

MINOURA

LiveRide LST9200

indoor bicycle trainer resistance unit – instruction manual

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This is an upgrading unit to change your Minoura trainer to the latest SMART trainer that allows you to enjoy the virtual courses and competitions on the internet.

Please be sure this is just a resistance unit. Refer your own trainer's instruction manual how to mount and use the bike correctly.

Contact

If you need support, please first contact the shop you purchased this product from or contact the distributor in your country for assistance. A list of our distributors can be found here:

<http://www.minoura.jp/english/support/shop/distributor.html>.

If you need further support, contact us at one of the places listed below.

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

Fax: +81-584-27-7505

Email: minoura@minoura.jp

Web: www.minoura.jp

Made in Japan

Important Notes

Please read carefully before use

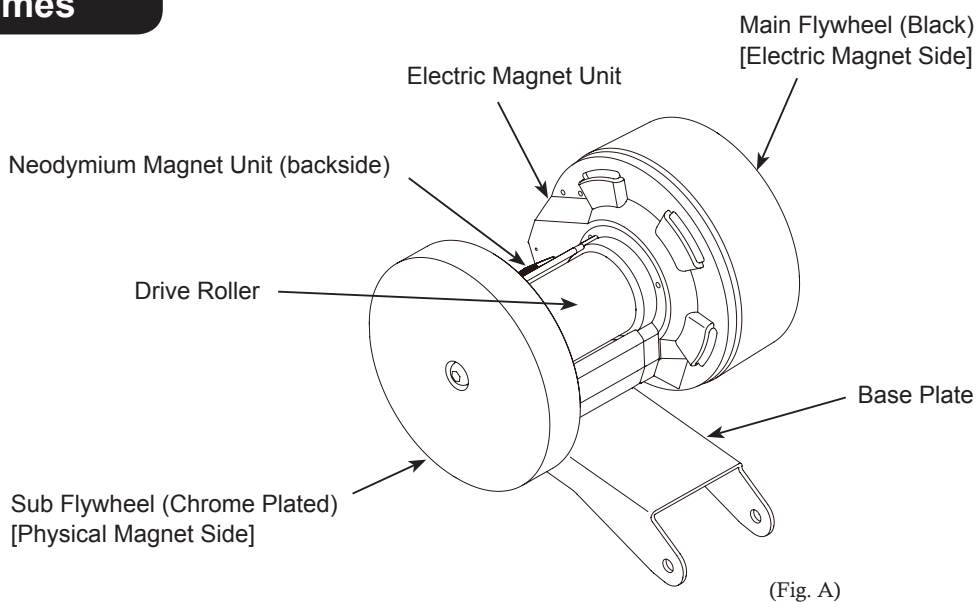
- The supplied resistance unit needs to be attached to the frame before use.
The unit is very heavy and special care must be taken not to drop the unit. Be especially careful of the flywheels (one at each end. One chrome, one black) dropping or otherwise hindering the unit will affect the balance of the unit and void any warranty. Each unit is carefully and fully checked and in full working order prior to being packaged.
- 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 both the tire and the drive roller life. Minoura recommends adding 10% more air to your tire when training.
- Avoid using your brakes to stop your workout. Let the flywheel come to a stop naturally. Using your brakes will cause damage to the unit and your tire, possibly causing it to burst.
- Be careful not to pinch your finger when raising up or folding down the resistance unit, or folding the frame.
- Touching the spinning wheel and/or any other moving parts while training may cause serious injury.
Keep children, pets, towel and clothings away from the trainer when in use.
- This product requires electric power source AC 100 – 240V. Do NOT apply any moisture or mud to the electric magnet unit. Keep clean and avoid any dust even when using indoors.
If your electric plug shape is different from the supplied one, please use appropriate plug adapter.
- LST9200 has two different resistance systems; the electric magnet and the physical neodymium magnet.
When using the electric magnet as a smart trainer, adjusting the resistance level can be done only by the

wireless control via smart phone or PC. No manual control allowed. Smart phone, tablet, WindowsPC or Macintosh must be set up separately. Control applications are not included and are available from third party companies specializing in software applications for SMART trainers.

