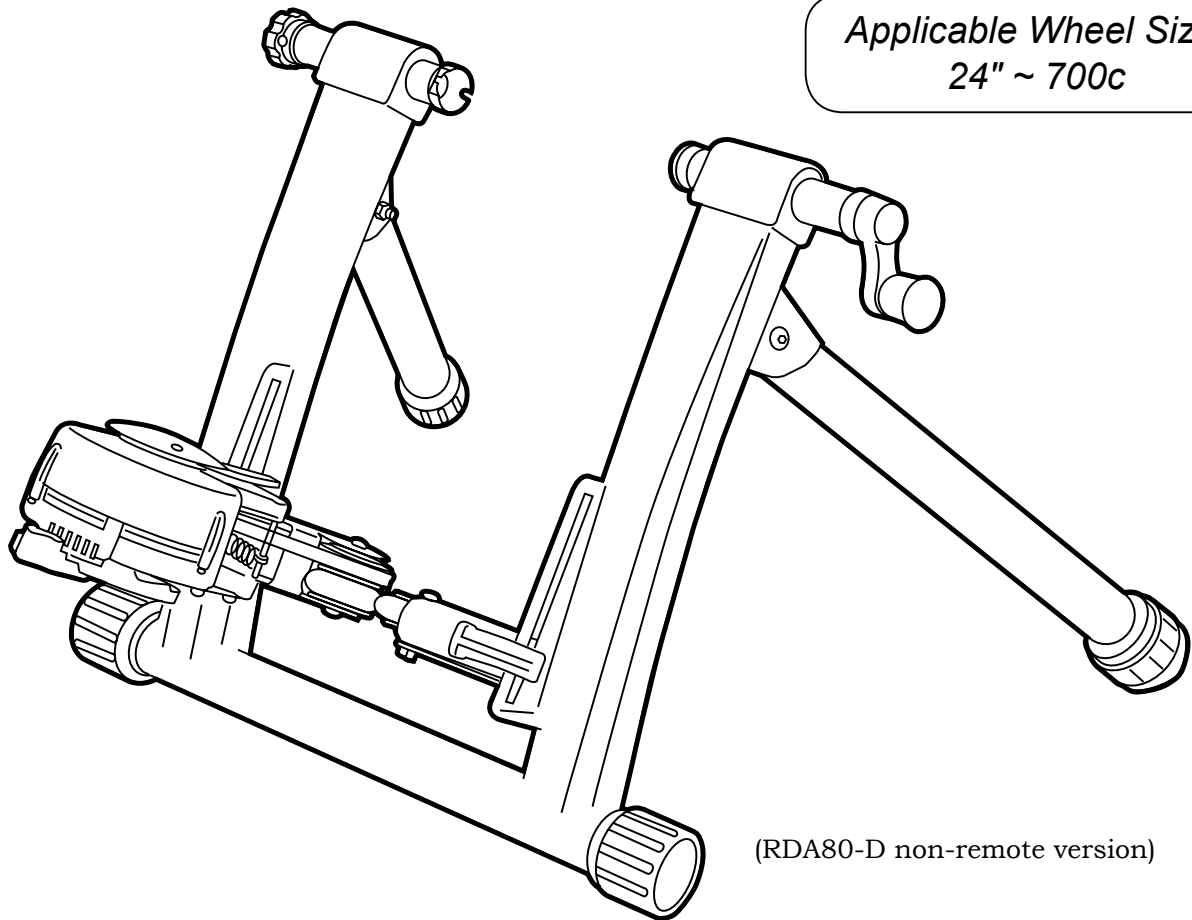


Read this instructions manual carefully before use and operate correctly as instructed.



Applicable Wheel Size:
24" ~ 700c

(RDA80-D non-remote version)

CAUTION: Any rim which does not have 8mm or more vertical flat area on its side wall like as a typical disc brake specialized rim cannot be used on RDA80.

For More Information

If you need help, please contact the shop first where you originally purchased this product or call the distributors in your own country. The distributors list can be found on our web site.

