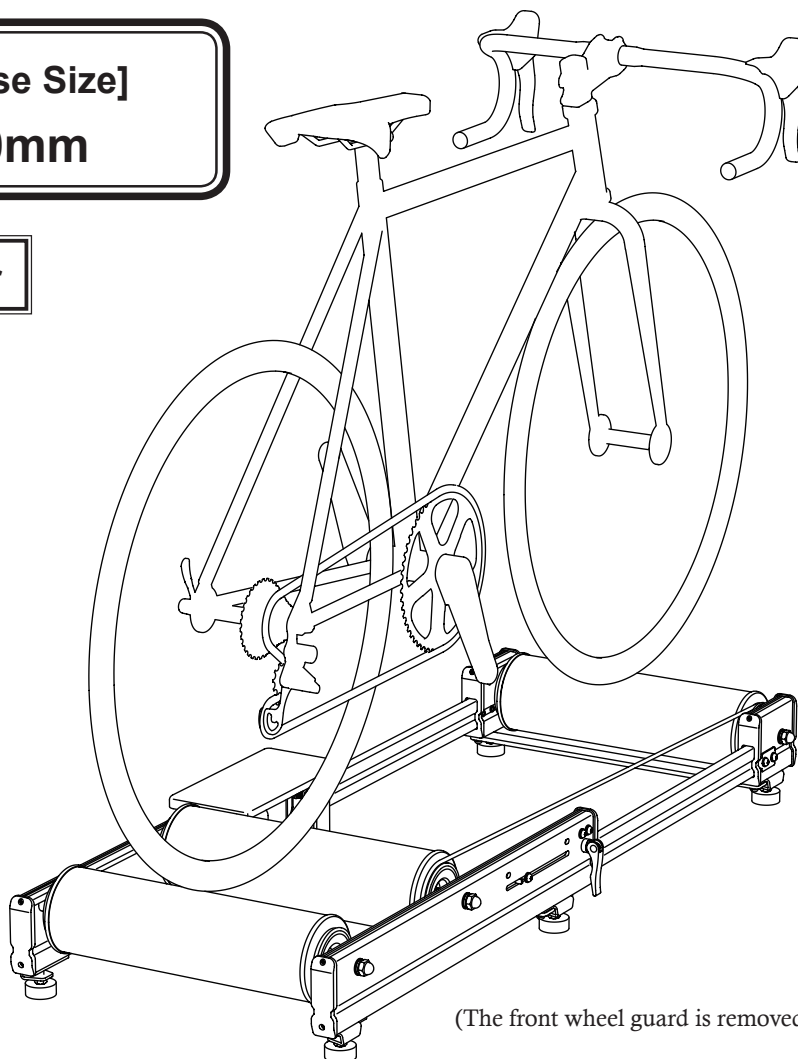


[Applicable Wheelbase Size]  
**950mm – 1,080mm**

Warranty Period : 1 year



(The front wheel guard is removed)

## Features

- Large 105mm diameter roller drum is easy to ride and super smooth.
- Newly designed sliding frame system makes adjusting for various wheel sizes easy and quick.
- Frames breaks down into a compact package for easy storage and utilizes quick releases to bring the unit back to desired length.
- Specially designed roller layout provides a natural riding experience in a comfortable, level position.
- High quality wooden foot step comes in this kit.

## Caution

*Triple roller trainers require the riders to maintain their balance without the help of any accessories or devices.  
Make sure you can balance yourself on rollers before attempting to ride.*

## Contact

*If you have any question or request, please read the supplied "Minoura Limited Warranty Policy" card and contact the shop where you originally purchased this product or the distributor in your country first.  
The distributor list can be found in our web site.*

[for U.S. customers]

