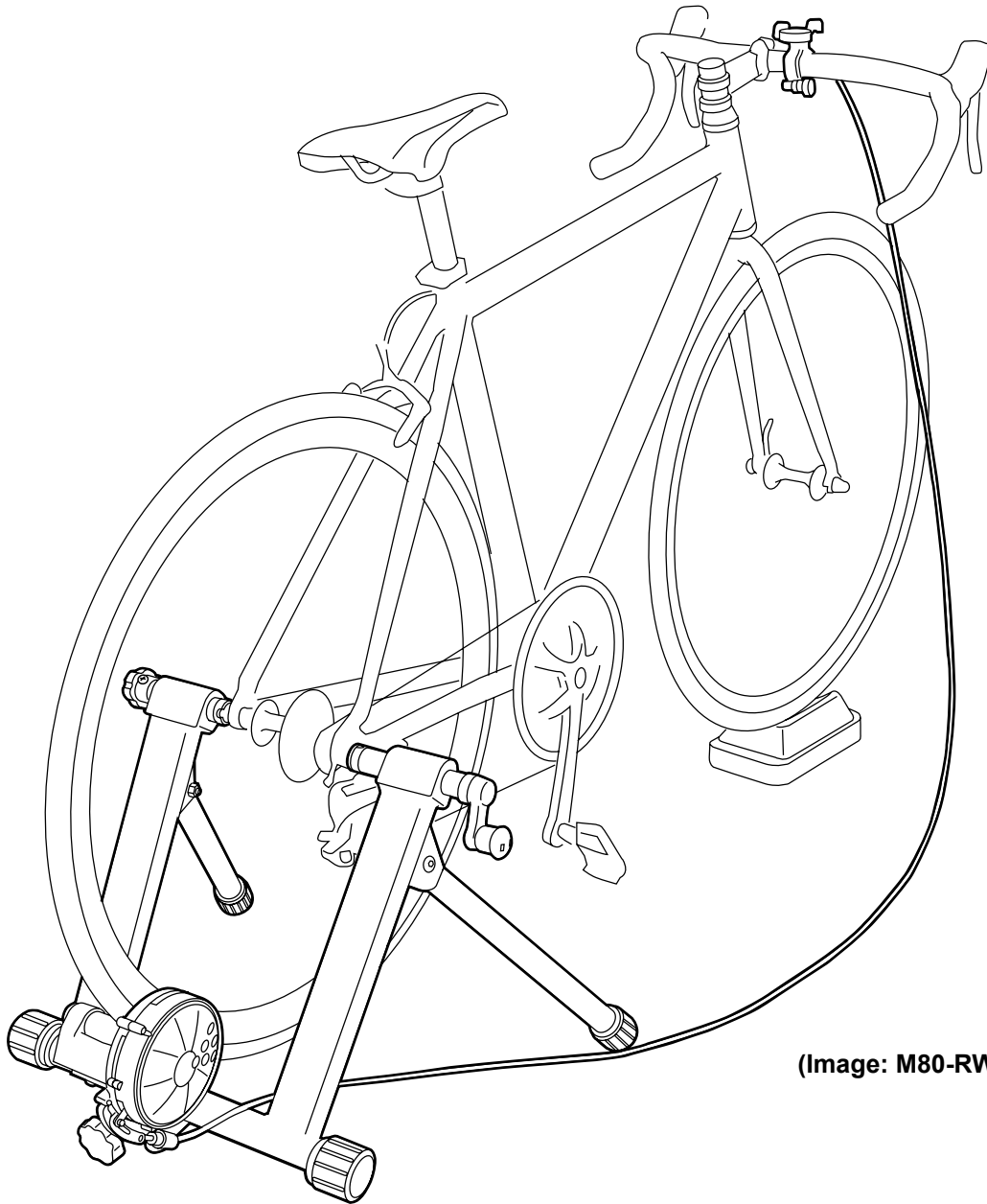


MINOURA **M80**

Indoor Bicycle Trainer ***instructions manual***



(Image: M80-RW)

