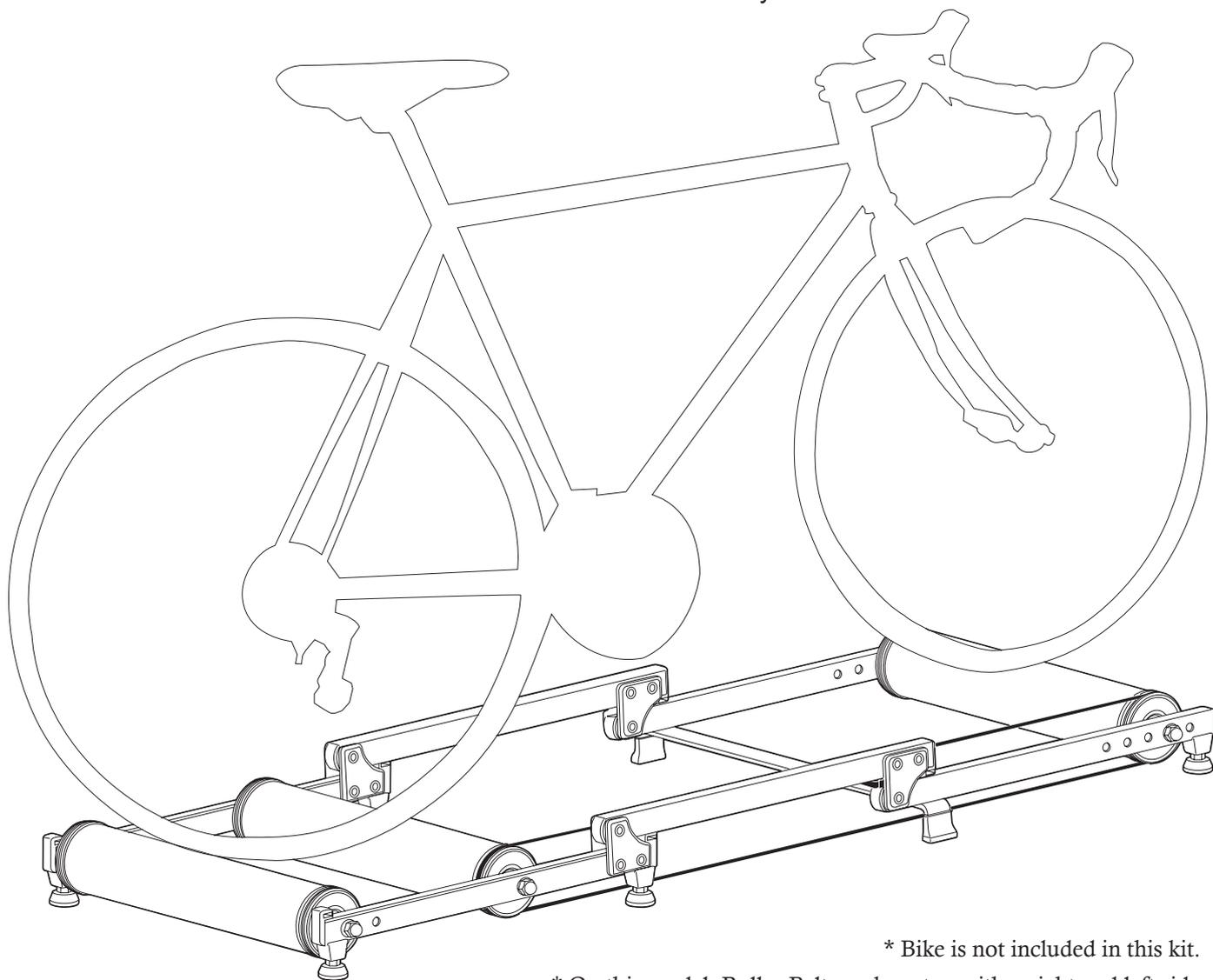


# MeZ-Roller

— Please read this instructions carefully before use —



\* Bike is not included in this kit.

\* On this model, Roller-Belt can be set on either right and left side.

