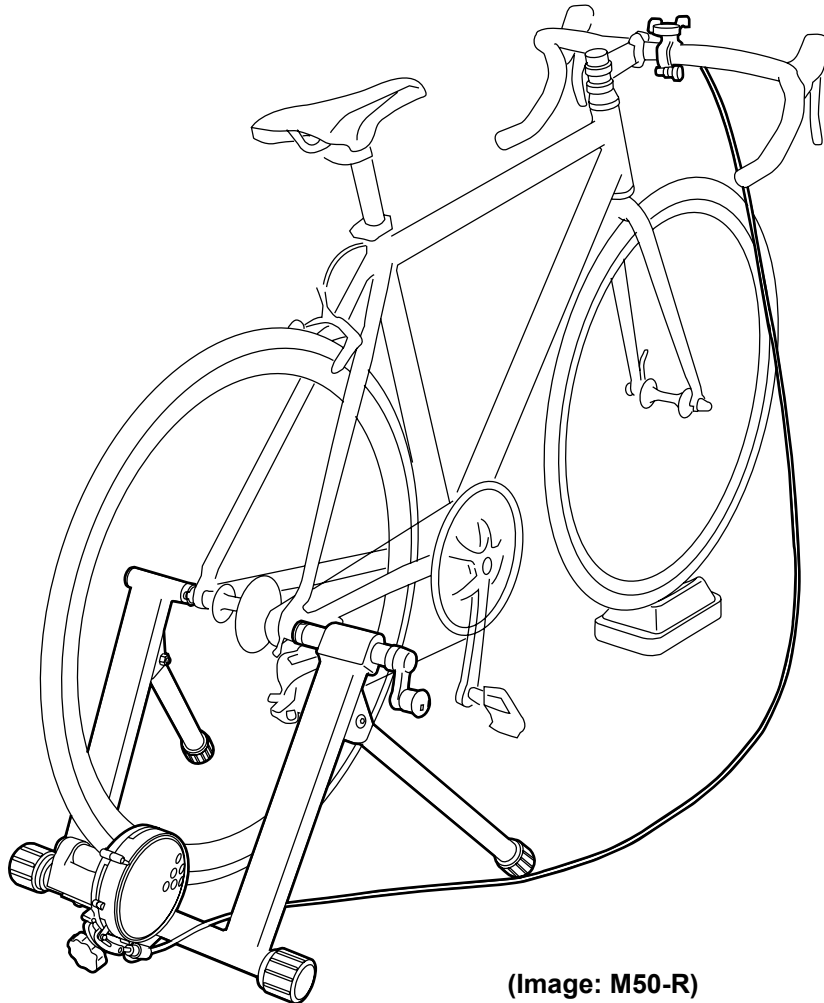


# MINOURA **M50**

## ***Indoor Bicycle Trainer*** ***instructions manual***



(Image: M50-R)