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minoura@minoura.jp

www.minoura.jp

Made in Japan

- *For a standard 2-wheel bike with the wheelbase size between 950mm and 1,080mm only. Any other bikes such as tandems, recumbent, folding bike or the bike with out of the applicable wheelbase range cannot be used on R720.*
- *Triple roller trainers require the rider to be balanced at all times. If you are new to rollers it is strongly recommended that you set the R720 next to a wall or handrail so you can use either to regain your balance should the need arise.  
Falling off can cause injury. Keep the ground around the R720 free from clutter.*
- *R720 is height adjustable to compensate for uneven or slanted floors. The rollers should be on a flat surface with the rollers making contact completely with the floor. Riding on a slanted floor may cause imbalance issues and could result in damage or injury if you don't adjust the foot height correctly.*
- *Requires some assembling. Use correct tools (10mm & 17mm spanner, M4 hex wrench). Any tools other than M4 hex wrench are not included in the kit.*
- *Be careful not to pinch your fingers in the frame while adjusting the roller belt and closing the frame.*
- *Make sure both side frame stoppers are set in the exact same position. Failure to do so means the rollers will be uneven causing undo wear, noise, and decreased bike stability.*
- *Keep both hands on your handlebars at all times while on R720.  
Do not brake while on the rollers. Doing so may cause a serious accident.  
Simply stop pedaling and wait for the bike to stop when quit the training.*
- *Hi RPM's are generated on rollers. Keep children and pets away from your wheels.  
Use R720 on a bare or tile floor if possible.*
- *Indoor training traps more heat than when you train outdoors. Be sure you are healthy enough to attempt exercise indoors and on a roller. Consult a professional before attempting any workout regime.*
- *Any rubber roller parts and your sweat can cause stains. It is recommended to use a mat between the rollers and your floor.*
- *If you feel any strange noise or smell while using R720, stop exercise immedialtely and ask to the shop you purchased R720. Do not try to disassemble or modify the product without prior approval by Minoura.*
- *Minoura shall offer 1-year limited warranty to this product from the date of purchase for the owner who originally purchased it in brand-new condition at Minoura authorized dealer. Any other problems than the things caused by manufacturer's defect such as natural wear will not be covered by this program. For more detail, please refer the attached "Minoura Limited Warranty Policy" card and Minoura web site.*
- **Note:** *Accessories designed for other Minoura rollers are not compatible with R720. This includes other foot steps, front wheel guards, Mag units, or carrying bags.*

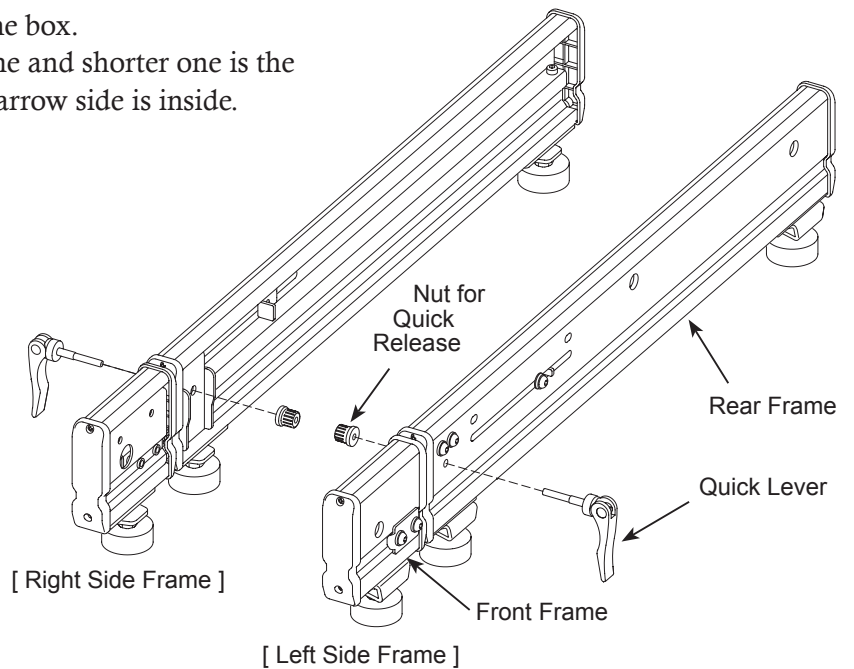
# How To Setup R720

**Required Tools:** 17mm Spanner (not included), M4 Hex Wrench

1. Take out the pre-assembled frame from the box. Please note the longer one is the rear frame and shorter one is the front frame. Flat side is outside and the narrow side is inside.

Install the Quick Lever and nut to the front hole of the long hole on the Rear Frame. This quick release holds the Front Frame to adjust the length. Quick Lever must be located on the outside.

