

# MINOURA

## Indoor Bike Trainer

Live Ride

# FG550A

## HYBRID ROLLER

(ver.1.2 2023/7)

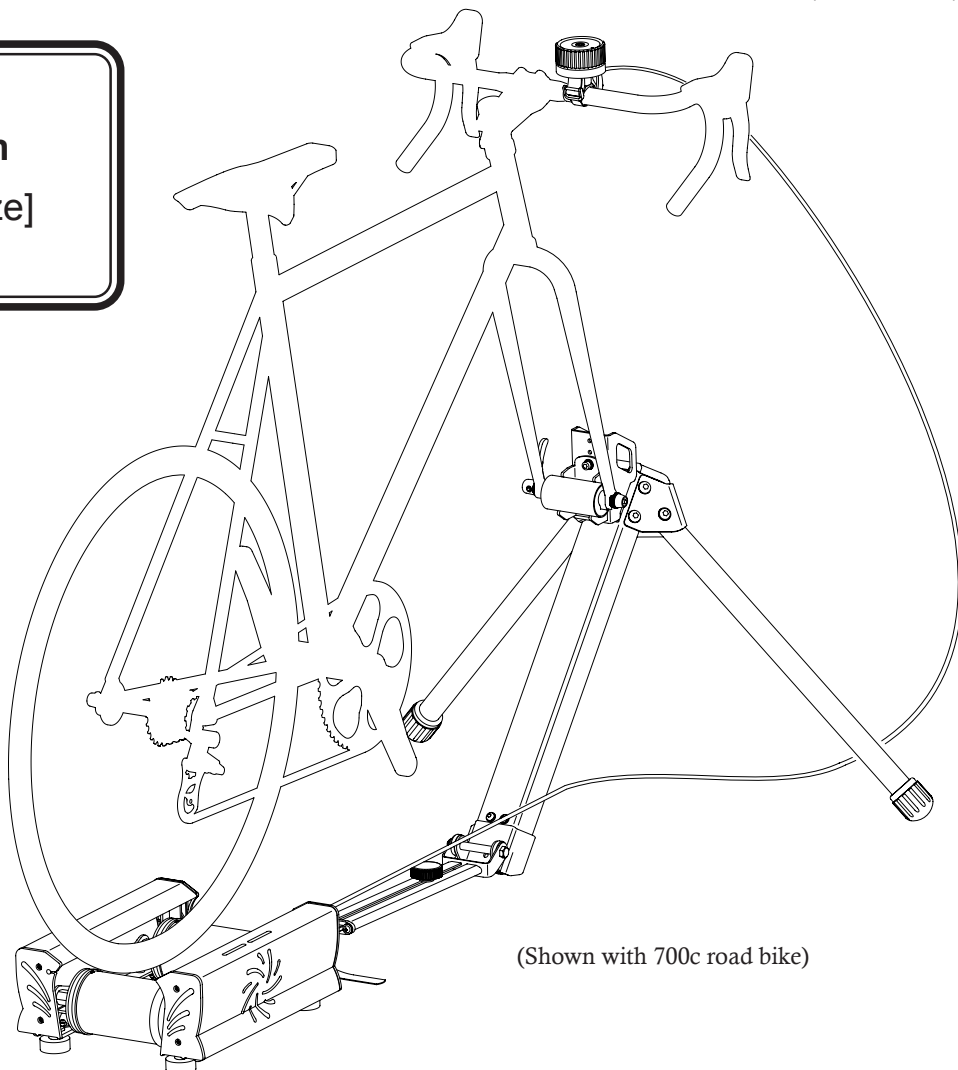
[Applicable Wheel Size]  
**650c – 700c, 26 – 29 inch**

[Applicable Wheelbase Size]  
**950 – 1,200mm**



### [Important Advice]

Prolonged contact with the floor may result in the rubber foot cap leaving a stain on floors. To prevent this from happening Minoura recommends using a mat, sheet, or towel under the trainer to protect the floor.



(Shown with 700c road bike)

### Caution

- This trainer is designed for use on stable, even and flat surfaces. Do not use in uneven, muddy, or wet conditions. Getting dirt in the resistance unit will cause damage and using muddy or dirty tires will cause premature wear on the rollers.
- The front fork mount is adjustable in three levels. This feature is mainly to keep the bike horizontal. Do not use a 24" or smaller diameter wheel.
- The FG550A can compensate for slight deviations in floor surfaces. If your floor is slightly uneven, adjust the length of the rubber foot under the roller unit in conjunction with the fork mount angle on the front frame.