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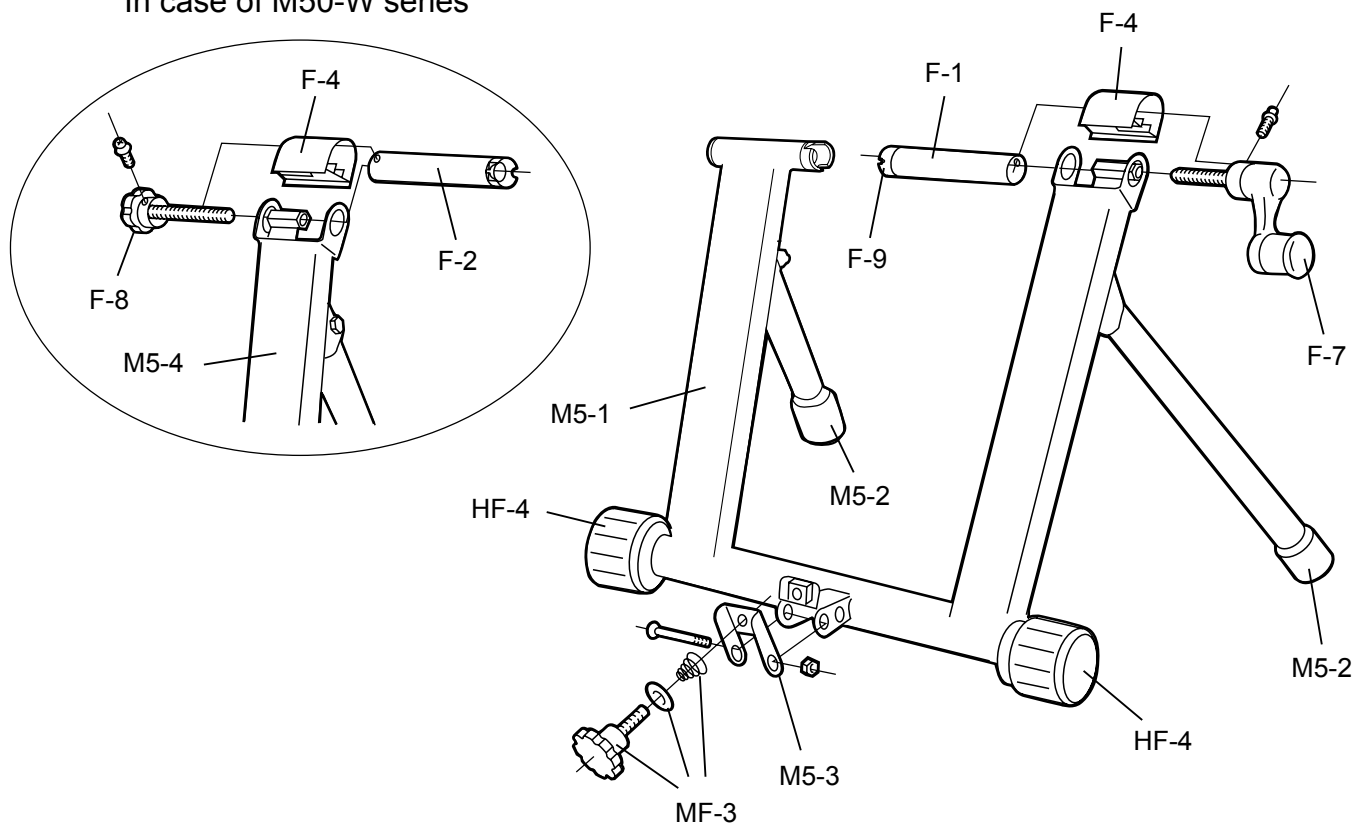
**Made in Japan**

# MINOURA

# IMPORTANT NOTICE

- **For normal 2-wheel bicycle only. Tandem bike is not recommended due to worse balance.**
- **Fits wheel size between 26" and 27"/700c. To use 24" wheel, install the optional Small Wheel Adaptor. 29" wheel cannot be used.**
- **Use on flat and level floor.**
- **Any warranty will be void if you use M50 for other purpose than instructed. Read enclosed "Minoura Limited Warranty Policy" card for more detail.**

In case of M50-W series



F-1 : Coupling (Right)

F-2 : Coupling (Left)

F-4 : Coupling Cover

F-7 : Hub Handle

F-8 : Wheel Position Adjust Knob

F-9 : Skewer Nut Protector

M5-1 : M50 Main Frame

M5-2 : Rubber Foot Cap (28.6mm)