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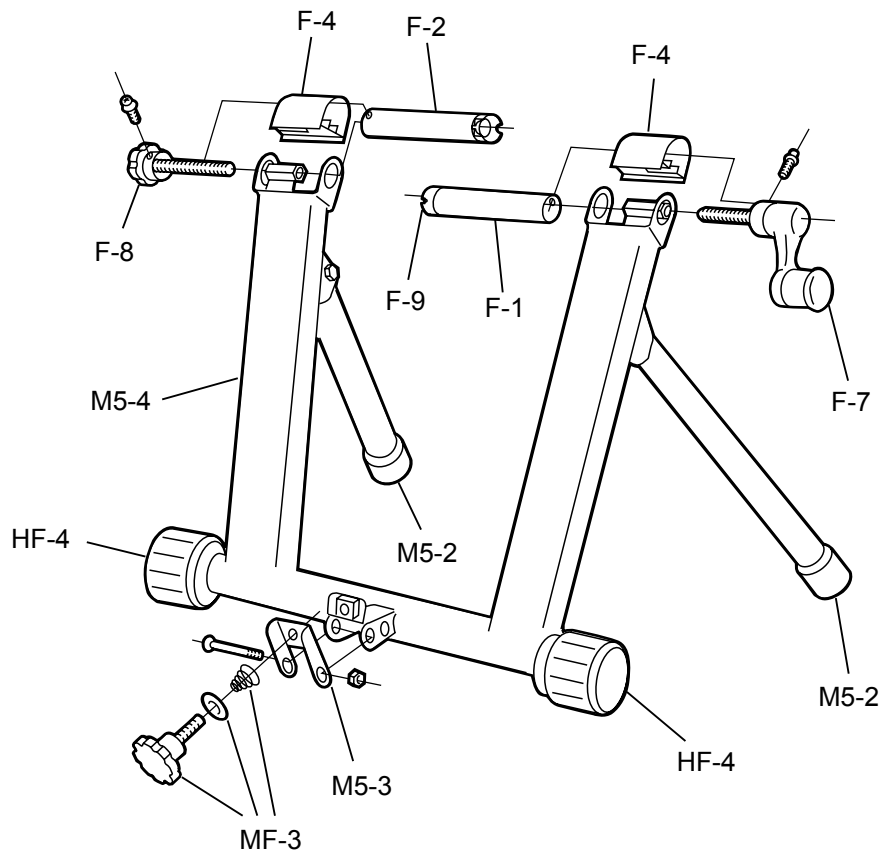
Made in Japan

MINOURA

IMPORTANT NOTICE

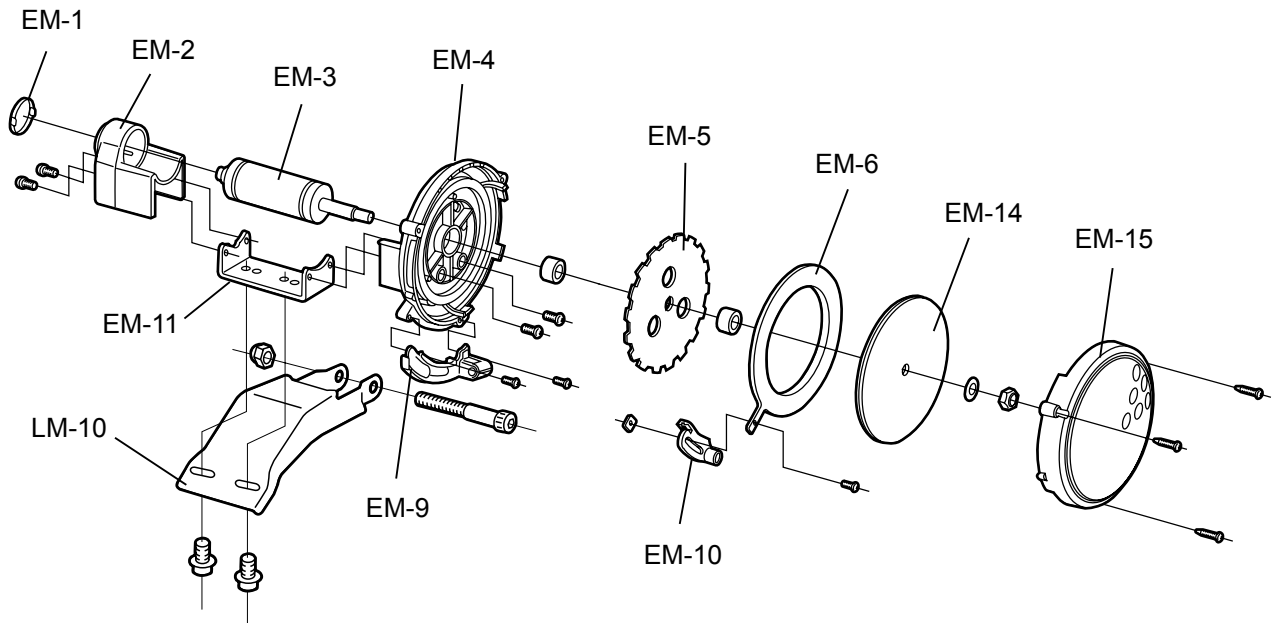
- **For normal 2-wheel bicycle only. Tandem bike is not recommended due to worse balance.**
- **Fits wheel size between 26" and 27"/700c. To use 24" wheel, install the optional Small Wheel Adaptor. 29" wheel cannot be used.**
- **Use on flat and level floor.**
- **Any warranty will be void if you use M80 for other purpose than instructed. Read enclosed "Minoura Limited Warranty Policy" card for more detail.**

