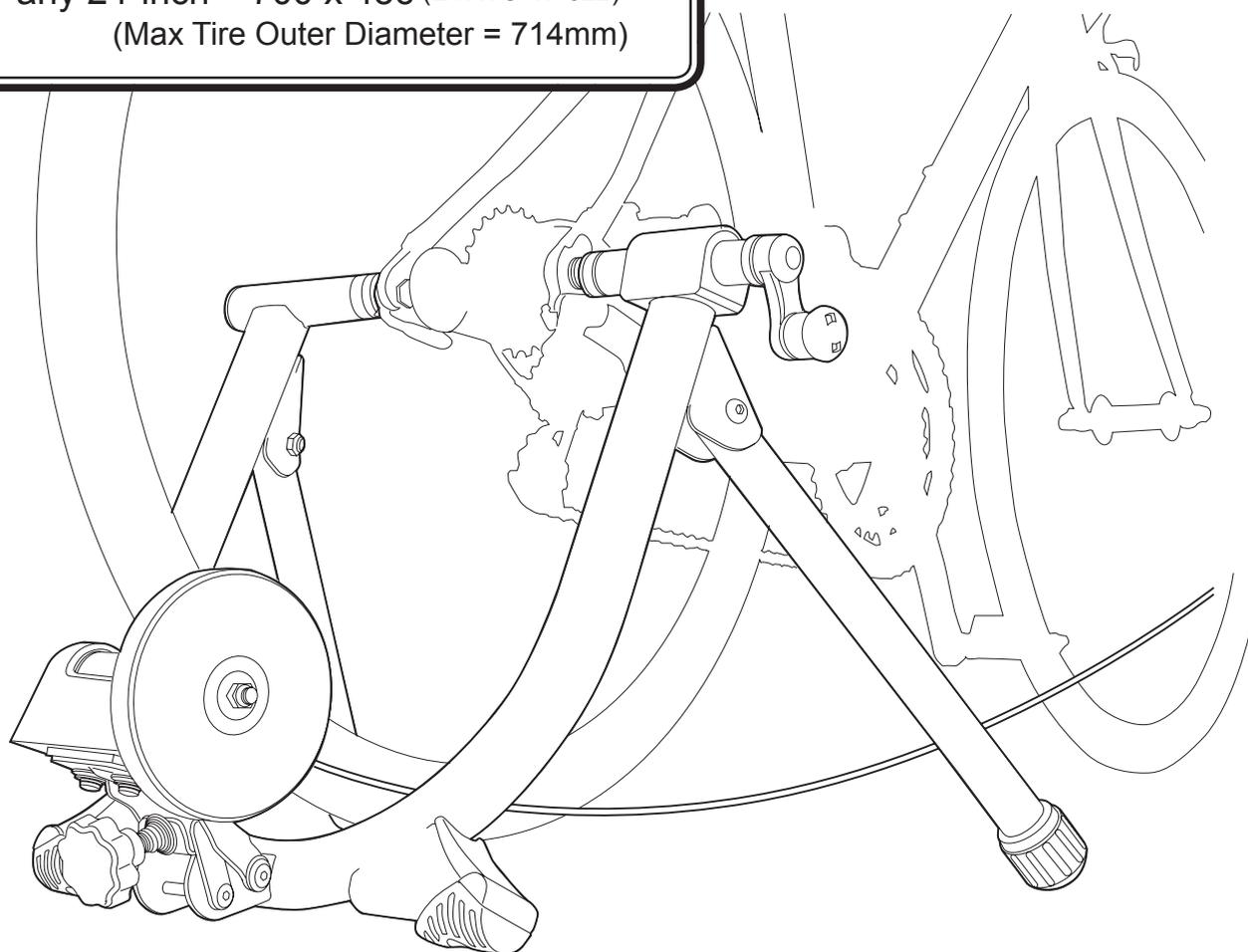


## Applicable Tire Size Capacity:

any 24-inch – 700 x 45c (ETRTO 47-622)  
(Max Tire Outer Diameter = 714mm)



## Main Features

- The basic LiveRide series trainer combined with the simple & durable U-shaped design main frame and the powerful Advanced-Magturbo resistance unit
- Uses a super-strong Neodymium magnet for providing extremely wide and controllable resistance range
- Easy-to-grip wing design remote shifter enables to choose your desired power from 7 resistance levels easily
- Thick outer edge flywheel design generates more initial inertia rather than a plain disc type flywheel
- 'LiveTraining' smart phone training application compatible

## Please Note

*This trainer must be used with a completely smooth (no knobs or raised tread) tire. Failure to do so will ruin the mag unit, your tire, and void any possible warranty.*

## Contact

*If you need help, please contact the **shop** first where you originally purchased this product or call the **distributors** in your country. The distributors list can be found on our web site. When you cannot get enough service, you can contact us;*

### MINOURA North American Tech Center (for U.S. residents ONLY)

Hayward, California, U.S.A.