MINOURA North America (for U.S. residents ONLY)

1996 East Ave., Hayward, CA 94541 U.S.A.

Phone: 1-510-538-8599

Fax: 1-510-538-5899

Email: support@minourausa.com

MINOURA Japan Headquarters (for ALL customers)

1197-1 Godo, Anpachi, Gifu 503-2305 Japan

Phone: +81-584-27-3131

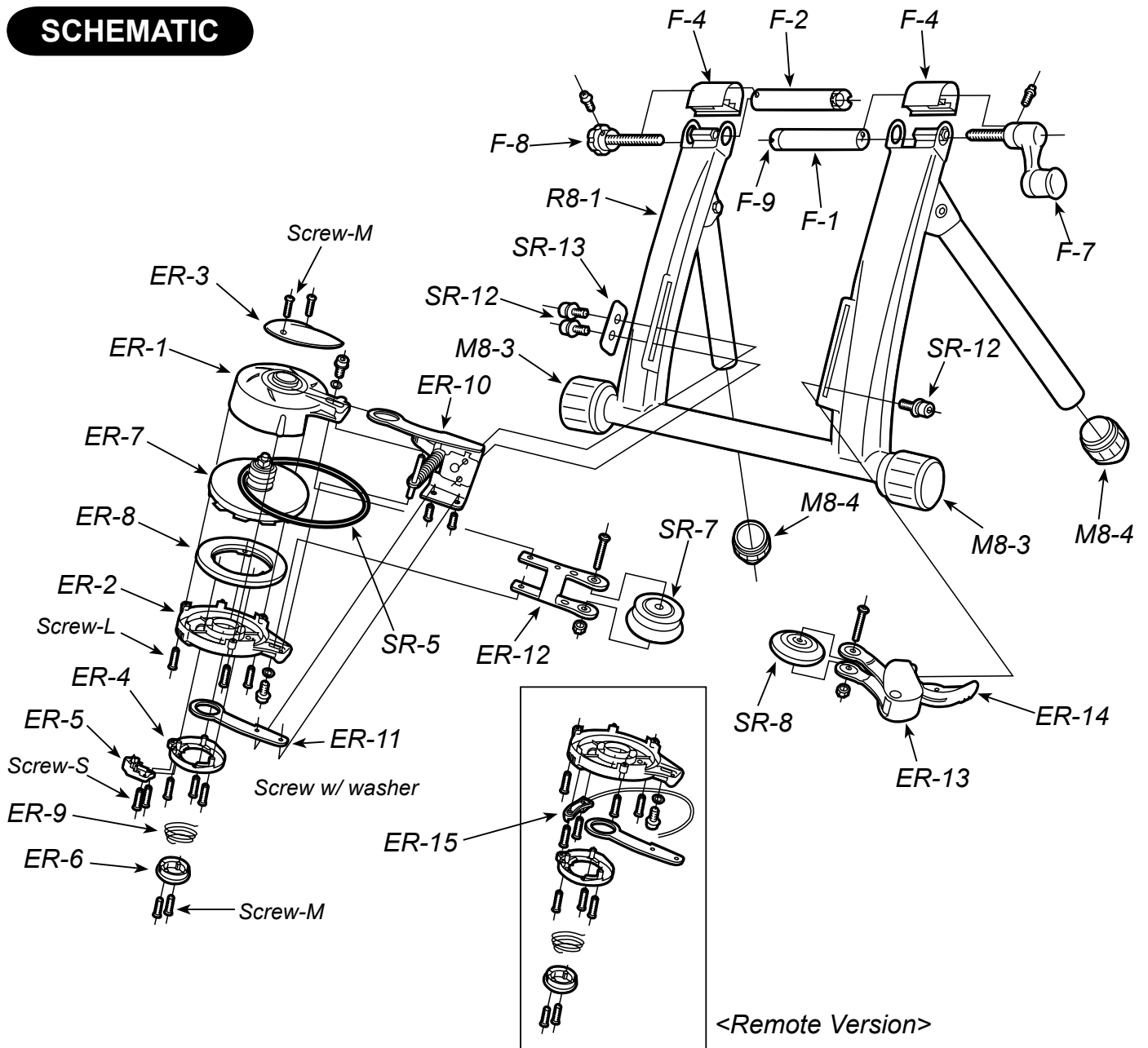
Fax: +81-584-27-7505

Email: minoura@minoura.jp

Web: www.minoura.jp

MADE IN JAPAN

SCHEMATIC















F-1	:	Coupling (Right)	ER-1	:	Upper Case
F-2	:	Coupling (Left)	ER-2	:	Lower Case
F-4	:	Coupling Cover (move side)	ER-3	:	Top Cover (blue)
F-7	:	Hub Handle (3/8" thread)	ER-4	:	Magnet Guide Ring (blue)
F-8	:	Wheel Position Adjust Knob	ER-5	:	Dial Lever (blue)
F-9	:	Hub Nut Protector (Grommet)	ER-6	:	Spring Holder
R8-1	:	RDA80 Main Frame	ER-7	:	Flywheel, Alloy Rotor & Axle
M8-3	:	Rubber Frame Cap (38mm)	ER-8	:	Magnet
M8-4	:	Rubber Foot Cap (32mm)	ER-9	:	Spring
SR-5	:	V-Belt (K-16)	ER-10	:	Main Arm
SR-7	:	Drive Roller Pulley	ER-11	:	Sub Arm
SR-8	:	Assistant Roller Pulley	ER-12	:	Pulley Arm
SR-12	:	Cap Bolt (M6x12)	ER-13	:	Assistant Pulley Holder
SR-13	:	Reinforcement Plate	ER-14	:	Tension Lever
			ER-15	:	Remote Bracket & Cable

IMPORTANT NOTES

- **Read all instructions carefully before use. And Keep the manual handy at all times.**
- **Do NOT use trainer for any other purpose than instructed.**
- **The trainer is manufactured to precise standards. Disassembling without Minoura's approval may void your warranty.**
- **Minoura offers 1-year limited warranty on the Mag unit and 5-year on the frame.**
For more detail, refer the enclosed "Minoura Limited Warranty Policy" card.

WARNINGS