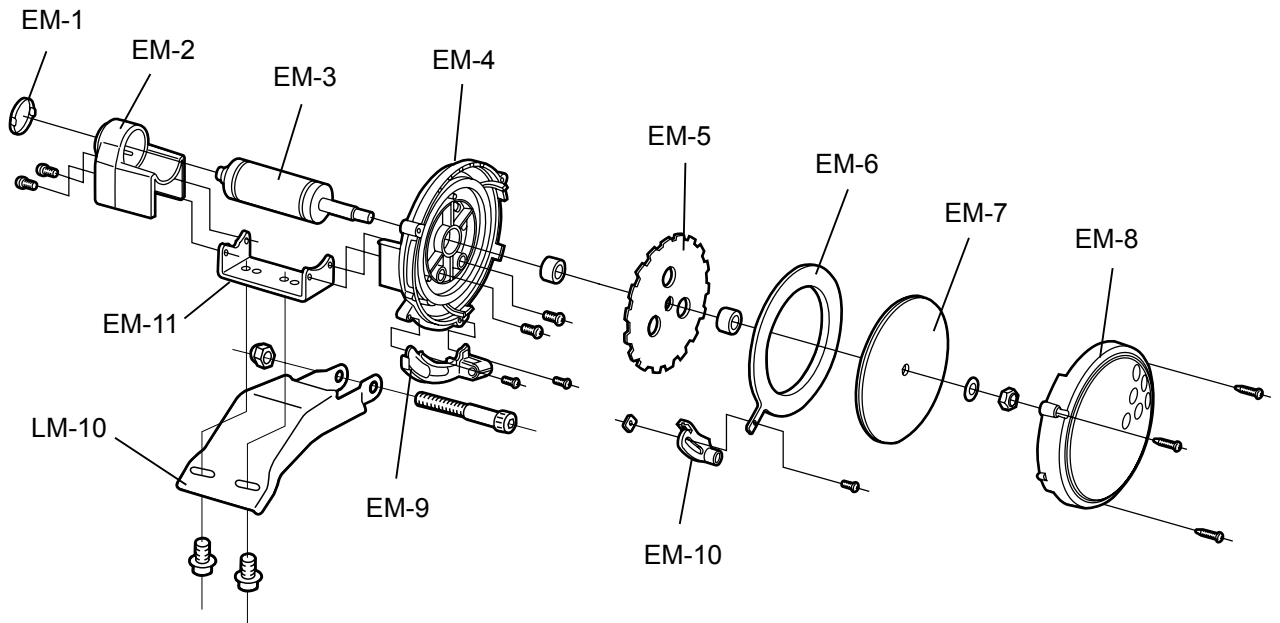
M5-3 : Pressure Plate

M5-4 : M50-W Main Frame

MF-3 : Micro Adjust Knob Set

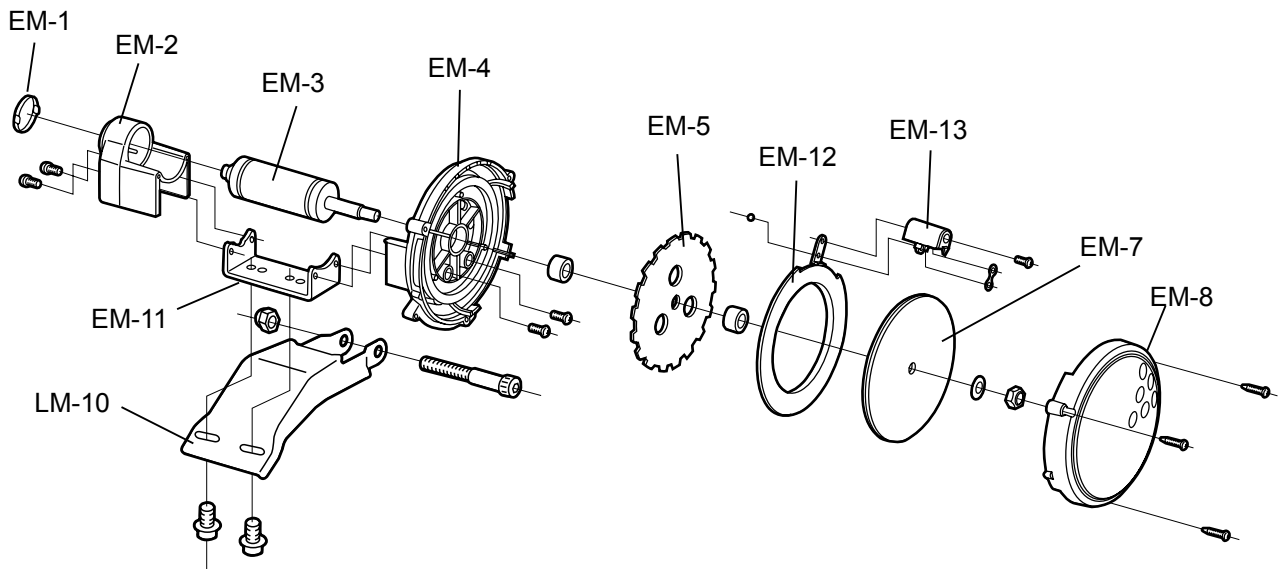
HF-4 : Rubber Frame Cap (35mm)