Neodymium magnet system (non electric) allows LST9200 to be used without electricity and provides basic resistance for warming up or cooling down.

- LST9200 regularly outputs radio signals. Do NOT use it in the area where any wireless devices are restricted, or near the person who has sensitive devices such as a pacemaker.
- Do NOT use any other AC-adaptor supplied from third parties. Using wrong device could cause unexpected trouble on the Kagura unit such as burning or melting.
- If you hear a strange noise or smell something, stop using LST9200 immediately and contact the retailer where you purchased the trainer. Do not try to disassemble LST9200 without our prior approval.
- Any warranty will be void if you use LST9200 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 or user's misuse, also the natural wear will not be 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/english/>).
- Minoura strongly recommend to visit our web site regularly to update the firmware of your own Kagura unit in order to keep your system healthy.
For more info, check out
<http://www.minoura.jp/english/trainer/smartturbo/lst9200.html>
and click "**Firmware Updates**" button.

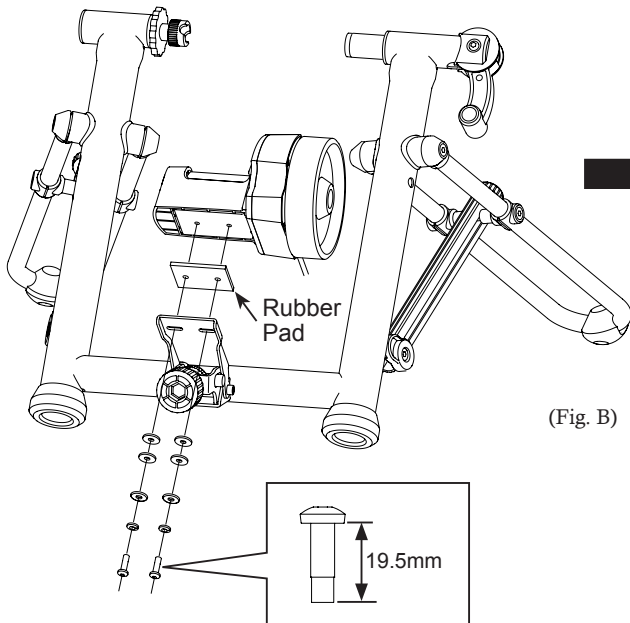
Part Names



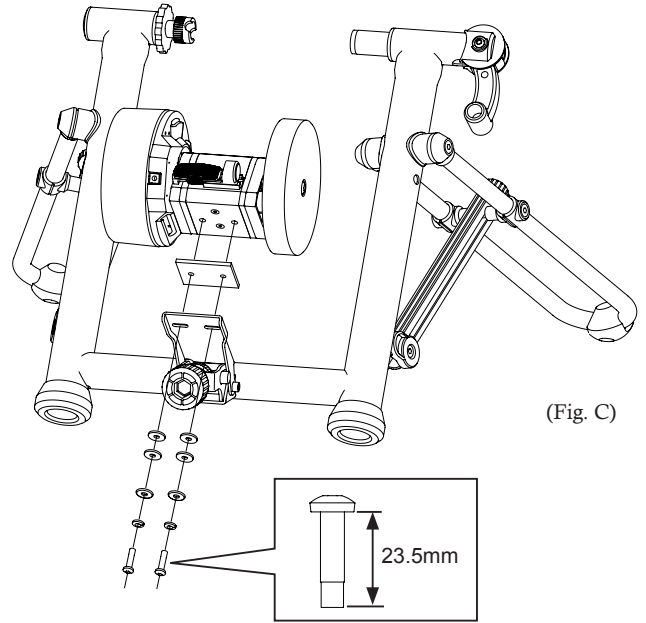
How To Replace Your Mag Unit

Case-1 : There is a rubber pad between the Mag unit and the base plate

① Remove the existing Mag unit.