-  Use two-wheeled bicycles only. Tandems may be used if balanced correctly.
-  You may use the quick release skewer currently on your bicycle, however we recommend replacing your quick release skewer with the supplied one and keep installing the coupling protector cap on to the right side coupling of the trainer. Otherwise the stability will not be guaranteed.
-  Remove the coupling protector cap when you use a hub nut type wheel. We don't recommend to continue using your own quick release skewer for your safety.
-  Keep both hands on handlebars at all times and maintain a normal riding position.
-  Check the couplings supporting the rear hub for damage and cracks. Accidents may occur from cracked or damaged couplings.
-  You should NOT tighten the wheel axle by tightening the left side knob. This is for pre-adjusting the wheel position to the exactly center of the drive roller only. Securley tightening your bike to the trainer should be done with the right side hub handle only.
-  When using the trainer, place it on a flat and horizontal surface for safe training.
-  Do not over tighten the hub-clamp handles. Over-tightening may cause damage to the trainer or bicycle frame. The clamp handles should be a snug and secure fit. Do not force!
-  Before use, make sure all bolts and nuts are securely fastened.
-  Keep away from small children, and keep hands and feet away from spinning rollers and wheels at all times.
-  Open the legs fully to get maximum stability.
-  Wipe all oil and moistures out from the rim surface and rollers everytime you use the trainer to keep necessary brake performance of your bicycle.