Phone: 1-510-538-8599 (8 am - 5 pm, Mon - Fri, PST)

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**

## Important Notes

Please read carefully before use

- For use with a normal 2-wheel bicycle only. Do not use a tandem, recumbent, track racer or other.
- The right side coupling has a black plastic cover (Grommet) in standard on LR340. This is for protecting the quick release skewer's nut from scratching, but if you use a bike with the nut type rear wheel axle, remove Grommet for better stability.
- Fits tire size between 24" and 700x45c (ETRTO 47-622). To use 24x1.75" or smaller tire, install the supplied Small Wheel Adaptor between the Mag unit and the base bracket. 29" tires may not be used on LR340.
- Some assembly required. Use correct tools (10mm spanner and M5 & M4 hex wrenches). The kit contains only M5 hex wrench.
- Use the supplied rear quick release skewer for maximum stability. The hub clamping parts (couplings) fits the supplied quick release skewer only. Minoura is not responsible for any problem caused from using your own skewer.
- Use on flat and level floor or ground for your safety.
- Adjust the roller pressure to the rear tire properly in order to maximize your tire life. Tire and roller contact will eventually wear both your tire and the trainer roller. Wipe the tire surface to remove any solid dust away before setting the bike on the trainer in order to maximize the drive roller life.
- Check and adjust the remote shifter cable tension properly when you cannot set at L or H even though you turn the shifter lever.
- Touching the spinning wheel and/or any other moving parts while training may cause serious injury. Keep children and pets away from the trainer when in use.
- It is not possible to convert the remote controllable resistance unit to the non-remote version one. Removing the remote shifting device means fixing the resistance level at the highest range.
- If you feel any strange noise or smell, stop using LR340 immediately and contact the retailer where you purchased the trainer.
- To protect the floor or carpet from stain and sweat during workout, we recommend you to put a sheet or mat under the trainer and bike.
- Any warranty will be void if you use LR340 for other purpose than instructed. Minoura offers 1-year limited warranty on this product from the date of your purchase for any problem caused by manufacturer's defect. Any damage or problem caused by transporting process is not covered under warranty. Any damage from shipping or moving must be made to the shipping company. Read the enclosed "Minoura Limited Warranty Policy" card for more detail. For the latest information, refer Minoura web site (<http://www.minourausa.com>).

# How To Setup Your LR340 Trainer

**Required Tools:** 1 x 10mm Spanner & 1 x M4 Hex Wrench (not supplied)

1. Replace your rear wheel quick release skewer to the supplied one.  
Minoura guarantees the stability only when using the supplied skewer due to the coupling inner shape.



*If your bike is not equipped with quick release skewer and it's a hub nut type, you should remove the black plastic Grommet (Skewer Nut Protector) (F-9) from the right side Coupling (F-1).  
Minoura doesn't guarantee the stability if you don't remove the Grommet.*



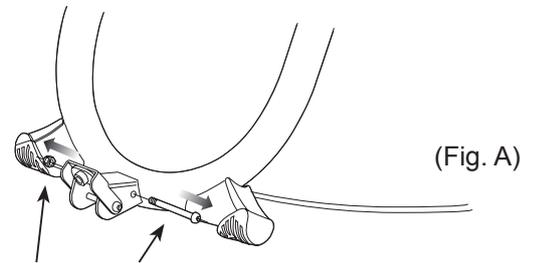
*You don't need the supplied quick release skewer if your wheel is a hub nut type. It's not possible to convert your wheel from the hub nut type to the quick release skewer type unless replacing the hub.*

2. Install the Mag unit and the Roller Pressure Adjust Knob set (MF-3) to the frame.

Once remove the pre-installed pivot bolt and nut from the Main Frame (see Fig. A).

Attach Mag unit to the bracket on frame, align the holes, and put through the pivot bolt.