### 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.*

#### 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)

134-1 Shimomiya, Godo, Anpachi, Gifu 503-2312 Japan

**Fax:** +81-584-27-7505

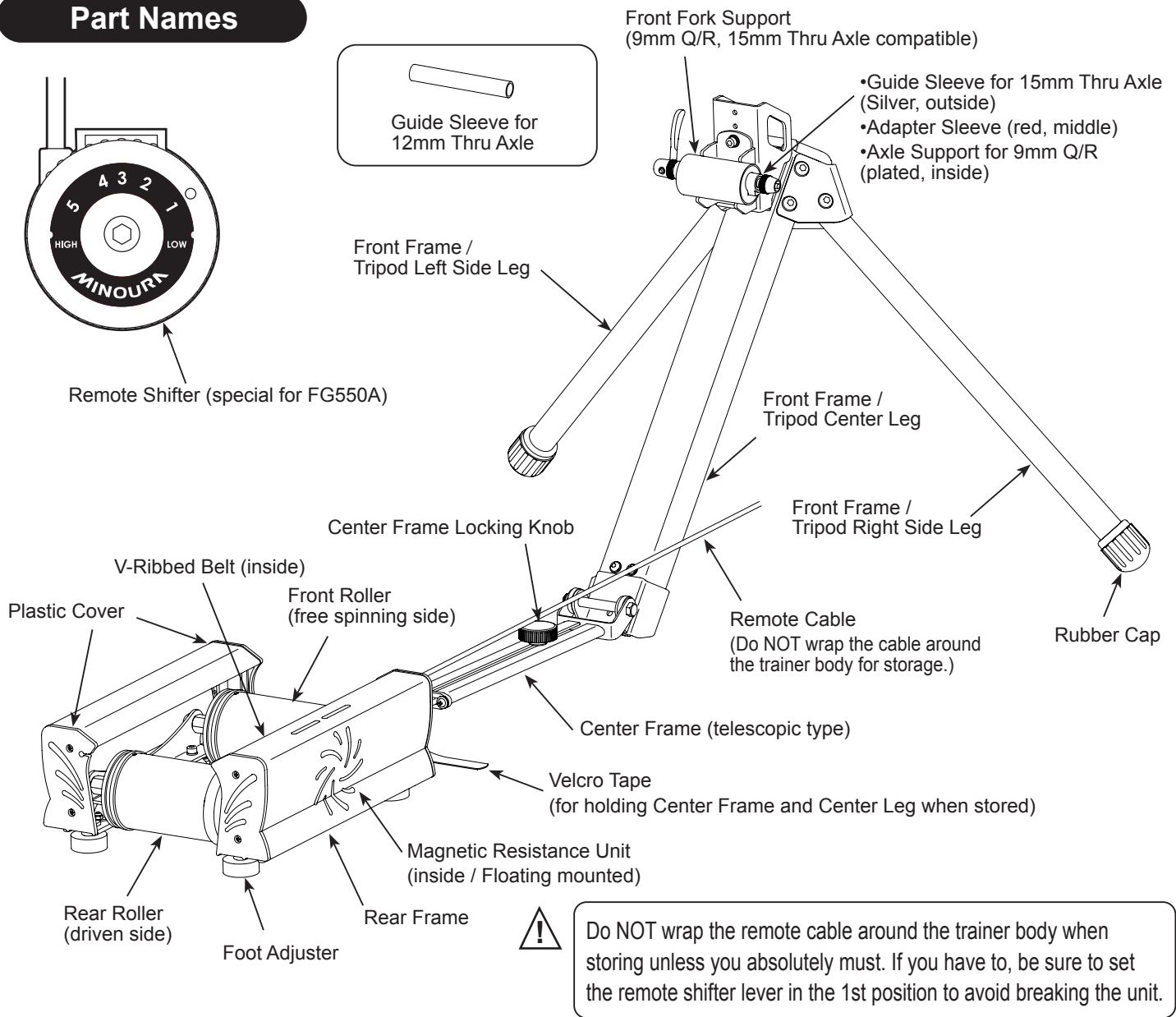
**Email:** minoura@minoura.jp

**URL:** www.minoura.jp

Made in Japan

- For use with a standard 2-wheel bike with the wheel size of 700c or between 26 and 29 inch, and the wheelbase size between 950 and 1,200mm. The tire size range you can set your bike horizontal is between 700x20c and 29x2.3 inch. Any longer wheelbase bike such as a tandem or long-tail or other types of bike such as recumbent or folding bike won't fit FG550A.
- The front hub is 100mm width and equipped with 9mm standard or 12mm/15mm thru-axle type. Any other hub size cannot be used.  
Boost hub can be used by using the optional adapter (sold separately).
- The rear part of your bike rides freely on the rollers. Be careful not to fall down while getting on or off the bike. Place yourself as close to the handlebar as possible to steady, otherwise it may cause the bike to tip.  
Do not stand on one pedal but mount the bike completely so as not to have your weight cause an imbalance that could make the bike tip over.
- The quick release skewer in the front fork support is floating mounted with a plastic bushing to avoid the damage caused by side-to-side shaking during riding. For this reason, the bolts which hold the bushing are not fully tightened intentionally and there is some space above the bolt.
- Minoura recommends the use of a completely slick (no tread) tire to reduce noise and increase the longevity of the tire and rollers.
- FG550A is equipped with a standard quick release skewer (Q/R) for the front fork mount. Tighten the Q/R as you would your wheel to your bike, close it firmly and tightly. If you are unsure, consult your local bike shop for help.
- Your rear tire must contact both rollers evenly. Adjust the center frame exactly. Incorrect adjustment will result in unbalanced resistance and poor bike stability. The resistance unit drives the rear roller only.
- The roller unit is supported with a floating mechanism. It reduces the vibration to the floor for your comfortable workout.
- For your safety, place the FG550A on a flat, even surface and open the legs fully to insure maximum stability.
- This kit contains a tool but it is just for temporarily purpose. Minoura strongly recommends you to prepare a really functional tool separately for secure maintenance.
- **DO NOT USE YOUR BRAKE TO REDUCE SPEED!**  
Doing so will decrease stability, cause your tire to burst or throw you off the bike. Simply reduce your cadence and let the bike come to a natural stop.
- Keep the children and pets away from the spinning wheel or moving parts.
- It's impossible to change to non-remote type. Removing the remote shifter will automatically set the resistance level at the minimum position. Do not try to remove the remote shifting cable. You cannot repair it by yourself.
- If you feel a slight slipping when you pedal hard, it's a sign the your tire's air pressure may be too low or that the belt has loosened and may need to be replaced. If this happens contact Minoura for repair (not covered under warranty).
- Minoura recommends to use a mat underneath the trainer to protect the floor from sweat or stain from the rubber feet.
- If you hear a strange noise or smell something unusual, immediately stop using the the trainer and contact your Minoura dealer. Do not try to disassemble the product without consulting your dealer or Minoura first.
- Any warranty will be void if you use FG550A 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. Natural wear will not be covered.  
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.minoura.jp>).