M80-W Frame



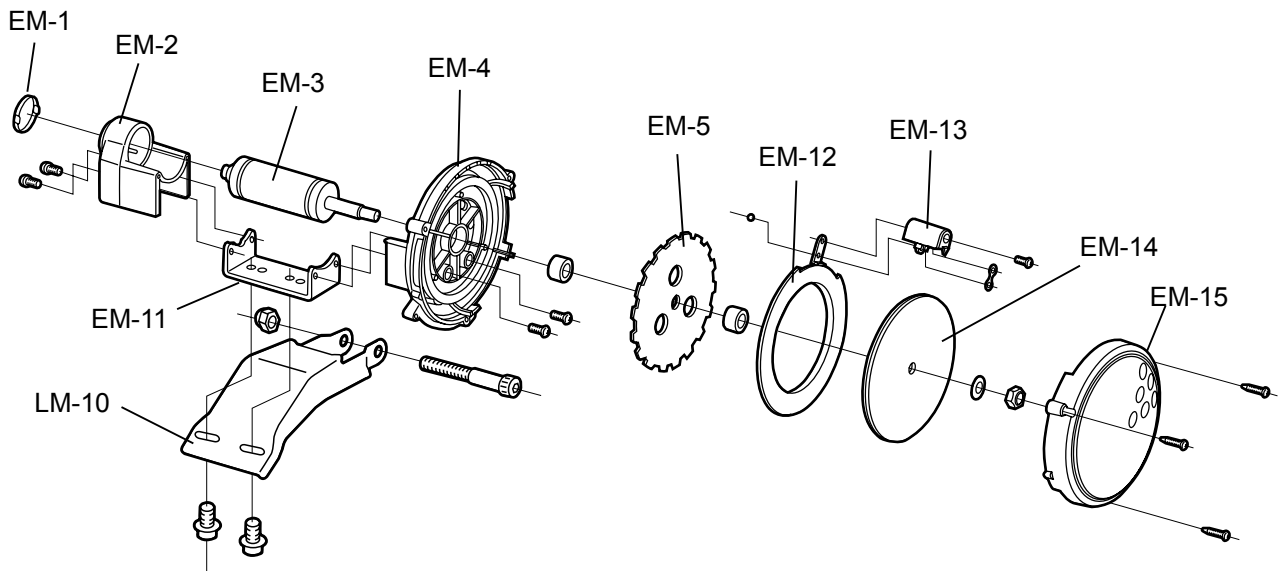
- | | |
|----------------------------------|---------------------------------|
| F-1 : Coupling (Right) | M5-2 : Rubber Foot Cap (28.6mm) |
| F-2 : Coupling (Left) | M5-3 : Pressure Plate |
| F-4 : Coupling Cover | M5-4 : M80-W Main Frame |
| F-7 : Hub Handle | MF-3 : Micro Adjust Knob Set |
| F-8 : Wheel Position Adjust Knob | HF-4 : Rubber Frame Cap (35mm) |
| F-9 : Skewer Nut Protector | |

M80-RW (Remote version)



EM-1 :	Outer Cap	EM-9 :	Remote Base
EM-2 :	Axle Holder	EM-10 :	Cable Guide
EM-3 :	Drive Roller & Bearing	EM-11 :	Connection Plate
EM-4 :	Main Housing	EM-14 :	800g Flywheel
EM-5 :	Alloy Plate	EM-15 :	Flywheel Cover
EM-6 :	Remote Magnet Plate	LM-10 :	Base Plate

M80-DW (Non-Remote version)