Tighten the pivot bolt with 10mm spanner and M5 hex wrench. (see Fig. B-1)



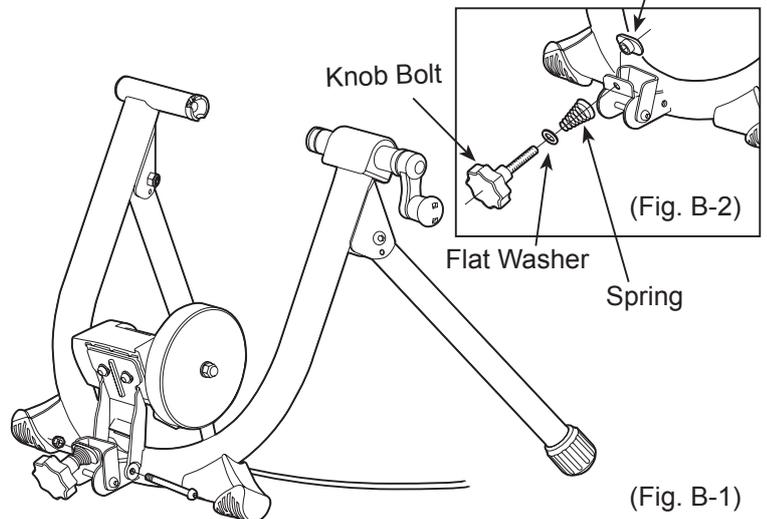
(Fig. A)



*If you have overtightened the pivot bolt, the Mag unit will not move smoothly even if you rotate the knob bolt.  
The proper installation is that the Mag unit will come down slowly with its own weight when you loosen the knob bolt.*

Remove both bolt and nut first

Wing Nut



(Fig. B-2)

(Fig. B-1)

Put the acorn spring and the flat washer to the knob bolt.

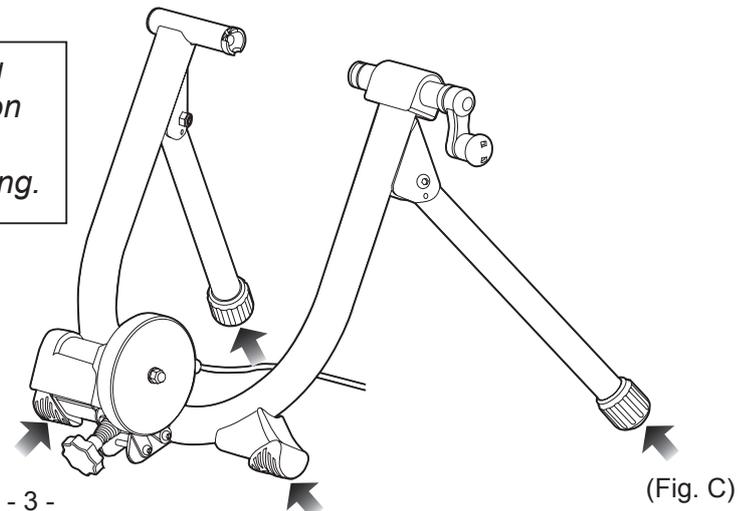
Attach the Wing Nut from behind the bracket on the frame, then screw the knob bolt into the T-nut through the hole.

(see Fig. B-2)



*Make sure the acorn shaped spring direction and the flat washer position are as shown in Fig. B-2.  
Failure will cause difficulty on rotating.*

3. Install the rubber cap (M5-2) to each leg.  
Fully open both legs and place LR340 on a flat and level floor. (see Fig. C)  
At this moment, make sure all 4 foot are contacting the floor at once to sit on the floor stable.



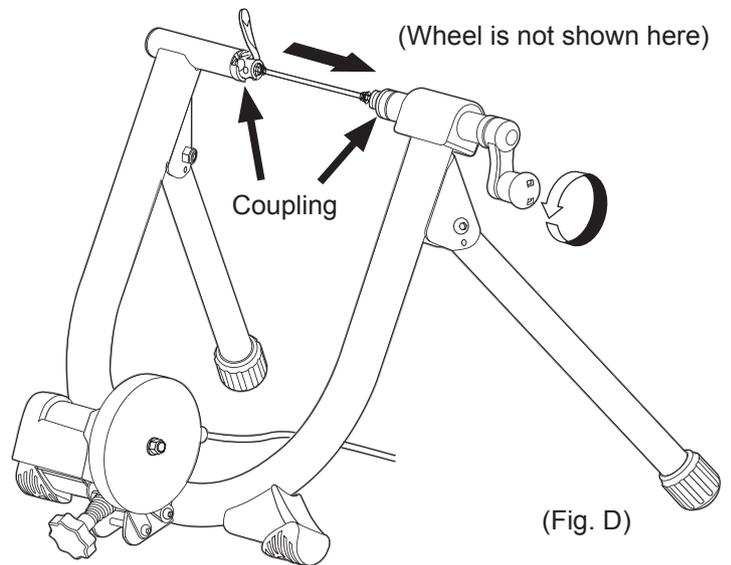
(Fig. C)