## Part Names



## How To Setup FG550A

No Tool Required

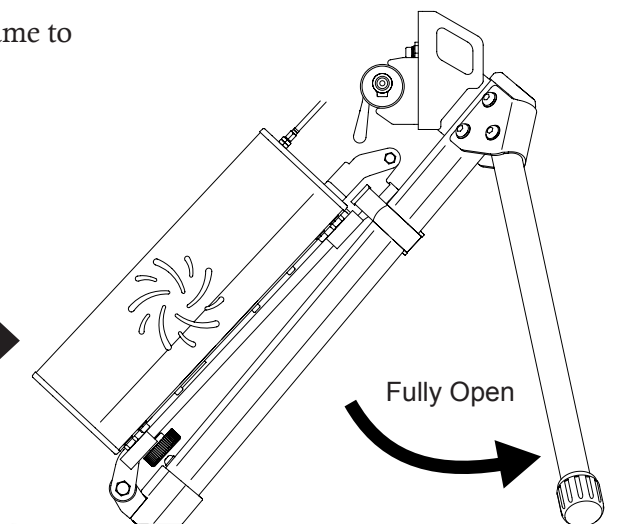
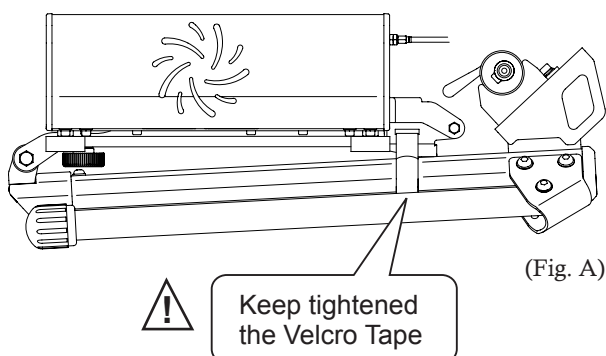
### 1 Open All Front Legs and Place On Floor

FG550A is folded in three in the box. (Fig. A)

Fully open both Legs and place on the flat floor. (Fig. B)

Do not release the Velcro tape yet that holds the Center Frame to the Center Leg.

Be careful not to pinch or cut your finger when picking up FG550A from the box.



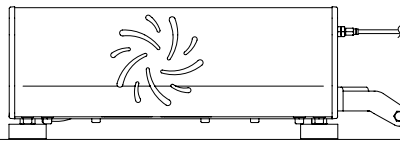
## 2

### Expand Rear Frame

Release the Velcro Tape, expand the Rear Frame and the Center Frame while holding it with your both hands. Place on the floor gently. (Fig. C)



When you hold the Rear Frame, use your both hands to support the bottom.  
Do not try to hook the upper frame to lift up. You may cut your finger at the edge or give some damage to the inside mechanism.

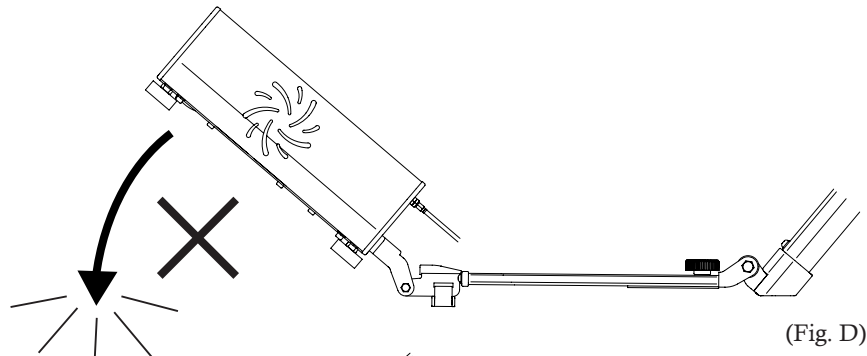


Wrap the Velcro Tape

(Fig. C)



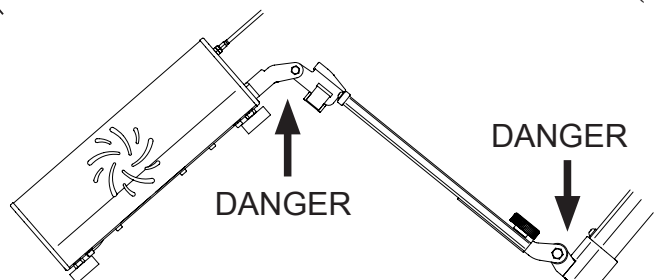
The Rear Frame is assembled precisely and fragile. Handle it gently. Do not drop the Rear Frame to the floor, the sensitive inside mechanism would be damaged. You need to cover the cost for repair.