**Warranty Period : 1 year**

## Contact

*If you have questions or need help, please contact the shop where you purchased this product or the distributor in your country first. The distributor can be found on our web site. Only when you cannot get enough assistance from them, you can contact;*

### MINOURA JAPAN

*(for ALL customers, including Canada)*

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

Phone: +81-584-27-3131

Fax: +81-584-27-7505

Email: [minoura@minoura.jp](mailto:minoura@minoura.jp)

Web: [www.minoura.jp](http://www.minoura.jp)

### MINOURA NORTH AMERICA

*(for the cutomers in the U.S.A. ONLY)*

Hayward, California, USA

Phone: 1-510-538-8599 (9:00 – 17:00 PST)

Fax: 1-510-538-5899

Email: [support@minourausa.com](mailto:support@minourausa.com)

**Made in Japan**

## IMPORTANT NOTES

- *Read this instructions carefully before use and hand always for referring.*
- *This product requires some assembly. Follow each cautions for safe use.*
- *This product is precisely assembled. Any modification or disassembly without prior approval from Minoura will void the warranty.*
- *We provide limited warranty service; maximumly 1-year on roller drum and 5-year on frame. For more information, refer the included "Minoura Limited Warranty Policy" card.*

 *For the normal 2-wheel bicycle with the wheelbase between 970 and 1,090mm only. No other bikes (including mini-velo) cannot be used on this product.*

*We don't recommend to use this product with a recumbent bike because its riding position is so special that it's hard to keep balance correctly. If use with recumbent, do it at your own risk.*

 *You won't be supported by anything on rollers and you will have to keep balance by yourself. Place the rollers on flat and horizontal floor, and you should use along a handrail or beside the wall. Have a well skilled assistant if you are a beginner on rollers.*

 *It's dangerous to remove your hands from handlebar while riding on rollers. Place your both hands on handlebar gently (not grab hard) at all times. Do not look down, and see 2 - 3 meters ahead for safe riding.*

 *Adjust the front roller position properly at the best position to your bike's wheelbase. If the front roller is located too forward, the handling performance will be changed so quick and may fall down easily. Too behind setting cannot guarantee enough stability.*

 *Do NOT apply brake at all times while on rollers. Braking on rollers will blow you backward and it's dangerous. To stop training, just stop pedaling and reduce the speed naturally. It won't take so much time.*

 *Be sure you are positioned a few inches above from the actual floor level. You won't be able to reach the floor even if you extend leg.*

*When supporting yourself, carefully confirm the foot point visually. If you wear the shoes with cleat plate, be sure it's slippy on metal frame. We strongly recommend you to use the optional Foot-Step for your safety.*

 *Set the Roller-Belt properly on grooves on the roller drum end caps. You cannot stand on rollers without this belt. Check the belt at everytime before using the rollers. If it's damaged, replace to a new one or fix it by referring the guidance in the page 7.*