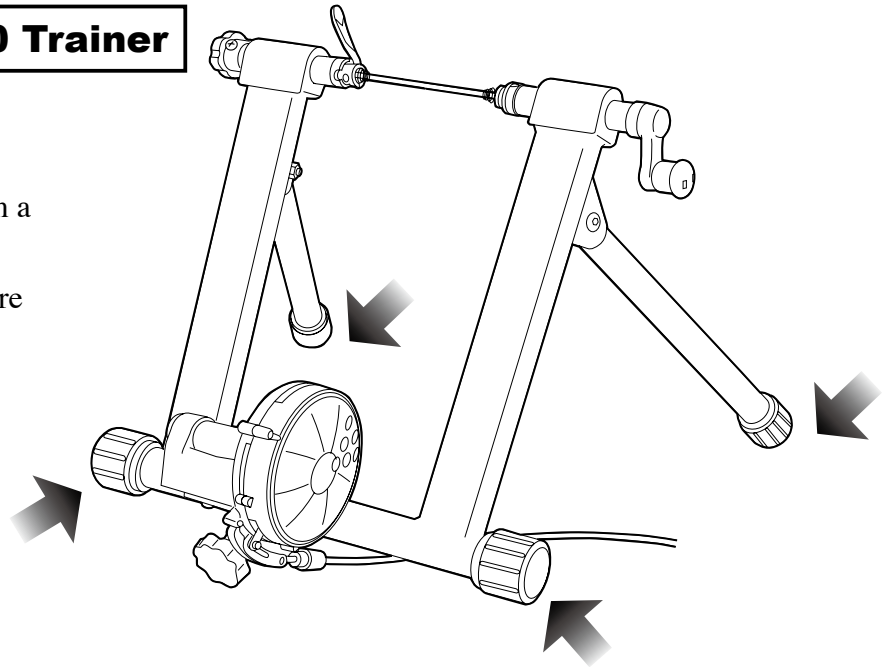
EM-1 :	Outer Cap	EM-12 :	Dial Magnet Plate
EM-2 :	Axle Holder	EM-13 :	Dial Lever
EM-3 :	Drive Roller & Bearing	EM-14 :	800g Flywheel
EM-4 :	Main Housing	EM-15 :	Flywheel Cover
EM-5 :	Alloy Plate	LM-10 :	Base Plate
EM-11 :	Connection Plate		

How To Setup Your M80 Trainer

1.

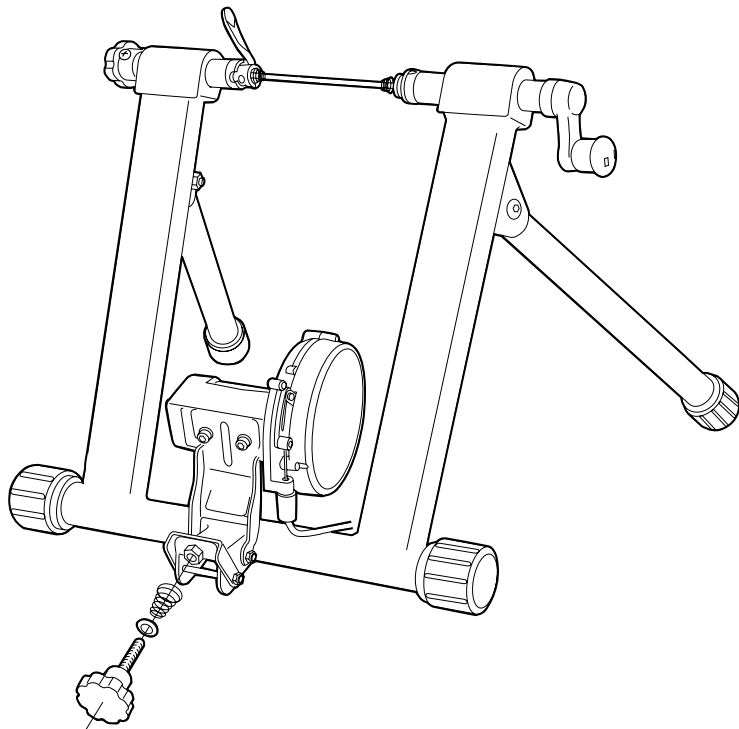
Open both front legs and place M80 on a flat and level floor.