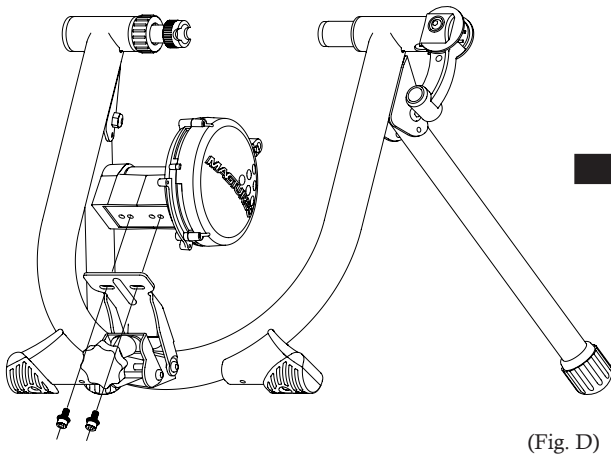


② Replace the mounting bolts to the supplied longer one, and install LST9200 unit.

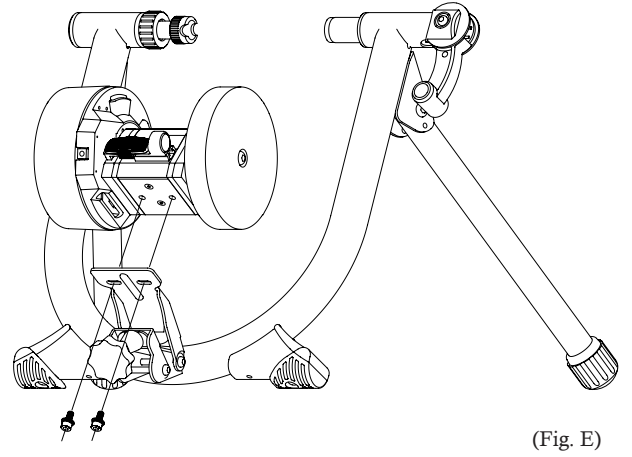


Case-2 : Mag unit is installed on the base plate directly

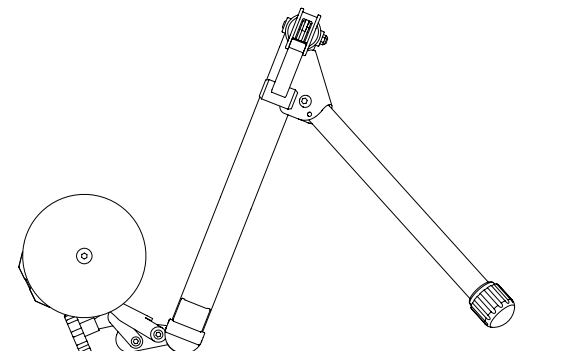
① Remove the existing Mag unit.



② Continue using the same bolts to mount LST9200 unit.



LST9200 unit could be too heavy against some light weight trainer frames that the legs will be lifted off from the floor. But it's not a problem. The legs will touch the floor correctly when in use.



Connecting Power Cable & Check

- 1 Insert the round side plug into the connecting port behind the Electric Magnet Unit. (Fig. G)



Do NOT force to push the plug too much. The inside circuit could be damaged seriously.

- 2 Insert the power cable (not shown in the picture) to the AC Adapter firmly, then connect to the outlet.

- 3 Power turns on automatically. The Red LED will turn on, and the Blue LED will be blinking. (Fig. H)

- 4 To turn off the power, simply remove the power cable from the outlet. Both LEDs will turn off.