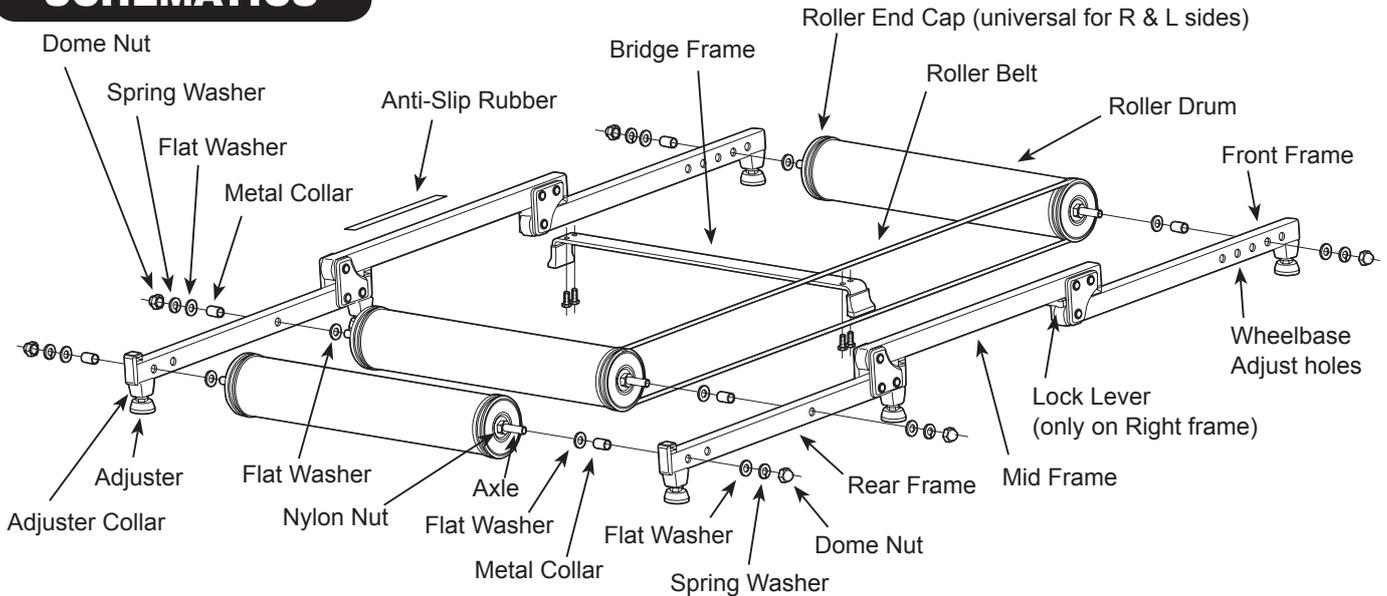
 *Check if every bolt and nut are properly tightened before use. Do not loose or over-tighten the nut which holds the bearing in the roller end cap. It will cause serious damage to the cap and bearing. For more information about this nut, refer the page 7.*

 *It's dangerous to touch the spinning roller or belt. Keep small children and pets away from the rollers while workout. Keep any sharp and fragile items away from the rollers to prevent from unexpected accident.*

 *Be careful not to pinch your finger when folding down the frame. Do not stand on the roller drums.*

 *If you don't install the optional Mag resistance unit on the frame, remove the V-belt for driving the Mag unit to avoid accident.*

## SCHEMATICS



### **Caution on Direction of Metal Collar**

Frames are universal for right and left side, except the existence of Lock Lever. Therefore, the larger hole is always located on the left side for both frames. Insert Metal Collar from the larger left side hole. Metal Collar reinforces the frame against the tightening power by the nut. The frame will have to be damaged if you don't use Metal Collar, so don't miss it. Do not forget to put a Flat Washer between Roller Drum and Frame on both sides Axle.



### **About Adjuster**

Adjuster works to adjust the height. If all roller drums won't become parallel when place rollers on the floor and apply some load, extend Adjuster(s) to level the rollers. After changing the adjuster length, tighten the lock nut toward Adjuster Collar to lock the Adjuster position.



### **About Anti-Slip Rubber**

Put the rubber sheet on top of Mid Frame on the side you usually place your leg. When using the optional Foot-Step at all times, you can change it to opposite side.



### **About Roller-Belt**

MOZ-Roller is different from any other rollers. The roller end cap is universal so you can put Roller-Belt to any side you like.



### **About Bearing Holding Nut**

From ver.1.2, the bearing holding nut has been changed to a Nylon Nut to avoid loosening. Therefore, you need to remove the flat washer from the front roller when installing an optional Front Guard.

## WARRANTY

Minoura provides limited warranty service to the first original user who purchased the product at Minoura authorized retailer in brand-new/unopened condition. The warranty period is maximumly 1-year on this product.

However, any Minoura non-related problems such as unauthorized modification, abuse, trouble during shipment, and natural wear will not be covered by this program.

Any used product gotten through auction or person-to-person trade is void the warranty service.

