M5 Hex Wrench