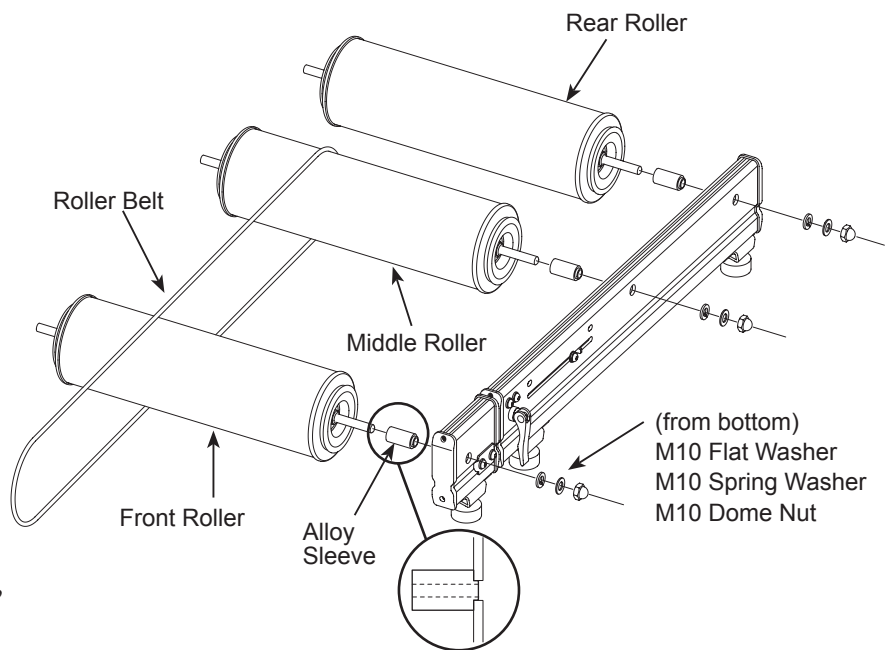
Shorten the frame to minimum size and tighten the quick release temporarily. Tighten the quick release lever but do not over tighten.



2. Install the roller drums to the left side frame first. The roller drums are exactly same and symmetric. No specific direction nor position.

Put the Alloy Sleeve through the roller axle. Make sure the narrower diameter end of the alloy sleeve is facing to the frame.

Insert the narrower end to the hole on the frame correctly. Put the flat washer, spring washer and dome nut to the axle. You don't need to tighten the nut firmly yet.



**Make sure the narrower end must fit to the hole correctly.**

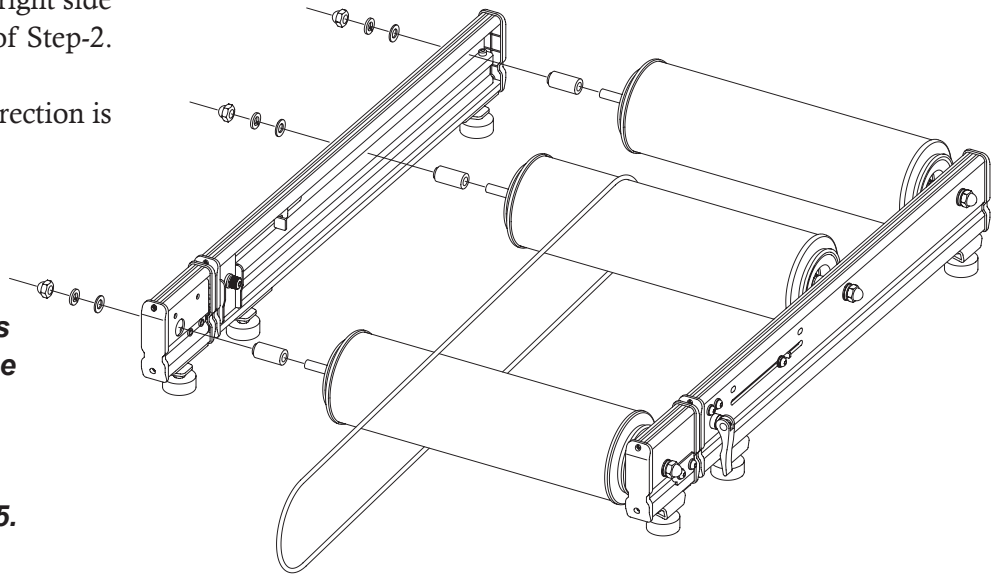
Install the Roller Belt to both the middle and the front rollers.