(Fig. D)



When you fold or expand the Center Frame, make sure you don't pinch your finger.



(Fig. E)

## 3

### Expand Center Frame to Fit Your Bike's Wheelbase

Expand the Center Frame to match your bike's wheelbase (the distance between the front and the rear wheels).

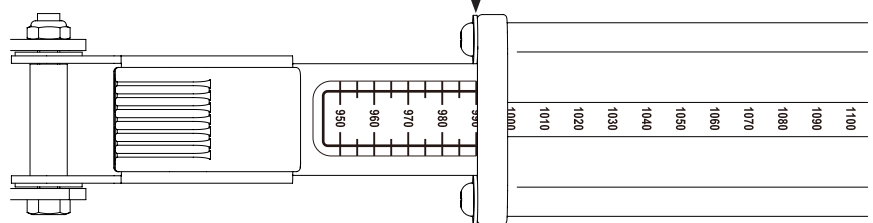
Loosen the Knob Bolt to expand the Center Frame.

The numbers on the top decal is the wheelbase size indicator.

You read the number at the rear end of the plastic bushing. (Fig. F)

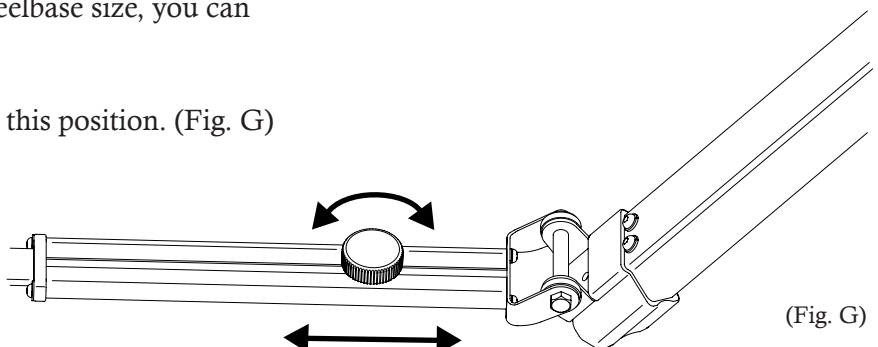
(If you are not so sure about your wheelbase size, you can adjust it later)

Read the number at this line  
(This figure means 990mm)



(Fig. F)

Temporarily tighten the Knob to keep this position. (Fig. G)

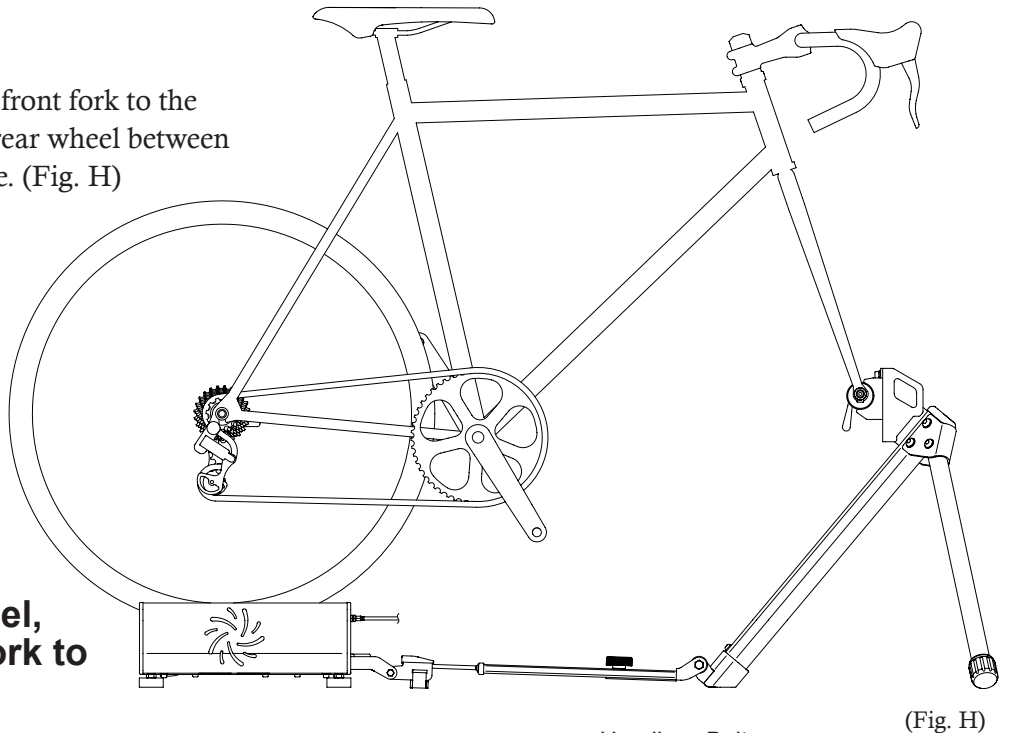


(Fig. G)

## What You Will Do ...

Remove the front wheel, install the front fork to the Front Fork Support, and place the rear wheel between two roller drums on the Rear Frame. (Fig. H)

Check if both front and rear wheel axles are set in the same height. If not, change the Front Fork Support position to adjust the height.