## M50-R / M50-RW (Remote version)



- |        |                        |         |                  |
|--------|------------------------|---------|------------------|
| EM-1 : | Outer Cap              | EM-7 :  | 500g Flywheel    |
| EM-2 : | Axle Holder            | EM-8 :  | Flywheel Cover   |
| EM-3 : | Drive Roller & Bearing | EM-9 :  | Remote Base      |
| EM-4 : | Main Housing           | EM-10 : | Cable Guide      |
| EM-5 : | Alloy Plate            | EM-11 : | Connection Plate |
| EM-6 : | Remote Magnet Plate    | LM-10 : | Base Plate       |

## M50-D / M50-DW (Non-Remote version)



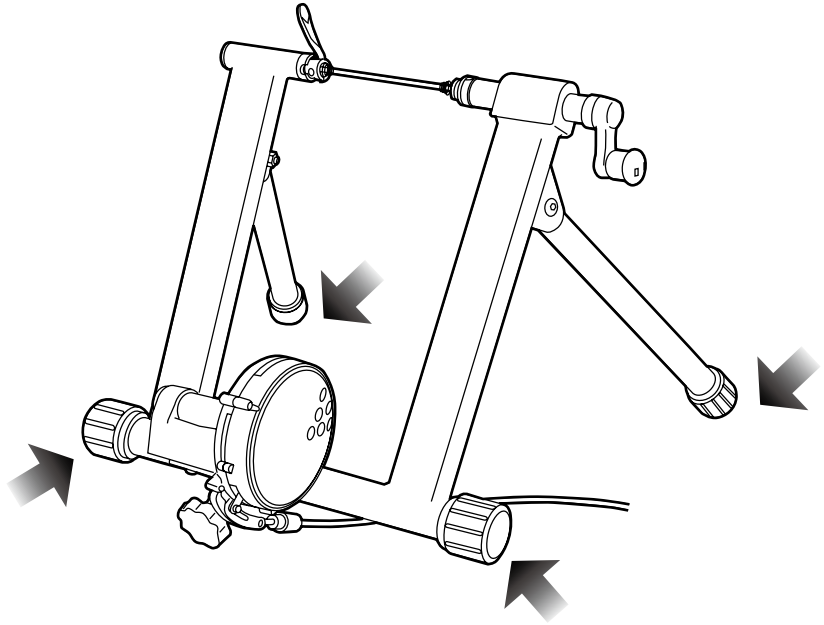
- |        |                        |         |                   |
|--------|------------------------|---------|-------------------|
| EM-1 : | Outer Cap              | EM-8 :  | Flywheel Cover    |
| EM-2 : | Axle Holder            | EM-11 : | Connection Plate  |
| EM-3 : | Drive Roller & Bearing | EM-12 : | Dial Magnet Plate |
| EM-4 : | Main Housing           | EM-13 : | Dial Lever        |
| EM-5 : | Alloy Plate            | LM-10 : | Base Plate        |
| EM-7 : | 500g Flywheel          |         |                   |