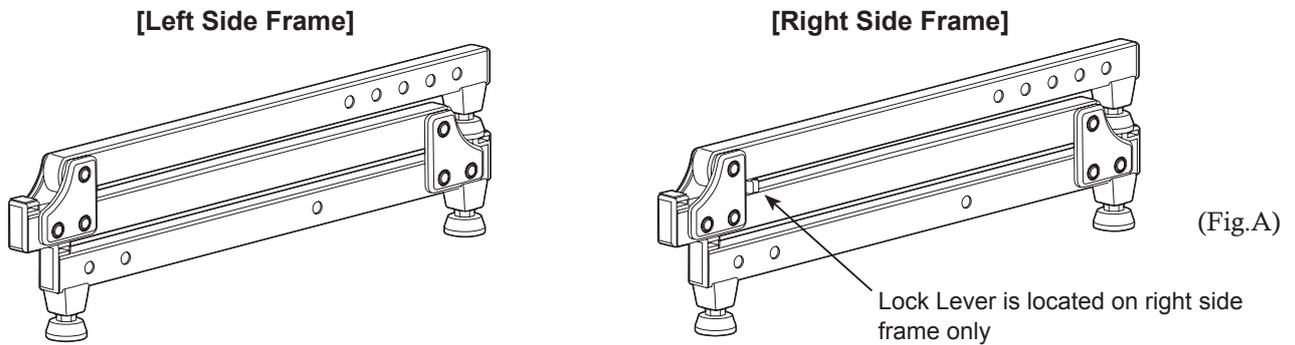
Even if it's purchased in brand-new condition, if you cannot present us the copy of the purchase receipt issued by the shop, it will be handled as a "used" one.

For more information, refer the attached "Minoura Limited Warranty Policy" card and visit Minoura's web site.

# How To Assemble MOZ-Roller

Required Tools: 17mm Spanner, Phillips Screwdriver

- 1 Take out the Frames from the package, then distinguish the direction.  
The right side frame has Lock Lever to prevent unexpected folding, but any other points are same on both sides. (Fig.A)  
The left side hole size is always larger than right side one on either Frame. It's not a wrong parts.

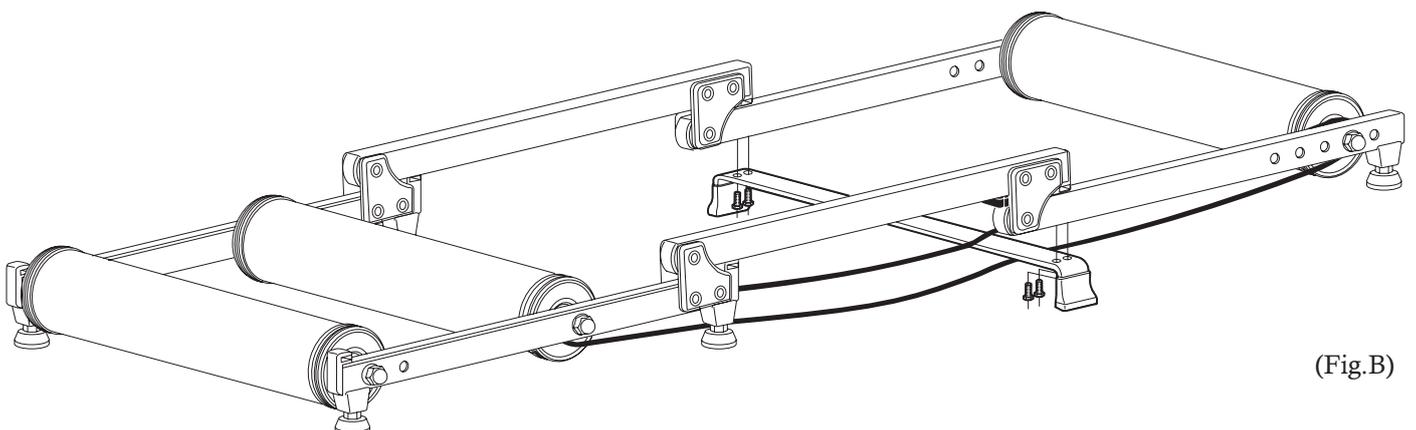


- 2 There is no specific direction on Roller Drum. It's symmetric. All three rollers are exactly same.  
Put Flat Washer to the left side axle to protect the bearing, then insert to the smaller hole on the left side frame.
- 3 Insert Metal Collar, Flat Washer and Spring Washer from outside of the frame, then tighten Dome Nut temporarily.  
Repeat it for two other rollers.

- 4 Put the Roller-Belt on Front and Mid Frames.  
(If you bend the frame like Z-shape, the later job can be done easily)  
If you will install the optional Mag unit, put the V-belt through Rear Roller. If not necessary, remove it to avoid unexpected jamming problem.