### 1 Remove Front Wheel, and Install Front Fork to Fork Support

#### • For standard 9mm Quick Release Skewer

Install the Front Fork to the original Front Fork Support then tighten the skewer firmly.

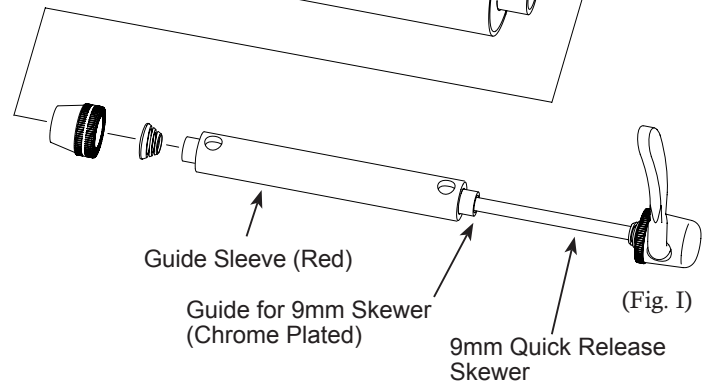


Check if both sides of the chrome plated sleeve come out equally from the red Guide Sleeve. Your front fork will be hooked and supported on this section. If it is not equal, but individually different, your weight will not be supported safely. On this case, loosen the Headless Bolts slightly and adjust the sleeve position side by side. After adjustment, tighten the Headless Bolts again to fix.

Guide for 12mm Thru Axle (Alloy)

Headless Bolt

Do NOT Loosen



#### • For 12mm Thru Axle

Remove the 9mm quick release skewer nut, loosen the Headless Bolts, and pull out the skewer together with the red Guide Sleeve.

Put the included alloy Guide Sleeve into the hole of the Front Fork Support. Screw the Headless Bolts slightly to hold the alloy sleeve (not so strongly).

Use the original 12mm thru axle from your bike. Put the axle into the alloy Guide Sleeve and install the front fork as usual.



Do NOT overtighten the Headless Bolt. The alloy sleeve could be deformed and you cannot insert the thru axle.

#### • For 15mm Thru Axle

Loosen the Headless Bolts and remove the quick release skewer from the red Guide Sleeve.

Use the original 15mm thru axle from your bike. Put the axle into the hole. You will not use the alloy sleeve. Install the front fork as usual.



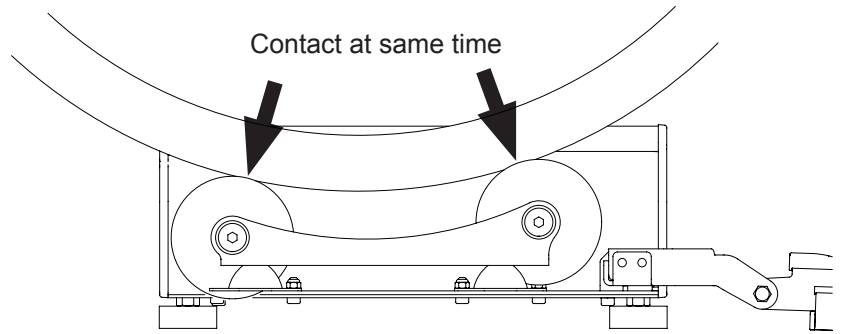
Do NOT loosen the button screw next to the Headless Bolt in any case. It holds the inside plastic bushing. If you have loosened unfortunately, do not fully tighten and screw back 1 rotation.

## 2 Place Rear Tire on Roller Drums

Place the rear wheel between two Roller Drums.

Adjust the Center Frame length as to be the tire touches both rollers at same time (see Fig. J & K).

Tighten the Knob Bolt to fix the Center Frame position.



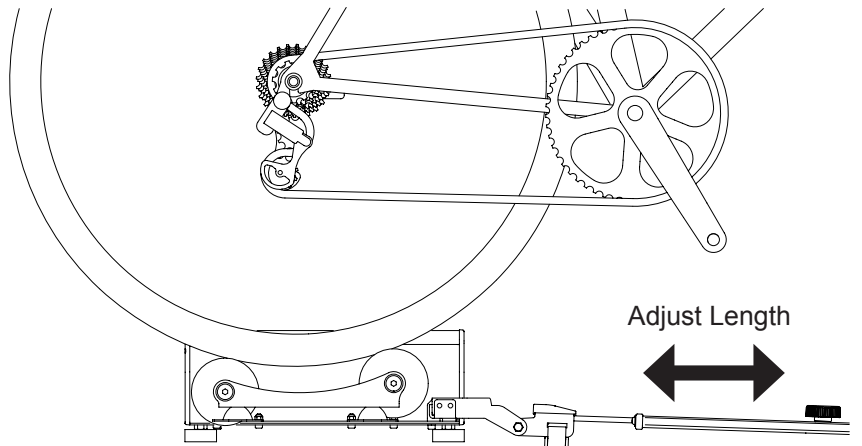
(Fig. J)



Adjust the Center Frame position as the rear tire touches both Roller Drums. (Fig. J & K)

If the rear tire touches the Rear Roller only and some gap remains between the tire and the Front Roller, the Center Frame will jump up while using. If so, move the Rear Frame a little backward.