## How To Setup Your M50 Trainer

**1.**

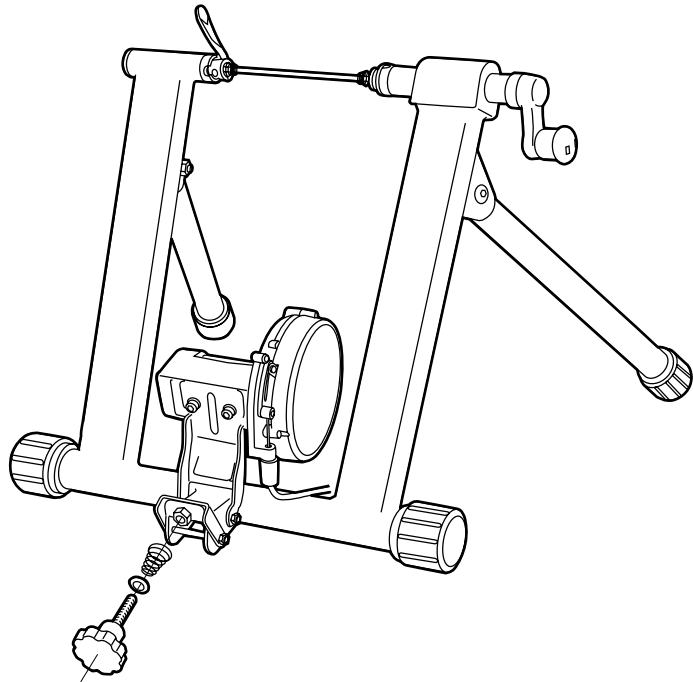
Open both front legs and place M50 on a flat and level floor.

At this moment, make sure all 4 feet are contacting the floor stably.



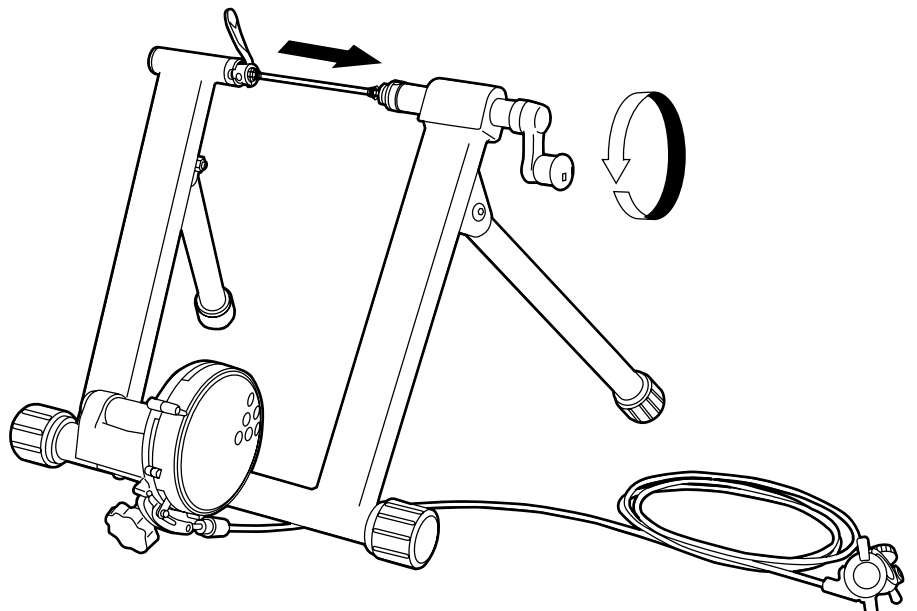
**2.**

Install Micro Adjust Knob Set to the Main Frame.



**3.**

Turn the Hub Handle counter-clockwise to open the coupling until you can install your rear wheel between the couplings.