HOW TO SETUP YOUR RDA80 TRAINER

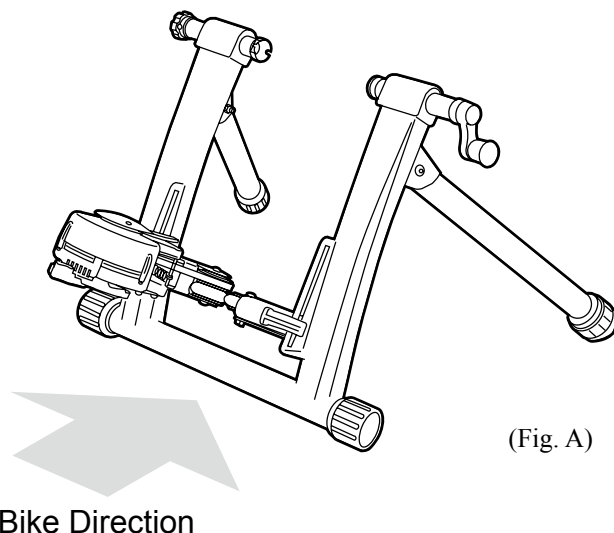
Required Tools: M5 hex wrench

- 1 Fully open the legs and place RDA80 on a flat and horizontal floor. Confirm all 4 leg points are touching the floor at same time to ensure the maximum stability.

NOTE: If the both legs don't touch the floor at same time and if one side of the leg is still slightly raised, pull up the leg upward strongly then place the trainer on the floor again.

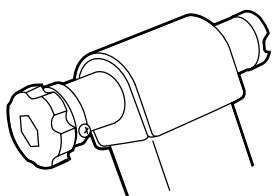
- 2 Install the Mag Resistance Unit on the left side slot and the Assistant Roller on the right side slot beside the trainer pillar by the supplied M6x12 bolts. (see Fig. A)

NOTE: We recommend you to use the reinforcement plate (SR-13) for installing the Mag unit. This plate will sandwich the slot plate from outside for mounting the heavy Mag unit and giving it extra stability.

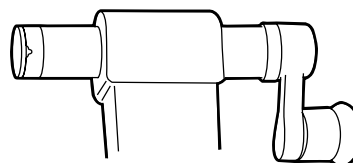


- 3 Open both couplings by turning the Left Side Knob (see Fig. B) and the Right Side Hub Handle (see Fig. C) anti-clockwise.

Left Side Knob

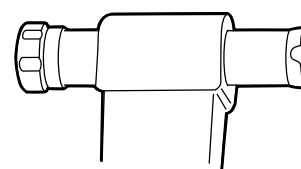


Right Side Hub Handle

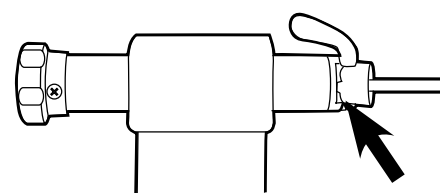


NOTE: Do not over-loosen the couplings, otherwise the knob or the hub handle may become unthreaded inside the frame.

NOTE: We suggest not using the left side coupling for major adjustment. Moving it too much to one side will cause misalignment. The left side coupling is used only to provide easy initial adjustment for your hub length. (see Fig. D)



- 4 Insert the left side of the skewer (Q/R lever side) into the left side coupling, and adjust the rotation of the coupling so the skewer lever sits securely in the large cut-out (see Fig. E). This will prevent damage to the skewer during use.



5 Hold the bike firmly by hand and turn the right side hub handle clockwise until the coupling comes into contact with the right side skewer nut.

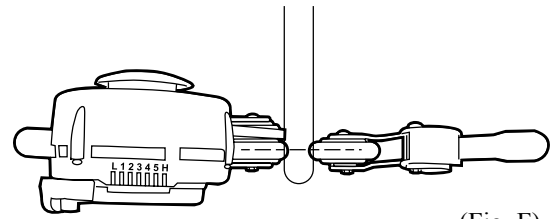
6 Adjust each height of the Mag unit and the assistant roller to fit to your rear wheel perfectly and tighten the bolts firmly. (see Fig. F)



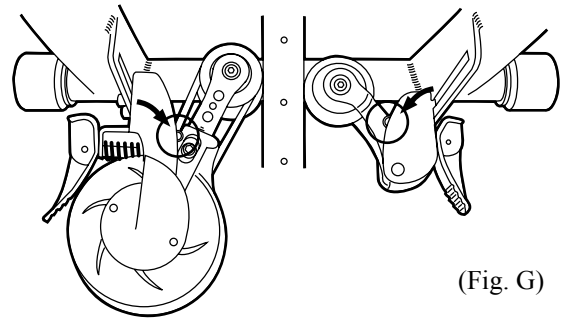
Each rubber roller is made to contact the rim ONLY. Contact with the tire may cause the tire to burst during use.