- 3.** Next, install the rollers to the right side frame with the same method of Step-2.

Make sure the Alloy Sleeve direction is correct.



**Make sure all Alloy Sleeves are correctly inserted to the holes on the frame. If not, the Alloy Sleeve or frame will be broken when tightening the nut in Step-5.**

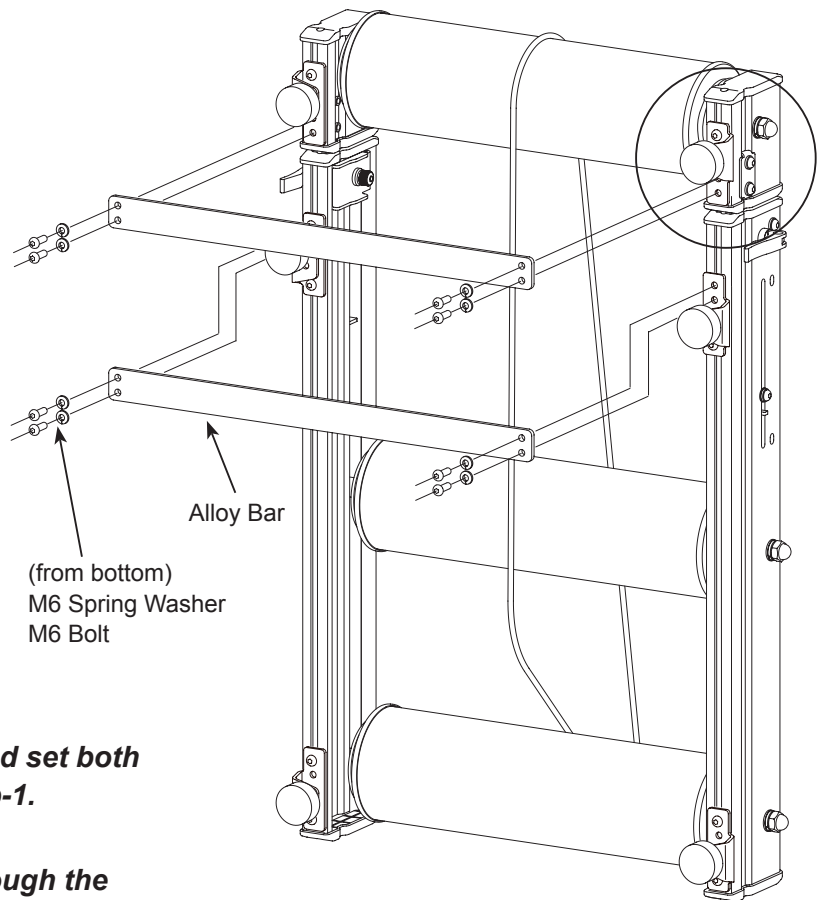


- 4.** Stand the assembled R720 on flat and level floor.

You will need to have both hands free so select a level surface to place the roller so it can stand on its own.

Face the bottom side (with rubber foot) toward you.  
Roller Belt must go to the back side.

Install the Alloy Bar between the frame with M6 bolt and spring washer.  
Both bars are exactly same. Each one connects the frame as a reinforcement



**To make this job easy, you had set both frames at same length in Step-1.**

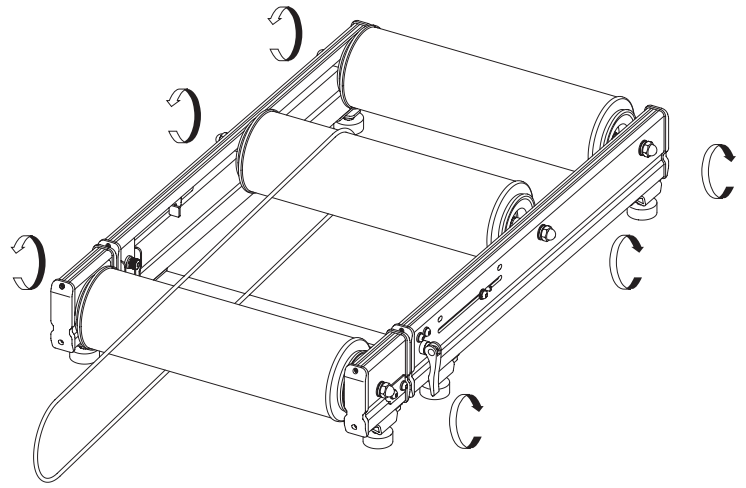


**Do NOT put the Alloy Bar through the roller belt. The bar will impede the belt line and will cause damage.**

- 5.** Lay the R720 on the floor, and tighten all dome nuts firmly.