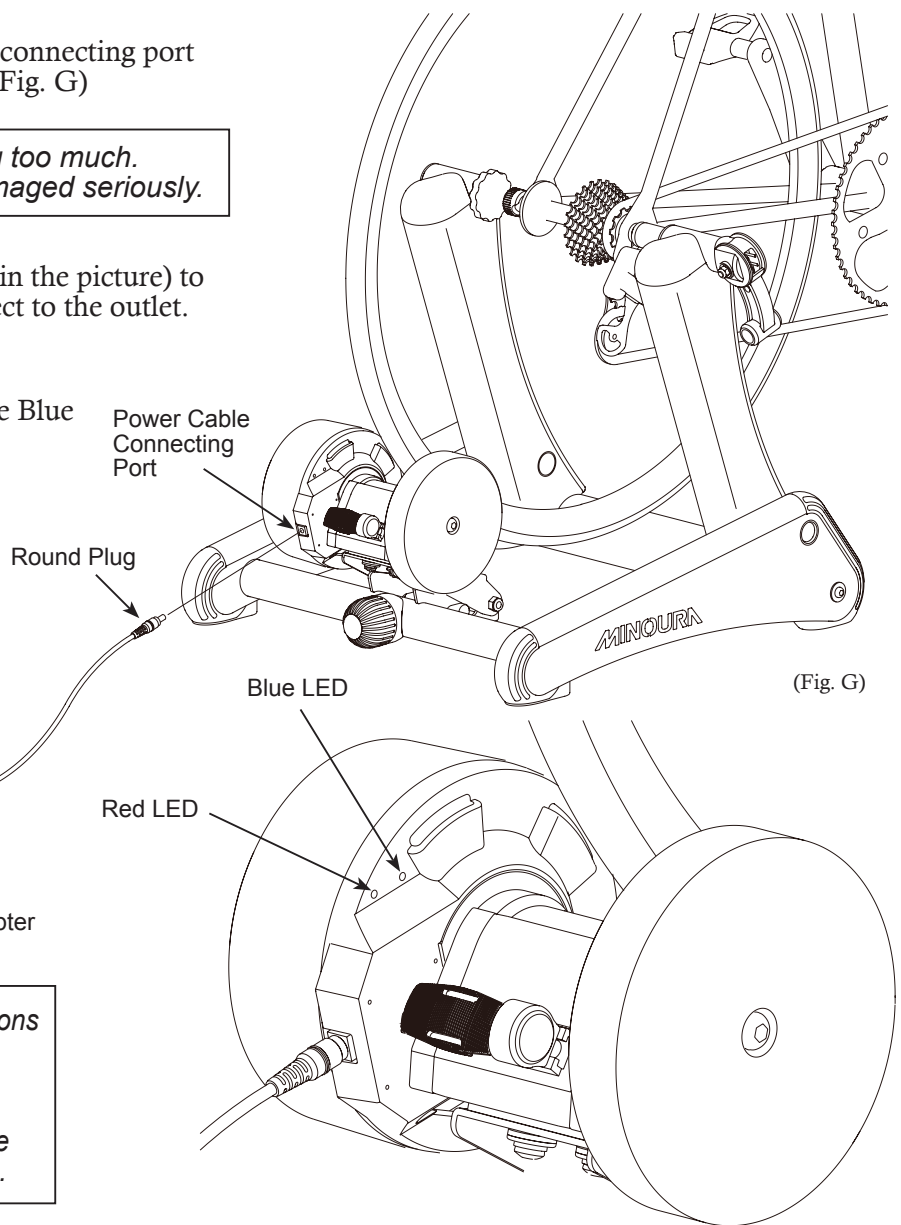
- 5 You can see the current status of the wireless connection with the LED patterns as shown below. The blinking red LED means the resistance power is increasing.



AC Adapter



Minoura does not supply instructions on how to connect or pair your trainer with your chosen training app. Please refer to the app for instructions on how to connect the trainer for use with any given app.

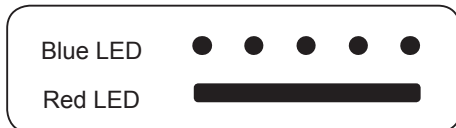


(Fig. G)

(Fig. H)

LED Patterns & Meanings

● ● ● ● ● Blinking ■■■■■ Lighting



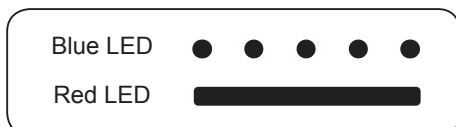
Power is ON. Awaiting pairing process



Connected via Bluetooth. The connection has been completed (Blue LED changes from blinking to solid)



Connected via Bluetooth, and the electric power is increasing



Connecting via ANT+ is completed (Blue LED is still blinking. Optional ANT+ receiver is required for this connection. Refer the application screen about the connecting status)