## 4.

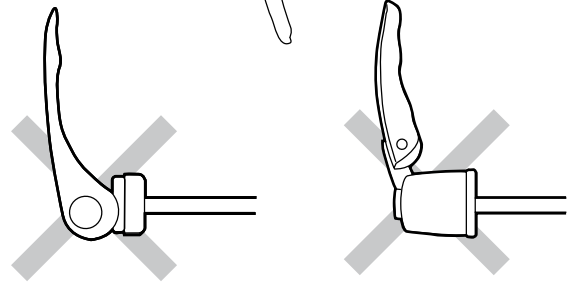
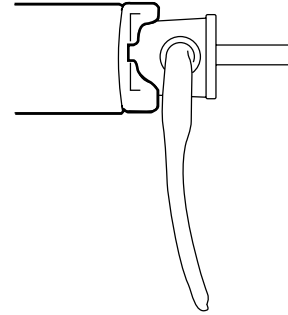
Install your rear wheel on the trainer by clamping both side of axle with the couplings.

Insert the quick lever side into the left side coupling first, then insert the nut side into the right side coupling.

### **CAUTION**

*If your bike has a quick release type skewer, especially an outer lever type or a double-action type, we strongly recommend you to replace it to the supplied one.*

*Please be informed that we do NOT guarantee the stability of your bike when you use your own skewer. If your rear axle is a hub nut type, you don't need to replace and remove the black plastic Skewer Nut Protector (F-9) from the right side coupling tube.*



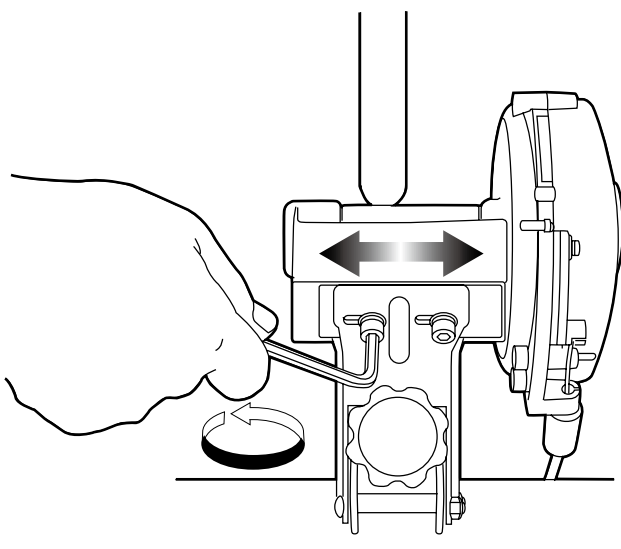
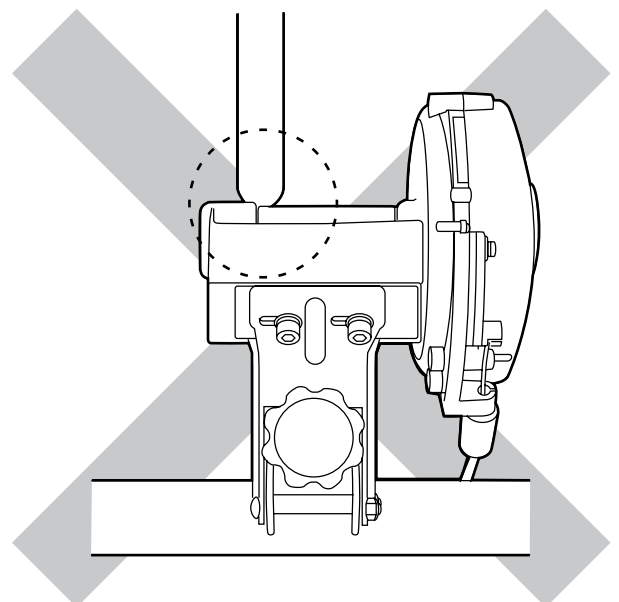
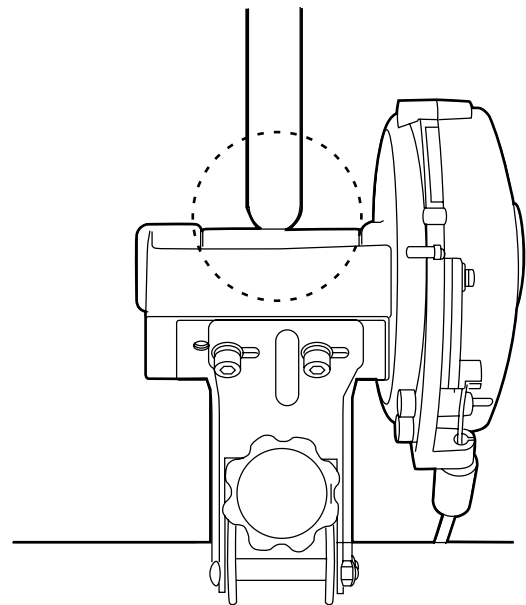
## 5.