- 5 Put Flat Washer and Metal Collar to the opposite side axle first, then insert to the larger hole on the right side frame.  
Put Flat Washer and Spring Washer to the axle, then tighten Dome Nut temporarily.

- 6 Install Bridge Frame between the back of Front Frames with the supplied 4 bolts. (see Fig. B)  
At this moment, make sure that Bridge Frame comes through Roller-Belt, otherwise it will constrict the belt when opening the frame.  
The bracket may sit in wrong position in the frame tubing. If you don't find the bracket, lift up and incline the frame to slide the bracket.



- 7** Tighten Dome Nut with a pair of 17mm spanners. If you use just one 17mm spanner, you should tighten the nut on the left side first, then tighten on the right side.



*The nut on the roller end cap is precisely adjusted to hold the bearing at proper position. In the case you find the nut has been clearly loosened, do not try to loosen or over-tighten this nut.*

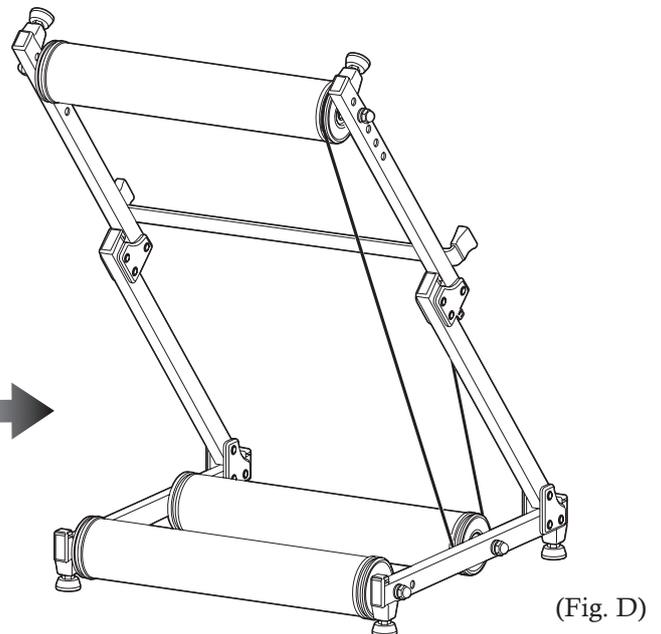
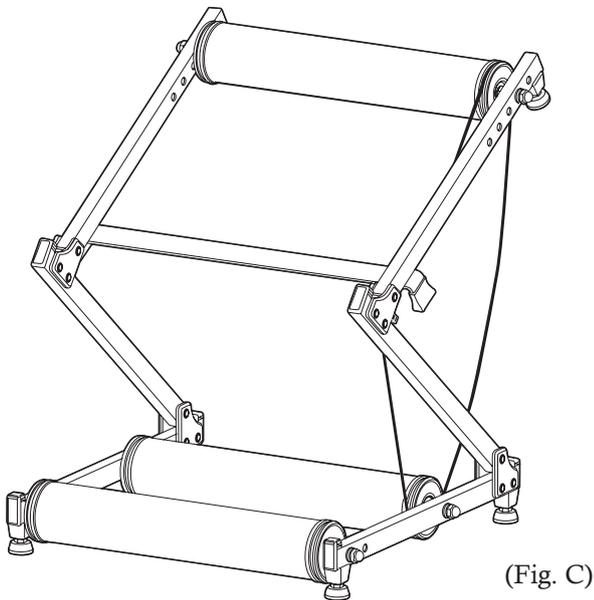


*We don't put a thin 17mm spanner from ver.1.2 we changed the bearing holding nut. You must prepare the spanners (hopefully, two) by yourself.*