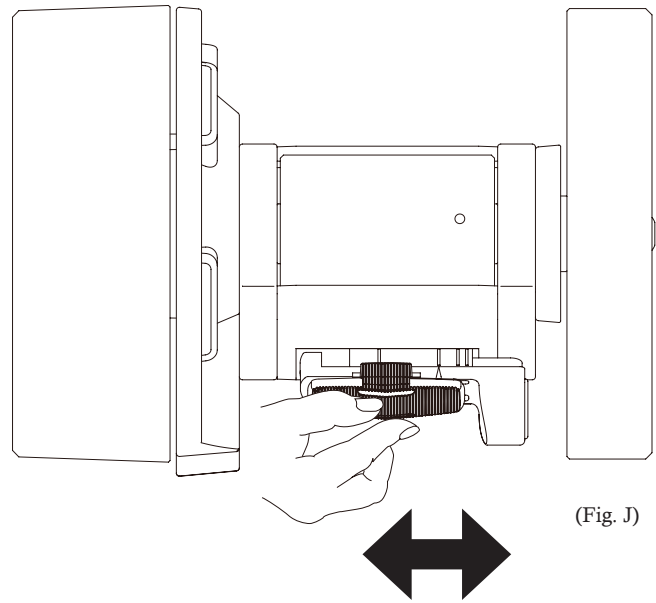
(Fig. I)

How To Use Neodymium Magnet

The red lever is for sliding the neodymium magnet to generate resistance between the magnet and the steel flywheel.

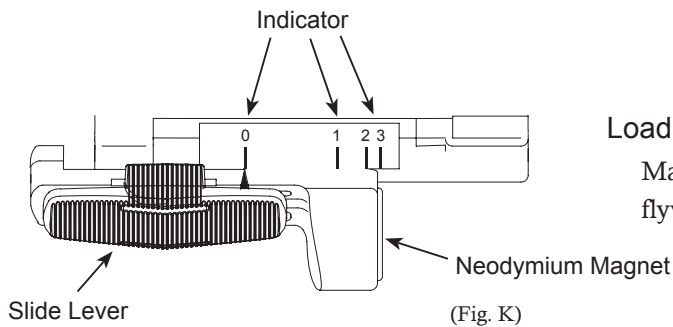
It does not require any electric power so it allows to use outdoors as same as the stationary trainer.
4 levels are available. Good for light training sessions, warming up or cooling down, or daily exercise.

To use it, slide the magnet unit while pushing down the red lever. Set the lever in the fixed position. The closer the magnet is to the flywheel, the more the resistance power.



(Fig. J)

0-Position

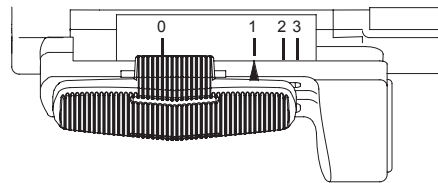


(Fig. K)

Load Level : **Few** (not Zero)

Magnet sits in the farthest position from the flywheel.

1-Position

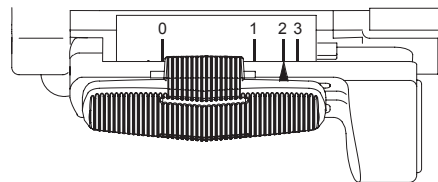


(Fig. L)

Load Level : **Approx. 100W** (@ 40 km/h) ※

Magnet is 1 step closer to the flywheel.

2-Position

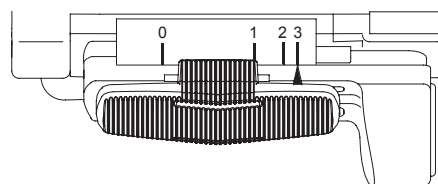


(Fig. M)

Load Level : **Approx. 200W** (@ 40 km/h) ※

Magnet is 2 steps closer to the flywheel.

3-Position



(Fig. N)

Load Level : **Approx. 300W** (@ 40 km/h) ※

Magnet is in the closest position to the flywheel.

※
Power data is not guaranteed accurate and could vary.



Do the power adjustment AFTER the wheel stops completely.



Be careful not to pinch your finger between the magnet and the flywheel.



Confirm before using if the neodymium magnet surface is clean.



Set the magnet at the 0-position when you use LST9200 as a smart trainer.