7 Adjust the wheel position by checking the double-circle position indicators on both side. The best position should be each indicator can be seen equally, but if your rim is narrow, you should adjust the wheel position to be a little left (toward Mag side) to prevent unexpected slippage problem.

NOTE: Note that the left side knob is NOT for tightening the axle. It is only for pre-positioning the wheel. Clamping wheel securely must be done by the right side Hub Handle.



(Fig. F)

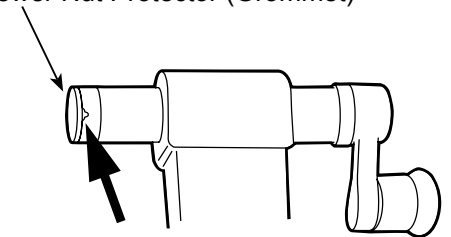


(Fig. G)

THE SKEWER NUT PROTECTOR

We strongly recommend you to use the supplied skewer at all times if your rear wheel is a quick release skewer system. This will guarantee a fit with our couplings and remove any chance of misalignment.

Skewer Nut Protector (Grommet)



Hole

(Fig. H)

The right side coupling has a black plastic Skewer Nut Protector (called a “Grommet”). This is to protect the skewer nut from damage during use.

If your rear wheel is not designed for the quick release skewer and uses a hub nut system, you should remove it by inserting a rod or a pen to the hole (see Fig. H) and then lifting up the Grommet.

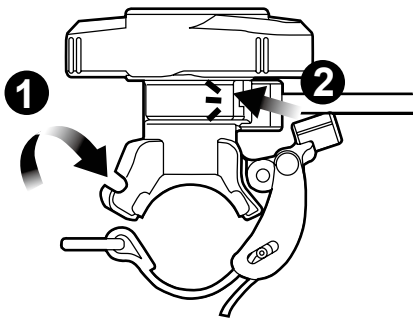
NOTE: We will NOT guarantee any fitting problem or accident caused by using your own skewer on the trainer.

NOTE: When you use the supplied skewer, you should keep the Grommet on the coupling.

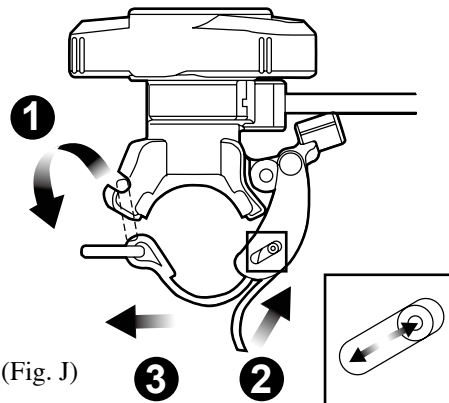
HOW TO INSTALL THE REMOTE SHIFTER (R model ONLY)

The R model has a convenient remote shifter lever. You can install it on the handlebar or stem, then you can control the resistance level without getting off the bike.

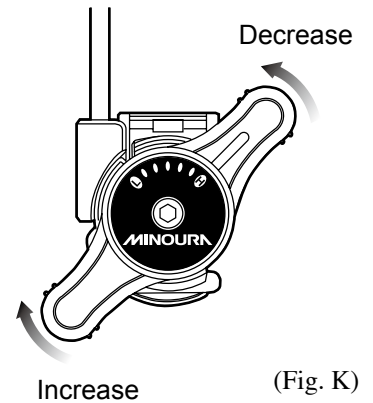
- 1** 1) Wind the band around the handlebar and hook the metal ring to the gutter on the remote shifter base, then 2) flip up the lever to lock (see Fig. I). If it is loosened, adjust the band tighter.
- 2** The soft fabric band is pre-adjusted to fit normal 22mm diameter handlebar. If you need to mount onto an oversized or specially shaped handlebar or stem, adjust the band (see Fig. J). At this moment, you should slide the guide pin downward to loosen the band for easier work.