**4.** Place your rear wheel in between the couplings.

- 1) Turn the Hub Handle counter-clockwise to open the trainer. You should almost completely open the coupling using the hub handle for easier wheel installation. (see Fig. D)



*Be careful not to over-loosen the Hub Handle. It will loosen the inside nut and proper tightening can no longer be expected.*

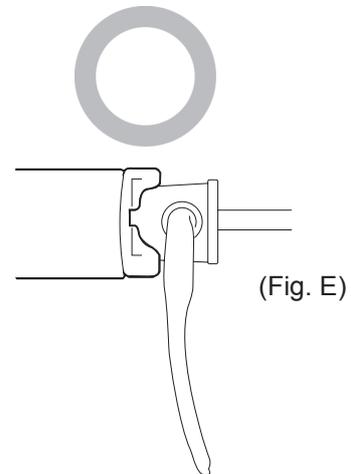


- 2) Insert the left side (quick lever side) skewer into the left side coupling first. The quick lever shaft must be inserted into the cut-out on the coupling to hold the bike stable. Turn the coupling to adjust the cut-out position prior to tightening the Hub Handle.
- 3) While keeping this position, slowly lower the bike to align the right side acorn nut to the right side coupling.
- 4) Turn the Hub Handle clockwise to hold the rear wheel. Once the rear wheel hub is securely clamped between the couplings and you cannot rock the bike in the coupling at all, stop tightening.
- 5) At this point, turn the Hub Handle two more rotations. Do not try to over-tighten the Hub Handle.

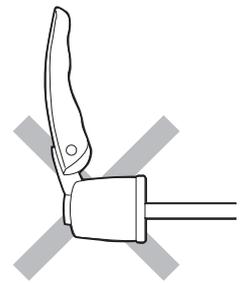
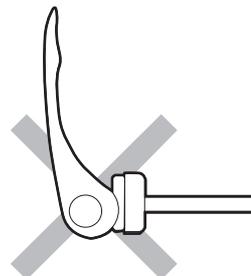


*Both right and left side couplings are designed to suit the supplied quick release skewer. The left side coupling must fit perfectly in the skewer head to get correct stability. (see Fig. E)*

*Any skewer type which lever is located on the end of the axle (like Fig. F) or the lever will not be bent over right angle (like Fig. G) cannot be used on LR340.*



*Do not try to over-tighten the Hub Handle to keep the correct tightness of rear hub clamping. Too tight of a setting will cause damage to both the LR340 and your bike frame. Too loose of a setting may cause the bike to come out of the trainer during use.*



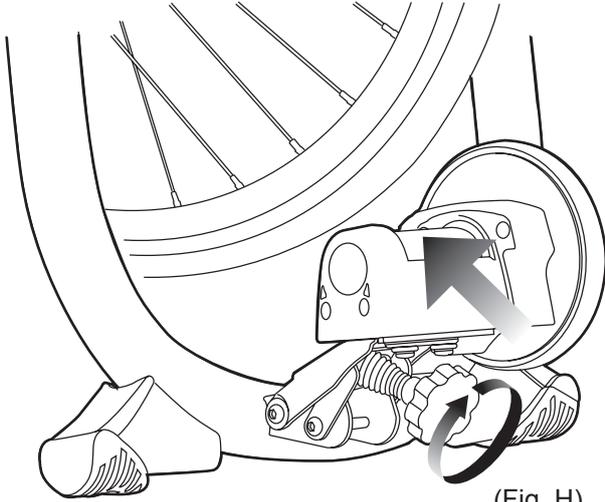
- 5.** Contact the Drive Roller to the rear tire by turning the Roller Pressure Adjust Knob clockwise. (see Fig. H)

The best position is that the roller compresses the tire in the depth of 3 – 4 mm. (see Fig. I)