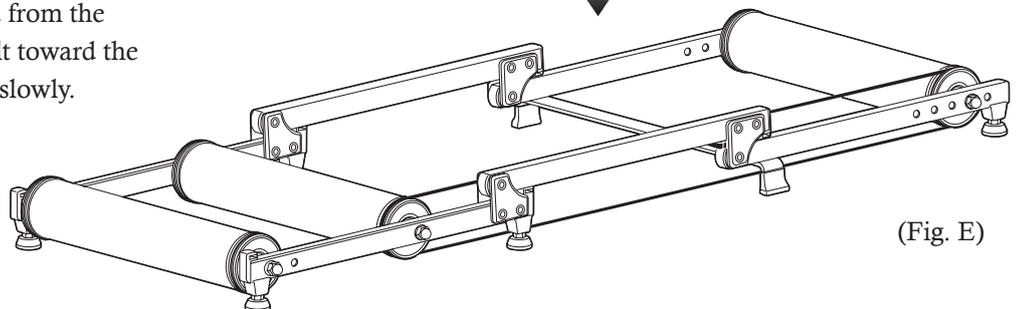


*When installing the optional Front Guard or the steel bracket for installing Mag Resistance Unit, you need to remove the flat washer and use just spring washer.*

- 8** While bending the frame in Z-style, apply Roller-Belt to both Mid and Front Rollers, then place on the floor. (see Fig. C) After confirming the belt is properly located in the grooves, extend the frame until you hear clicking sound that Lock Lever is locked. (see Fig. D)



- 9** Lay down on the floor gently. (see Fig. E) If Roller-Belt has been removed from the grooves on the cap, push the belt toward the groove while rotating the roller slowly.



- 10** To fold down the frame, pull Lock Lever then push Front Frame downward.



*If you have pushed down the frame without pulling Lock Lever, it will have to be damaged.*



*Be careful not to pinch your finger when folding/opening the frame.*

## About Front Roller Position

The front roller position is adjustable in 5 positions in order to fit your bike's wheelbase size.

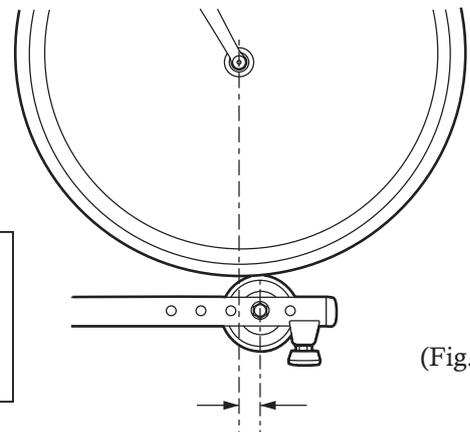
For your safety, set Front Roller at 10 – 15mm forward to the front wheel axle. (see Fig. F)



*If the front wheel axle has been positioned further than Front Roller, the bike will fall off forward very easily.  
If it's too behind, the handling character will become too heavy but suddenly turn quickly after certain angle.*



*Do NOT apply brake at all while on rollers.  
The spinning roller's moment will brow you backward.*



(Fig. F)

10 - 15mm (minimum 0mm. No minus)

## How To Ride Rollers for Beginners **TIPS for Safe Ride**

You won't be supported by anything on rollers. You must maintain the balance by yourself.

We strongly suggest to have a well-skilled helper for every beginner. Remember riding alone always has the risk of falling down.

### ● Set the gear to middle

Prior to getting on bike, shift the transmission gear to the mid point; not too light and not too heavy.

Too light gear cannot gain enough speed, and too heavy gear will lose balance by the force of pushing down the pedal.

On rollers, be sure you "smoothly spin" the pedal by both pushing and pulling actions.

### ● Set next to the wall

Set rollers to the location where you can easily reach the wall or handrail when you sit on the saddle. In case of handrail, too low position is not good because your upper body will have to be leaned. Your shoulder level or higher is fine.

Too far away from the wall is also not good, because your upper body will be leaned and the gravity point will have to be shifted off. You may lose your balance when release your hand. Just next to the wall is fine.

### ● Properly sit on the saddle center

Sit on the saddle and put both foot on the pedal while holding the wall. Adjust hip position to the exact center of the saddle.

If your body is not aligned to the bike properly, it will become very difficult to keep balance on rollers. As our own investigation result, most people who cannot ride rollers don't sit on the saddle correctly. Keep in your mind that this is the biggest hurdle.

### ● Do not look down, see ahead

If you drop down your head to look downward like you see the front roller, your semicircular canal won't work and you will have to lose balance. Raise up your chin to see 2 - 3 meters ahead at all times on the rollers.