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



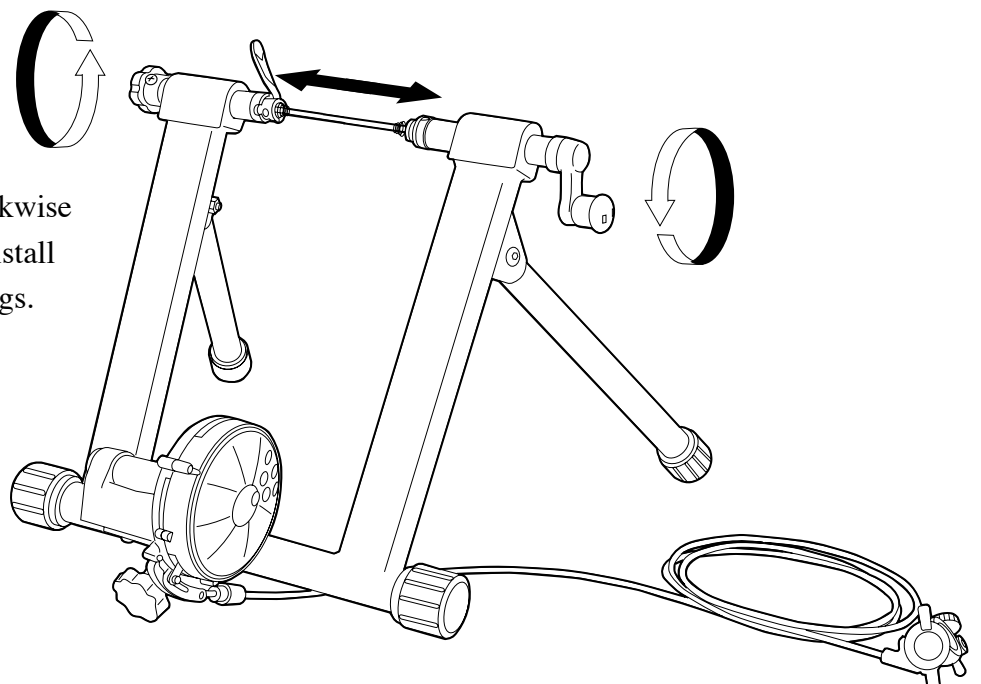
2.

Install Micro Adjust Knob Set to the Main Frame.



3.

Turn both Hub Handles 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.

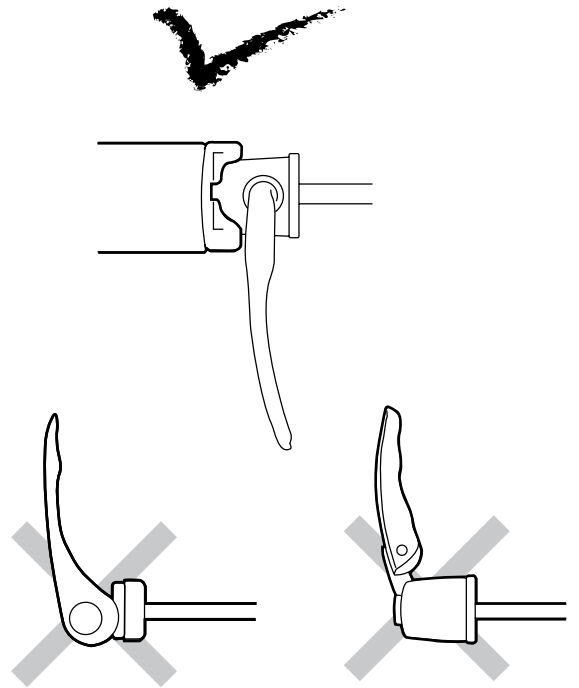
Insert the quick lever side into the left side coupling first, then insert the nut side into the right side coupling.

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.