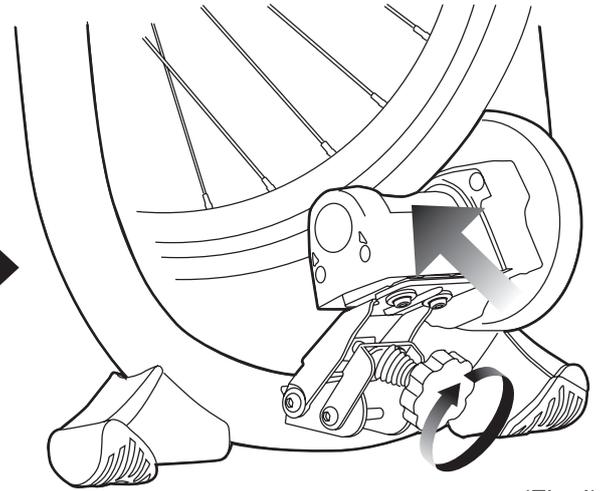


*Please note: Too little or too much tire pressure will cause premature tire wear. Always check the contact between your tire and the trainer roller and keep your tires correctly inflated.*

**TIPS** *If it's hard to tighten the knob bolt due to the Mag unit weight, lift up the Mag unit by hand then tighten the knob.*



(Fig. H)



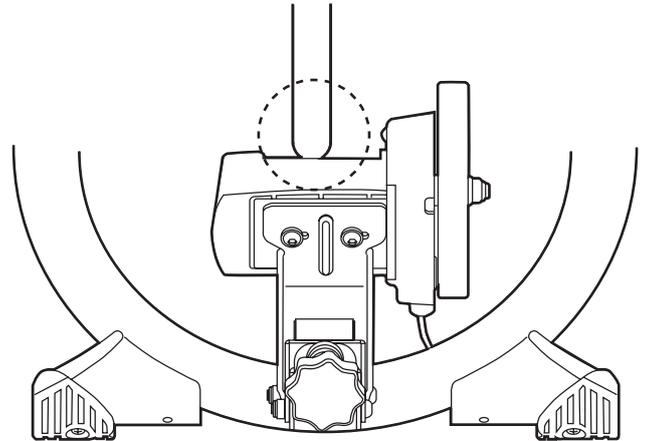
(Fig. I)

- 6.** The rear tire should sit just off center of the drive roller without touching any other part of the Mag unit. (see Fig. J)

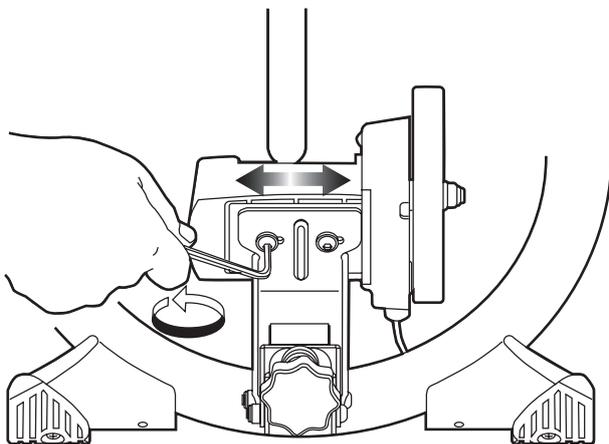
If the tire touches the plastic parts (see Fig. L) for any reason like the rear wheel is not trued correctly or you have installed a wide tire, you must adjust the Mag unit position.

There are two sets of installation thread holes on the bracket. Choose either one for better positioning.

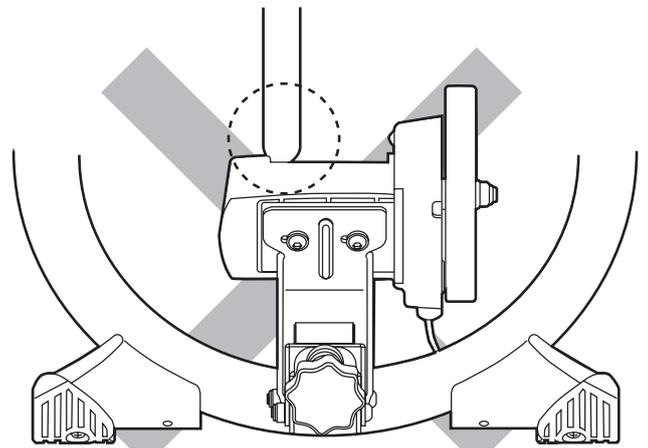
Also, you can micro-adjust the position. To do so, loosen the backside screws with M4 hex wrench, adjust the roller position side to side, then tighten the screws again tightly. (see Fig. K)



(Fig. J)



(Fig. K)



(Fig. L)



If the rear tire has touched any other parts than the Drive Roller, that part may be damaged and your tire will wear out quickly.