### ● Do not grab the handlebar hard

Grabbing handlebar so much will lose the flexibility of your body, then you won't be able to chase to the bike action. Remind that you softly grab the handlebar like "just touching".

### ● Grab just next to the stem

While you don't get skilled with rollers, we recommend you to hold the center part of the handlebar like just next to the stem.

It will become harder to keep balance if you hold further end position of the handlebar, then you may fall down at the moment you release your hand from the wall due to too much travel of gravity shifting.

Anyway you don't use brake on rollers at all, you don't need to think about the position of the brake lever or grip.

### ● Pedal slowly

While holding the wall, start pedaling slowly.

If your body has been leaned or the handlebar has been angled even a little, the front wheel will rapidly move sideward on the roller drum. If you grab the handlebar at this moment, you will have to fall off. Do not loose your head.

Learn how to maintain the proper weight and balance control by yourself as your own physical feeling that the front wheel stays in the same position even while spinning.

### ● Release your hand from the wall

When you get skilled to pedal stable, try to release your hand from the wall.

At this moment, be sure you should quickly release the hand. Slow action will remain the gravity on your hand, and you may loose balance at the moment of release. Quick action is crucial.

### ● Keep the speed faster than 20 km/h (12.5 mph)

You can ride at very slow speed if you get skilled enough, but you should keep certain speed to maintain balance while beginner. Do not try high-speed riding, it's yet dangerous to you.

### ● Do not apply brake

To stop your workout, don't brake but just stop pedaling to reduce the speed gradually. At almost stop, extend your hand to catch the wall to support yourself.

## My Roller Belt Has Been Broken

Roller Belt is made of flexible urethane material and it's universal on every Minoura rollers.

It should be tough enough but if it has been broken, follow the steps below;

### ● Replace to the new belt

The replacement Roller-Belt can be purchased at your local Minoura dealer.

Order as "Urethane Roller Belt (SKU: 400-3098-00)".

### ● Repair the broken belt

The belt is made of plastic material so you can re-joint it by melting the end.

1. Put both belt ends onto the hot iron to melt the edge.
2. Put them together while they are hot.



*Be careful not burn your finger when handling hot iron.*

## About Noise from Roller Drum

There are various reasons of the noise problem. Follows are the typical cases;

### ● Nut has been loosened

If the nut which holds the bearing has been loosened, the bearing cannot stay in the correct position and come out from the hole on the roller end cap, then it generates the noise.

In the proper condition, the bearing is sunk in the plastic cap in the depth of 2.5mm. If your bearing has been moved shallower than this level, it's the evidence that the bearing is loosened.

To avoid this problem, check the bearing regularly (hopefully once a week) and tighten the nut if necessary.

**\*\* From this version (1.2), we change the nut type for holding the bearing from a standard nut to Nylon nut. It won't be loosened under normal usage, so the above trouble should not occur.**

### ● **Roller cover has been worn down**

If you leave the loosen nut problem, the shaking bearing will grind the plastic cap.

If the hole on the plastic cap has been enlarged in the radial direction, it's impossible to repair it, and you must replace the plastic cap or the whole roller drum.

To ask the repair work, contact us through the shop you purchased this product.

### ● **Roller cover has been removed from the drum**

We modified the construction on MOZ-Roller so it is hard to have this problem any more, but it could be occurred.

The plastic cap is glued to the alloy roller drum. If they become apart, a noise will occur.

You can repair the removed cap by re-gluing it. However, if it's worn down too much (you see a lot of plastic dust), it's impossible to repair and you need to replace whole roller drum.

Remove the wrong roller drum from the frame, and remove the nut which holds the bearing.

Hit the axle end to the floor then it will come out from the drum.

Pull out the removed cap and clean up it. Glue on the mid part of the cap body sleeve which is inserted into the alloy drum by the glue for metal & plastic, then insert it again.

Place the roller drum vertical, and put a flat, solid and heavy item (like as encyclopedia) on the cap. Make sure both caps are being exactly parallel.

Leave for 24 hours to finish gluing.

Please note the roller drum end may not cut at precisely right angle. The Japanese industrial standard allows certain angle on the cut edge. It means just pushing the cap to the drum won't work. Checking if the caps are in parallel is crucial.