(Fig. I)



(Fig. J)



(Fig. K)

USING THE MAG RESISTANCE UNIT

The Mag unit has 7 different levels of load force, replicating actual riding resistance.

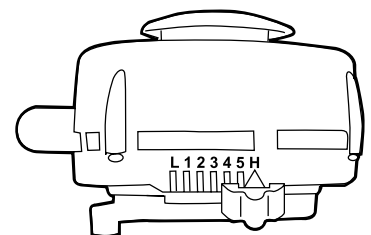
The load settings range from high (H) to low (L) can be adjusted via the side lever on the Magturbo unit or the lever on the remote shifter lever. You may also adjust the load force by shifting up or down among your gears, depending on the level desired.

We recommend that you start with a medium to low load force and gradually work up, increasing force as your muscles warm up.

Increasing Load Force

To increase the load force, move the side lever on the Mag unit toward the (H) symbol. (see Fig. L)

If your Mag unit is a remote control type, turn the lever on your remote shifter toward the (H) symbol. (see Fig. K)

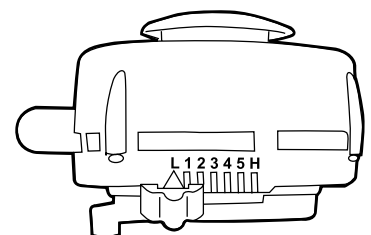


(Fig. L)

Decreasing Load Force

To decrease the load force, move the side lever on Mag unit toward the (L) symbol. (see Fig. M)

Be sure the lowest selection is not zero load, there still be a small level of force. If your Mag unit is a remote control type, turn the lever on your remote shifter toward the (L) symbol. (see Fig. K)



(Fig. M)

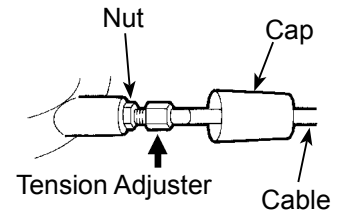


To make any adjustment to the unit, make sure you are off the bike, and that the trainer has come to a complete stop and that nothing is still moving.

TROUBLE SHOOTING YOUR REMOTE SHIFTER UNIT

If you cannot shift to either the lowest (L) or the highest (H) position, the inner wire of the remote shifter cable gets extended and the wire tension becomes loose. Please adjust the tension with the following steps;

- 1** Set the remote shifter lever at “H” position. Remove the remote shifter device from the handlebar and straighten the cable.
- 2** Remove the plastic Cap located on the bottom of the cable. (see Fig. O)
- 3** Hold the adjusting screw with your right hand and push it towards the direction of the outer cable, then adjust the nut with your left hand to make the wire tension properly.



(Fig. O)

ABOUT SLIPPAGE PROBLEM

The patented roller system used in the rim drive models from Minoura is made to fit a wide variety of bicycles and wheels. Therefore, you should expect that sometimes the rollers will slip a little on your rims. This is completely normal and due to the spring mechanism we use that provides a fit with such a large variety of bicycles and wheels.

If you experience slippage all the time you use the trainer, check the belt tension first by pushing down the belt with your finger. The K-16 V-belt will be worn down after long term of use but most reason for the slippage problem is caused by improper (too much or too less) tension adjustment.

To adjust the belt tension, loosen both upper and lower bolts which hold the pulley arm by an M5 hex wrench, then pull the arm outward by your hand and tighten the bolts firmly again.

If the V-belt is completely worn down or damaged, replace it.

This work requires high skill for disassembling and assembling the Mag unit. If you don't have confidence, please ask to the Minoura dealer where you purchased the trainer.

The instructions manual will come with the replacement V-belt kit, also you can download it from our web site (<http://www.minoura.jp>).