- 7.** To remove the bike from the LR340, loosen the micro adjust knob first, then loosen the Hub Handle. If you remove the bike without changing the roller position, the next installation may become difficult because the rear wheel has been pushed forward by the roller.

## How To Install Remote Shifter

**Required Tool:** 1 x M4 Hex Wrench

LR340 comes with a convenient remote shifter device. By installing it on your handlebar or stem, you can adjust the resistance in 7 different levels without getting off the bike. The remote shifter should be used in conjunction with the gears on your bike to achieve maximum efficiency in your workout.

### How to install the remote shifter

- 1) Wrap the flexible plastic band around the handlebar,
- 2) Put the hook to the gutter on the plastic shifter base,
- 3) Flip up the lever to lock.

The remote shifter is pre-adjusted to fit the standard handlebar size; 22mm (7/8") diameter.

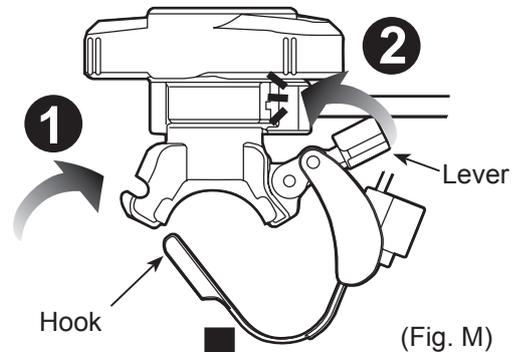
If it becomes loose or too tight, or you need to install the shifter onto an oversized handlebar or stem, adjust the band length by turning the plastic screw on the band with an M4 hex wrench.

(see Fig. O)

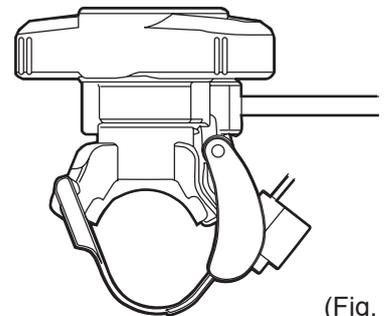
*(Please be advised that the hex wrench doesn't come in the package)*



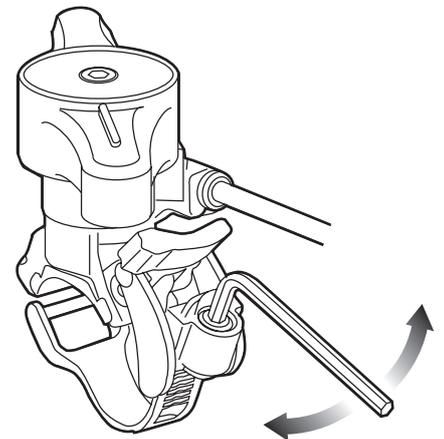
The plastic band and screw are not made to be abused. Do not over-tighten. You should take off the hook before adjusting.



(Fig. M)



(Fig. N)



(Fig. O)

## How To Adjust Resistance Level

### How to increase the resistance level

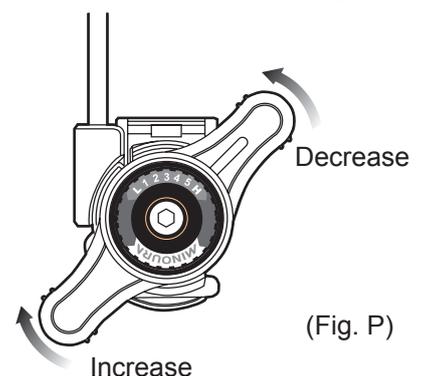
Twist the shifter lever toward "H" symbol

### How to reduce the resistance level

Twist the shifter lever toward "L" symbol



"L" is not zero resistance. There is still some resistance at "L" level due to the roller compression to the tire.