If the rear tire touches the Front Roller only and some gap remains between the tire and the Rear Roller, the rear tire will cause slippage because it doesn't drive the Resistance Unit. This condition will cause premature tire wear, so move the Rear Frame a little forward.

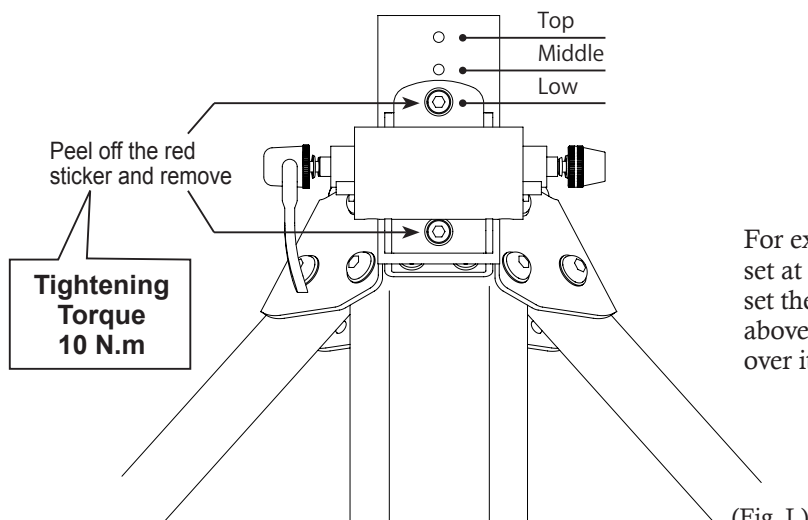


(Fig. K)

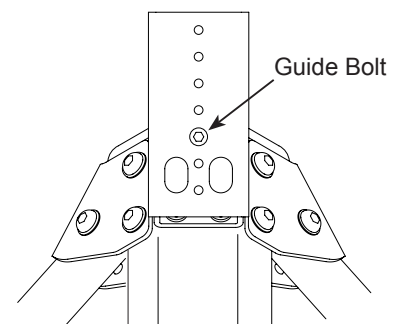
## 3 Set Bike Horizontal

The bike which is set on FG550A should be horizontal in order to simulate the actual riding on the road as much as possible. For this purpose, the Front Fork Support is designed to be height adjustable in 3 levels (every 15mm). (Fig. L)

Loosen both top and bottom bolts and remove the Front Fork Support, change the bracket position to make the bike as horizontal as possible. The bolts must be tightened in **10 N.m** torque. It is stronger than normal.

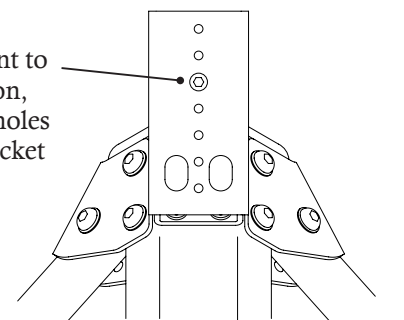


(Fig. L)



(Fig. M)

For example, if you want to set at the highest position, set the Guide Bolt two holes above and place the bracket over it.



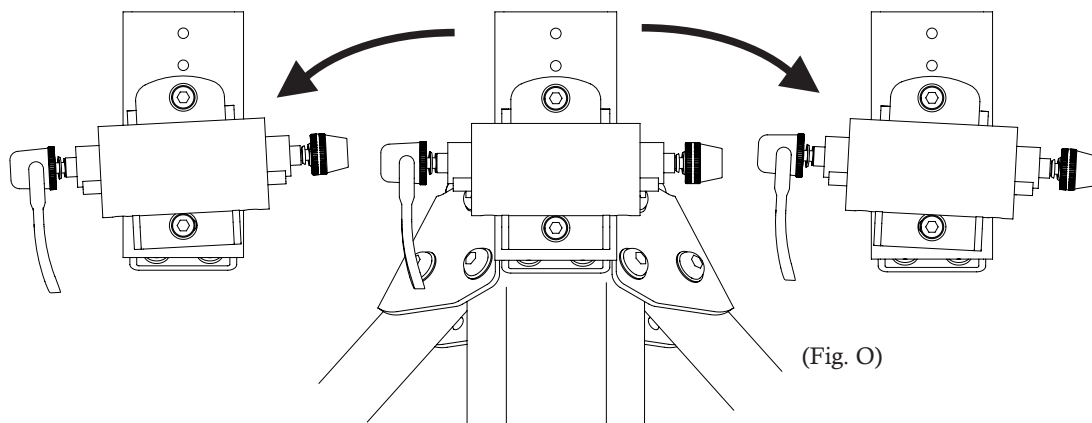
(Fig. N)



