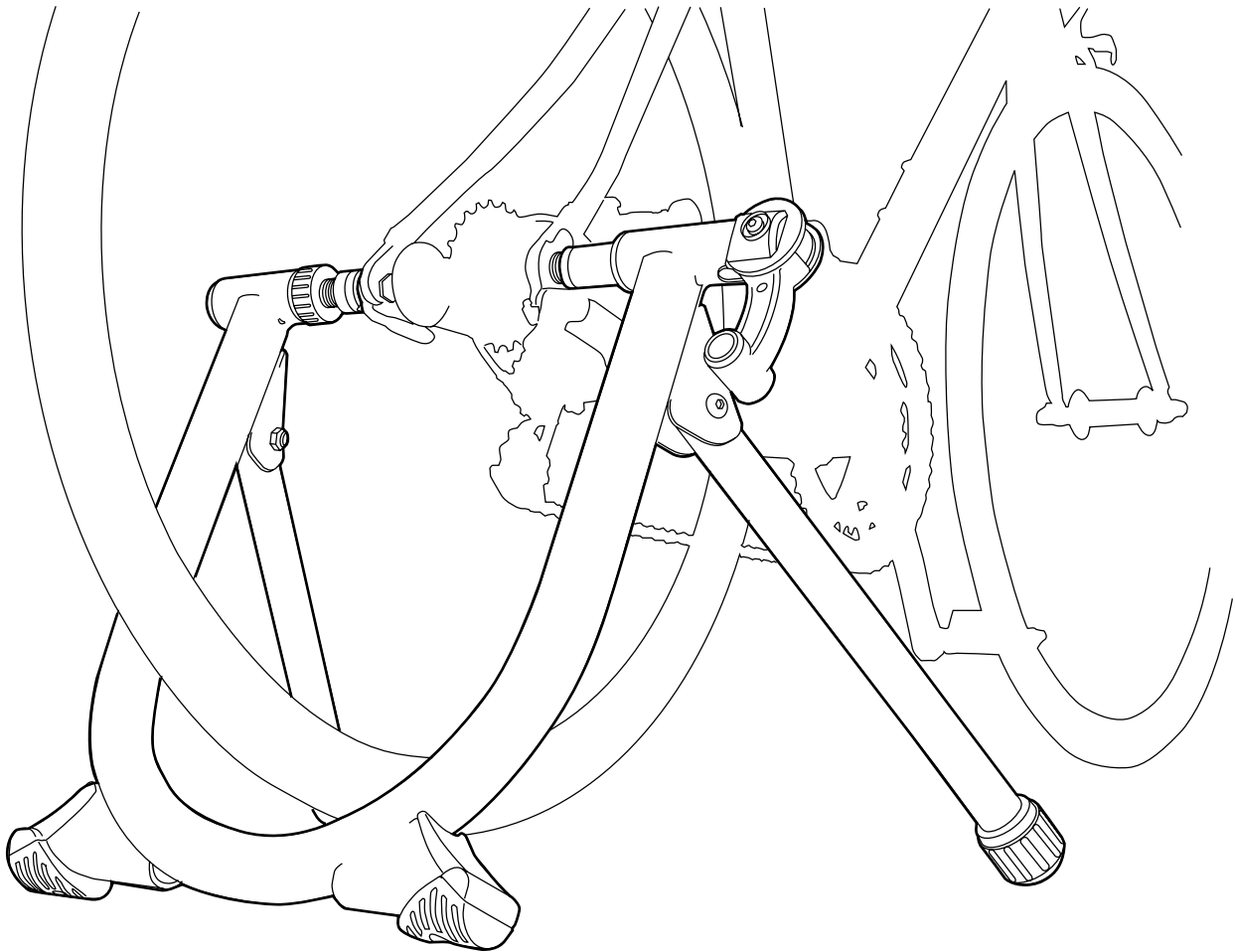


MINOURA Spinning-Stand **SS-700**

Bicycle Maintenance & Display Stand – instructions manual



Important Notes

- *Only for normal 2-wheel bicycle with 125 - 140mm rear hub. Any internal transmission rear hub cannot be used on SS-700. Nut type hub and old narrow bike frame require replacing the left side coupling bolt to the optional longer one.*
- *Any quick release skewer of your bicycle must be replaced to the supplied one.*
- *SS-700 cannot be upgraded to be an indoor bicycle trainer by adding a resistance unit.*

Contact

If you have any questions or need help, you should contact the dealer where you purchased or the Minoura distributor in your country first. The distributor can be found on our web site. Only when you cannot get enough service from them, you can contact us;

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Made in Japan

(Ver.1.0 2009/08)