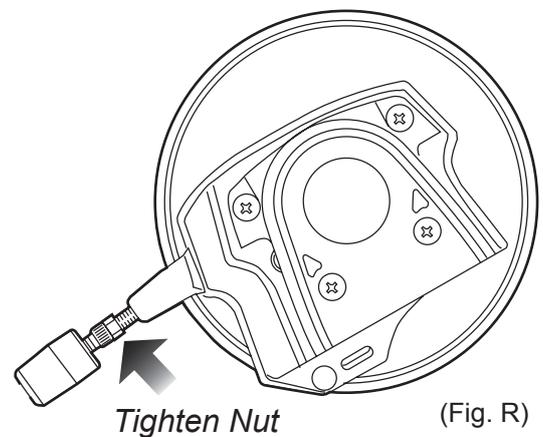
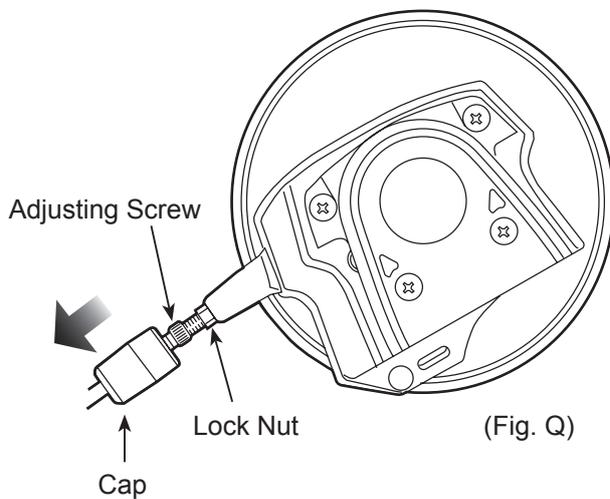


(Fig. P)

## Why My Remote Shifter Doesn't Work Properly?

If you have a shifting issue where you can't set the remote at L or H, your cable may be stretched. To fix this problem, follow the adjust the cable tension.

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. (see Fig. Q)
3. Hold the inside adjusting screw and push it toward the shifter, then adjust the locking nut to set the cable tension properly. (see Fig. R)
4. Install the cover cap again.



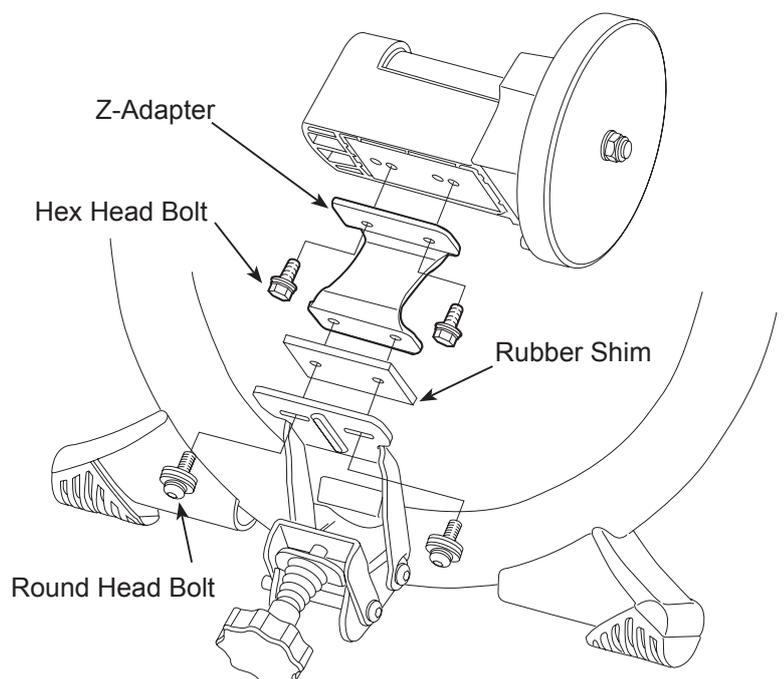
## How To Use Small Wheel Adapter

**Required Tools:** 1 x 10mm Spanner, 1 x M4 Hex Wrench

If you wish to use a tire size 24x1.75" or smaller, you need to install the Z-shaped "Small Wheel Adapter" between the Base Plate and the Mag unit to raise up the roller height. (see Fig. S)