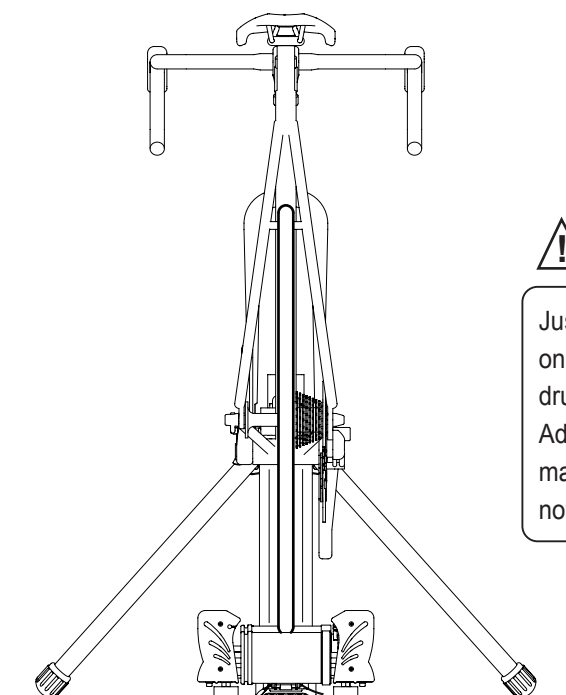
# 4

## Set Bike Vertical

Setting up your FG550A on a flat and horizontal floor is ideal, but if the floor or ground is slightly angled, you need to adjust the Front Fork Mount angle to make the bike as vertical as possible for your safety.



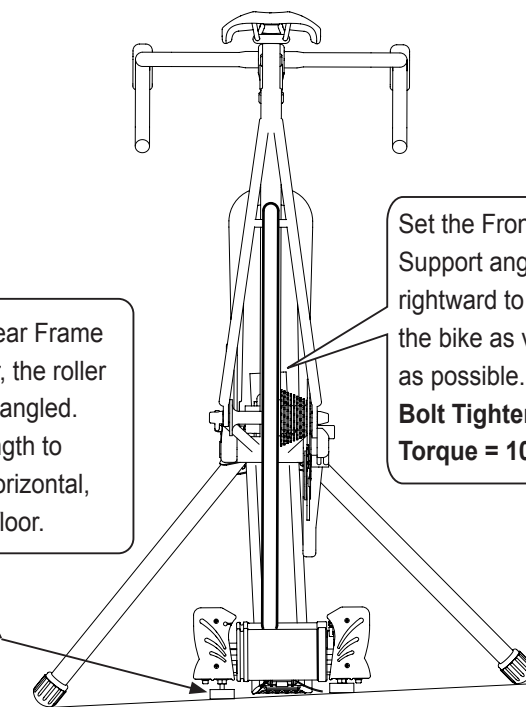
(Fig. O)



In case setting up on horizontal floor (Fig. P)



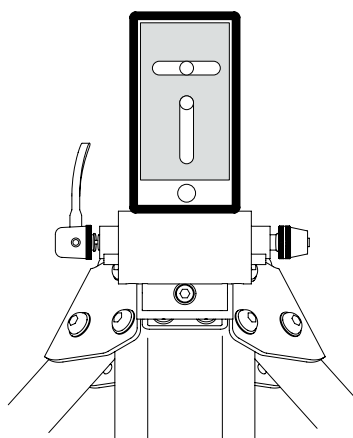
Just placing the Rear Frame on the angled floor, the roller drums will also be angled. Adjust the Foot length to make the rollers horizontal, not parallel to the floor.



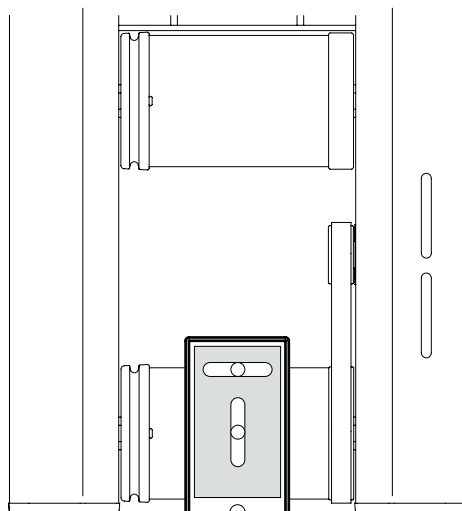
Set the Front Fork Support angled rightward to make the bike as vertical as possible.  
**Bolt Tightening Torque = 10 N.m**

In case setting up on 3 degrees angled floor (Fig. Q)

Use a smartphone application to check how level the FG550A is on your floor.