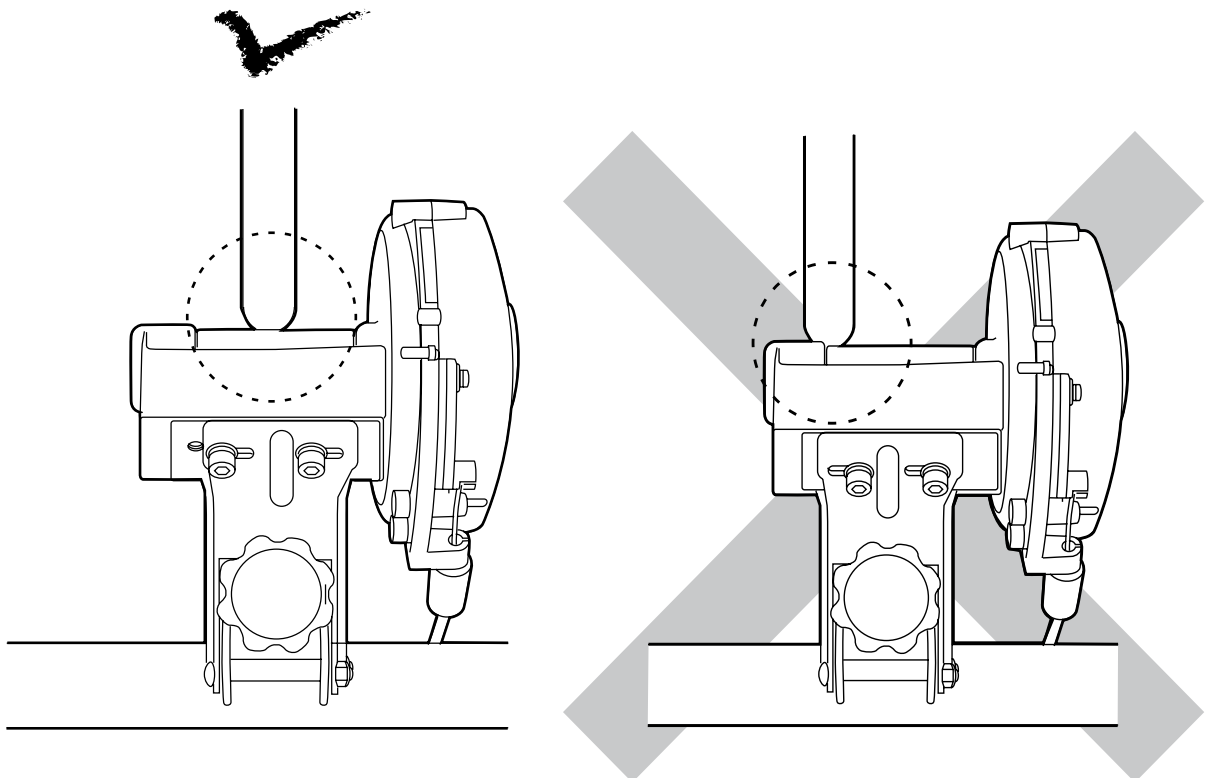
If your rear axle is a hub nut type, you don't need to replace and remove the black plastic Skewer Nut Protector (F-9) from the right side coupling tube.



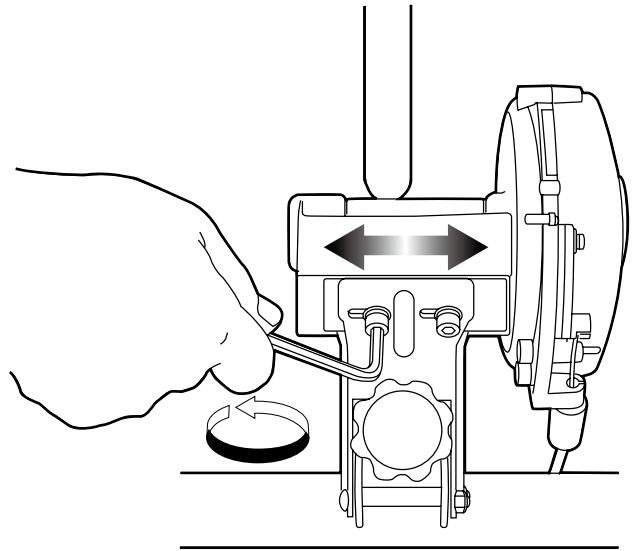
5.

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.

Loosen the right side Hub Handle first, adjust the left side coupling position by rotating the left side Wheel Position Adjust Knob, then tighten the Hub Handle again.