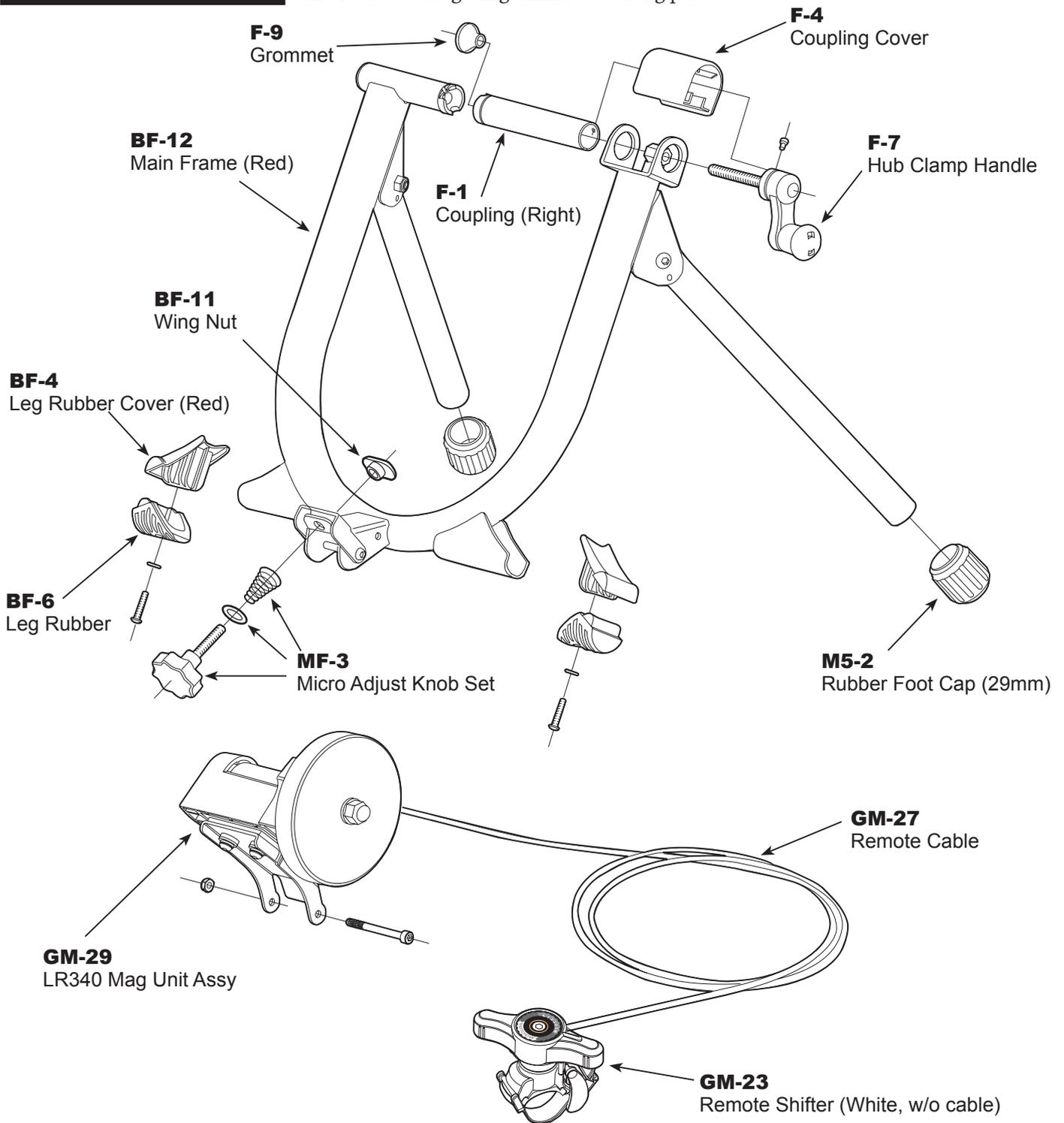
The direction of Z-adapter is fixed so follow the arrow printed on the top and make sure it's pointing toward the front (toward your bike). If the drive roller cannot reach the tire even if you install the adapter, make sure you have been installed in correct direction.

Use the original round head bolts for the Base Plate, and use the supplied hex head bolts for the Mag unit.



## LR340 Schematics

When ordering replacement parts, clearly tell the part number to the shop people in order to avoid getting similar but wrong parts.



## Other Languages / Andere Sprachen / Autres Langues / Otros Idiomas

- GB** If you need the instructions manual written in different language(s) such as German, French or Spanish, check out the following web page.
- G** Wenn Sie deutsches Versionsanweisungen-Handbuch brauchen, überprüfen Sie die folgende Webseite bitte.
- F** Pour télécharger les instructions en français, veuillez vous rendre sur la page Web dont l'adresse figure ci-bas.
- ES** Si necesita el manual de instrucciones de versión español, compruebe la página web siguiente.

[http://www.minourausa.com/\\_userdata/lr340.pdf](http://www.minourausa.com/_userdata/lr340.pdf)