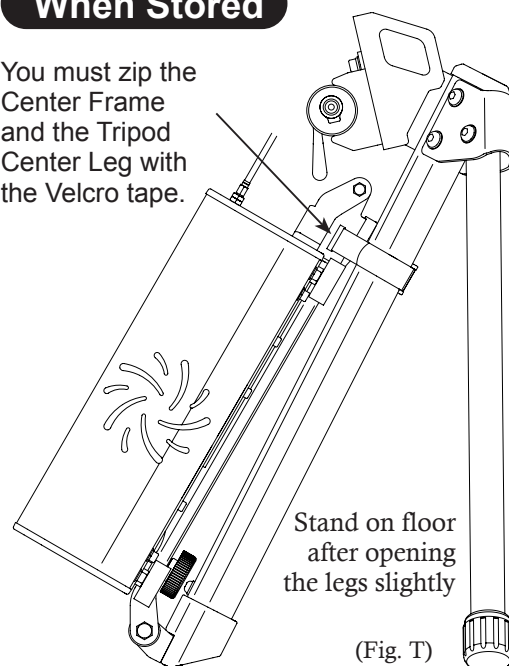
(Fig. R)



(Fig. S)

## When Stored

You must zip the Center Frame and the Tripod Center Leg with the Velcro tape.



Stand on floor after opening the legs slightly

(Fig. T)

## How To Use Remote Shifter

**Required Tool :** 4mm Hex Wrench

FG550A is equipped with a convenient Remote Shifter in standard.

Set it on the handlebar then you can change the resistance level without getting off the bike.

The clamping band is made of soft plastic so it will fit any shape of handlebar dimensions such as aerodynamic bar or round dimension stem.

### How To Install Remote Shifter:

1. Wind the clamp band around the handlebar or stem.
  2. Hook the tip of the band to the groove on the clamp base. (Fig. U-1)
  3. Pull up the Lock Lever to tighten. (Fig. U-2)
- (If you need to adjust the clamp band length, do it as described below)

#### How To Increase Resistance Power:

Turn the Knob Dial toward "High" (larger number).

#### How To Decrease Resistance Power:

Turn the Knob Dial toward "Low" (smaller number).



Be sure you are not allowed to set the Indicator at "High" position. The adjustable range is between 1 and 5 only. "Low" position is only for initial setting at factory. (Fig. W)

The original clamp band may be too tight or too loose to your handlebar, and also it's usually too small to any stem. So the clamp band is designed to be size adjustable. (Fig. X)

Insert a 4mm hex wrench (not supplied in the kit) to the plastic screw found on the band and turn it to adjust.



If you force to turn the screw, it may break. Remove the Hook from the Groove first, then turn.

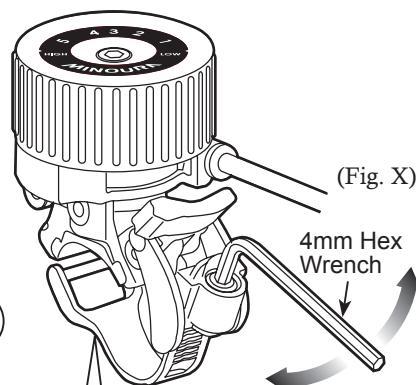
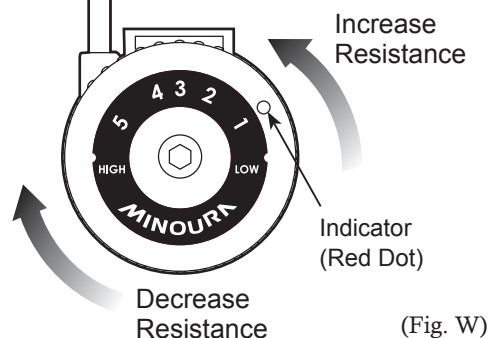
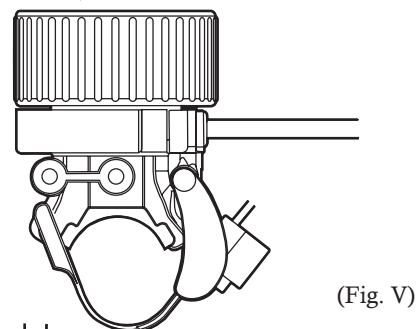
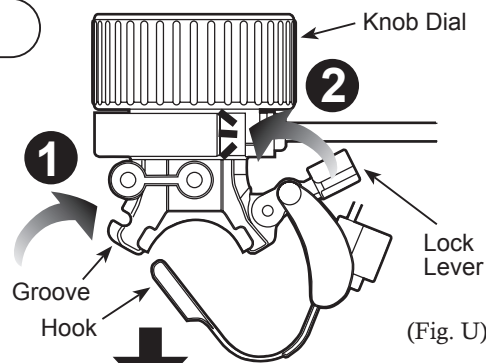
## How To Adjust Inner Cable Length

**Required Tools:** 2 x 10mm Spanner

If you cannot shift the resistance level at the furthest position such as 1 or 5, it's the sign the inner cable has been extended too far.

Adjust the cable length by changing the Lock Nut position as follows. (Fig. Y)

1. Remove the remote shifter from the handlebar, straighten the cable and lay on the floor, set the Knob at 5 position that the inner cable becomes loose.
2. While pushing the outer cable toward the shifter direction, move the leftside Adjusting Screw until it touches the resistance unit housing. You should see some clearance between the Lock Nut and the Adjusting Screw.
3. While keeping this position, screw the rightside Lock Nut until it touches another nut. Do not overtighten, you won't be able to set at 1 position.
4. Tighten two Lock Nuts each other by the 10mm spanners.



You must remove the band from the hook first