How To Setup Your SS-700

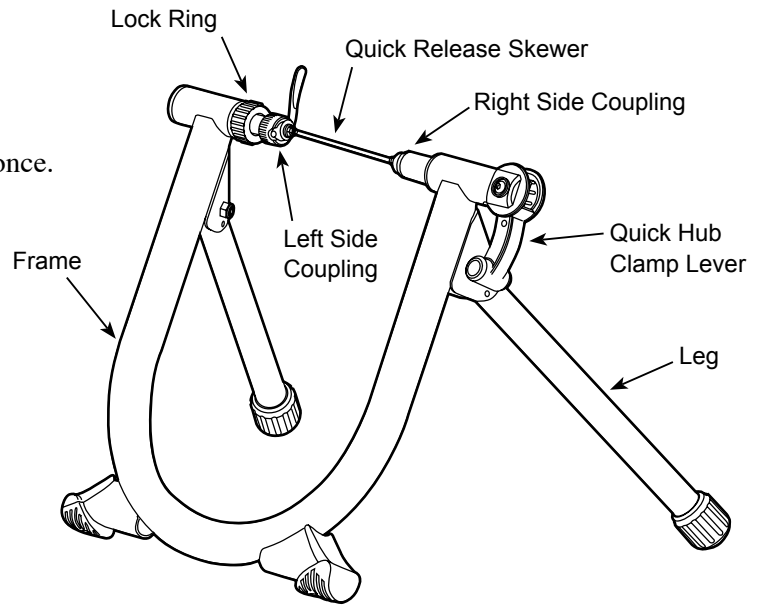
Fully open the Legs and place on flat and level floor.
Check if all 4 leg points are touching the floor stably at once.



Do not use SS-700 on any sloping ground. The bike stability will be disturbed and may fall down.

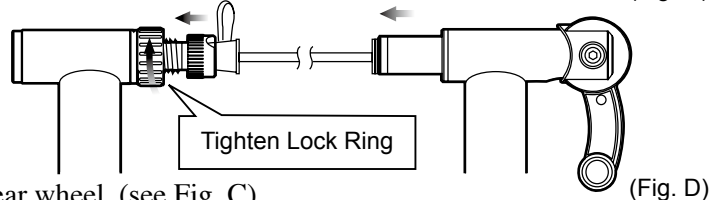
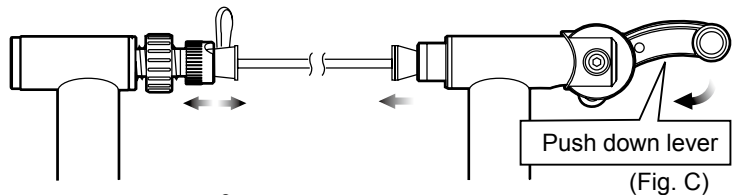
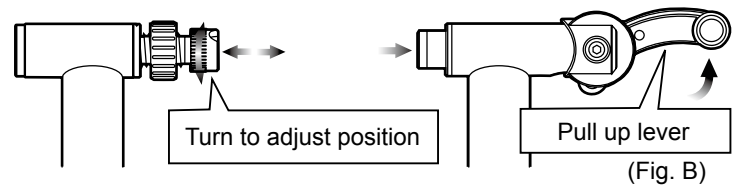
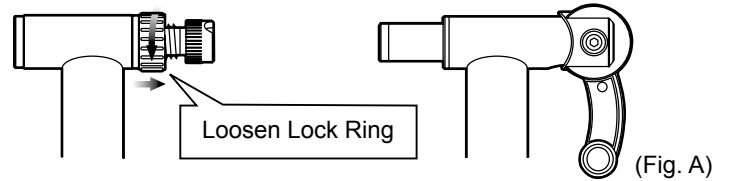


Be careful not to pinch your finger when opening and closing the legs.

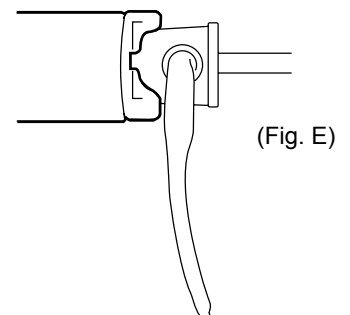


How To Install Your Bike on SS-700

- 1** At first, replace your rear wheel quick release skewer to the supplied one.
- 2** Loosen the Lock Ring to allow the Left Side Coupling be free. (see Fig. A)
- 3** Pull up the Quick Hub Clamp Lever to retract the Right Side Coupling. (see Fig. B)
- 4** 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 (see Fig. E) to hold the bike stable. Turn the coupling to adjust the cut-out position.
- 5** While keeping this position, slowly come down the bike to align the right side acorn nut to the Right Side Coupling. (see Fig. C)



- 6** Push down the Quick Hub Clamp Lever to hold the rear wheel. (see Fig. C)
If you start feeling resistance when the lever comes at 4 o'clock position, it's correct.
If clamping the hub is too tight or too loose due to wrong position of the Left Side Coupling, pull up the lever to release the bike, adjust the Left Side Coupling position, and try clamping the hub again.
- 7** Lastly, tighten the Lock Ring to fix the Left Side Coupling position. (see Fig. D)



Both left and right 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. (Fig. E)



*Precisely adjust the left side coupling position to keep the correct tightness of rear hub clamping.
Too tight setting will cause damage to both SS-700 and your bike frame.
Too loose setting may cause the bike to come out of the trainer during use.*