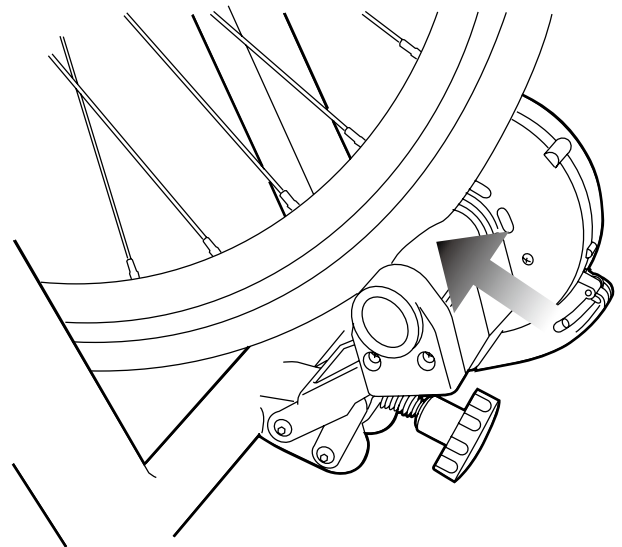
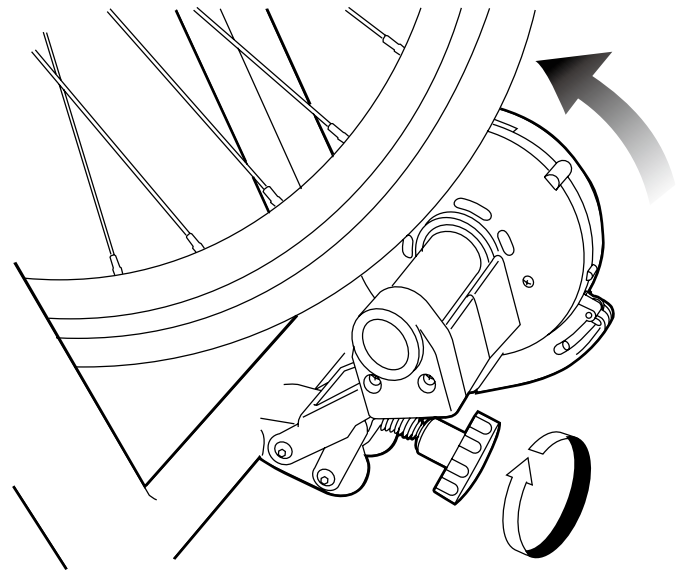
Or, you can also do it by loosening the backside screws with an M5 hex wrench, adjust the roller position, then tighten the screws again tightly.



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 M80.

How To Adjust Resistance Level (Non-Remote type)

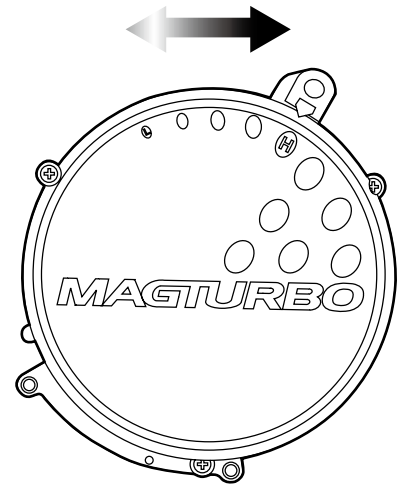
M80-DW provides 5 different resistance levels to suit your training level.

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)

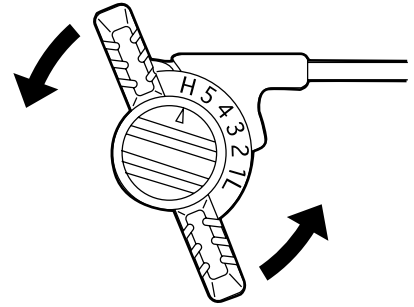
M80-RW provides dual settings on its remote shifting system.

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.

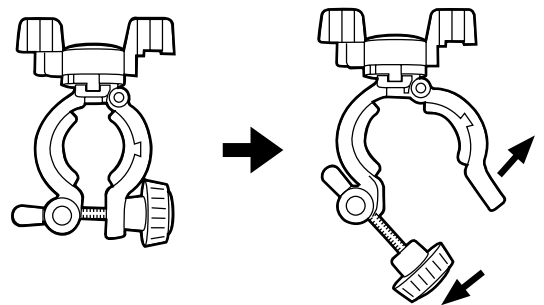
Fully loosen and push down the knob bolt then open the arm.

2.

Clamp the handlebar or stem.

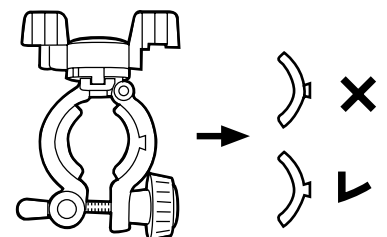
3.

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.