The rear tire should sit in the center part of the Drive Roller.

If the tire has touched the plastic parts, you must adjust the wheel position.

To do so, loosen the backside screws with an M5 hex wrench, adjust the roller position, then tighten the screws again tightly.

On "W" series, you can also adjust the wheel position by the left side knob.



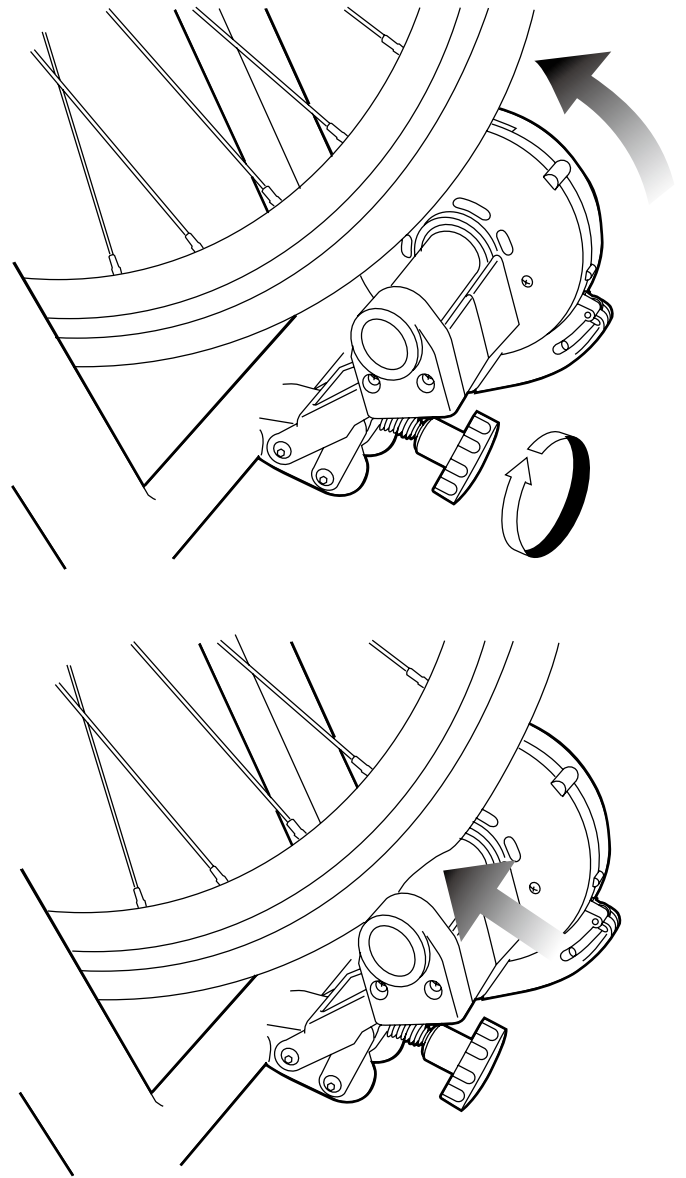
## 6.

Contact the Drive Roller to the tire by turning the Micro Adjust Knob clockwise.

The best position is that the roller compresses the tire in the depth of 3 - 4 mm.

### **CAUTION**

*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 M50.*



### **How To Adjust Resistance Level (Non-Remote type)**

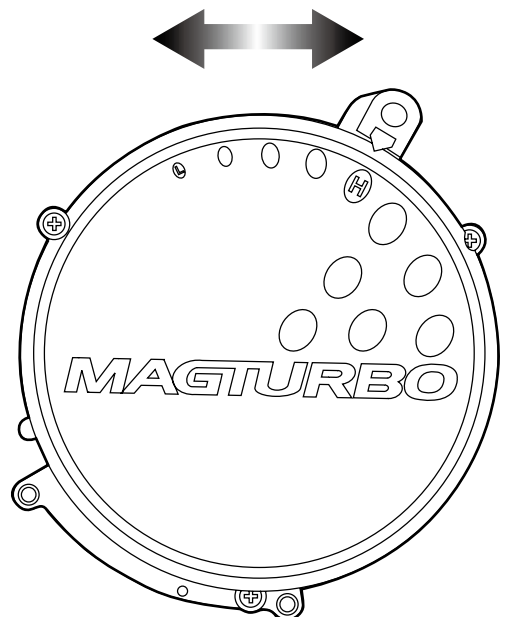
M50-D and M50-DW provides 5 different resistance levels to suit your training level.

#### **To Increase Resistance Level:**

Slide the Dial Lever toward "H" position.

#### **To Decrease Resistance Level:**

Slide the Dial Lever toward "L" position.



## How To Adjust Resistance Level (Remote type)

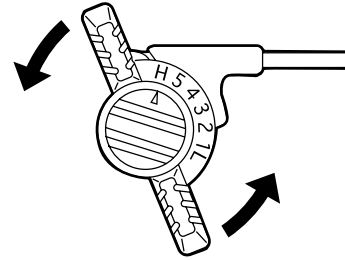
M50-R and M50-RW provides dual settings on its remote shifting system.

### To Increase Resistance Level:

Twist the lever toward "H" position.

### To Decrease Resistance Level:

Twist the lever toward "L" position.



## How To Install Your Remote Shifter

Our remote shifter allows to clamp the tube between 22mm (7/8") and 32mm (1-1/4") diameter.

### 1.

Fully loosen and push down the knob bolt then open the arm.

### 2.

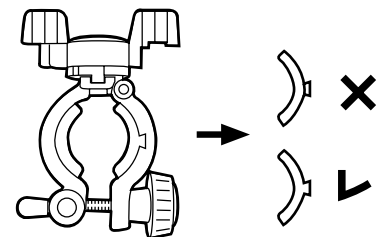
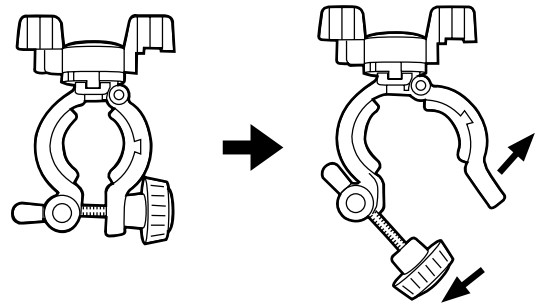
Clamp the handlebar or stem.

### 3.

Shut the arm and hook the knob bolt then tighten.

Depends on the tube diameter, adjust the shim;

- 22mm (7/8") - 25mm (1") : Install both shims
- 29mm (1-1-8") : Remove either right or left side shim
- 32mm (1-1/4") : Remove both shims



**NOTE: Do not miss the direction of the shim for safety use.**

## 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 position.

### 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.

### 3.

Hold the inside adjusting screw and push it toward the shifter, then adjust the locking nut to set the cable tension properly.

### 4.

Install the cover cap again.