**Do not over tighten the nut. This will cause serious damage to the frame, axle thread, and alloy sleeves.**  
**The desired tightening torque should be 10 N.m.**  
**It's much lighter than you expect.**



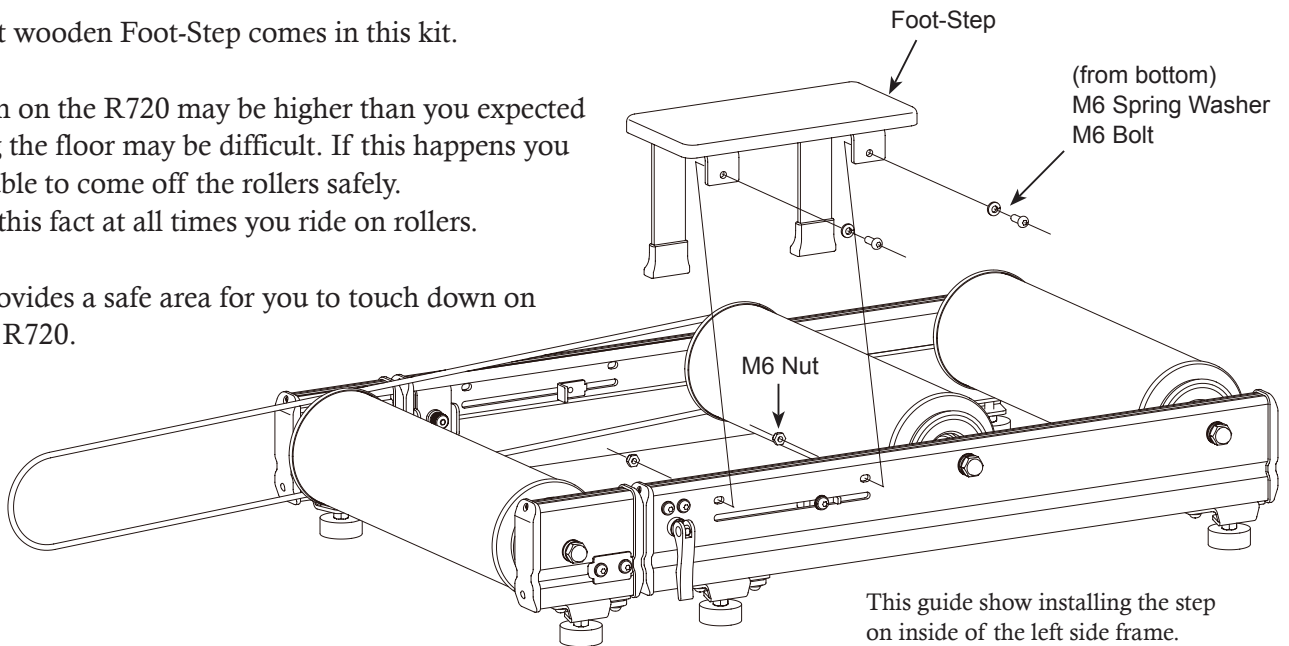
## How To Install Foot-Step

**Required Tools:** 10mm Spanner (not included), M4 Hex Wrench

A convenient wooden Foot-Step comes in this kit.

Your position on the R720 may be higher than you expected and reaching the floor may be difficult. If this happens you may not be able to come off the rollers safely. Be aware of this fact at all times you ride on rollers.

Foot-Step provides a safe area for you to touch down on when on the R720.



This guide show installing the step on inside of the left side frame.

Installing Foot-Step on the inside is recommended to minimize any possible damage during storage or transportation. However Foot-Step may be set up inside or outside depending on your need.

### [ To Install On Inside Of The Frame ]

Put the step over the frame in the direction that the step legs are facing inward.

Attach the shorter legs onto the frame from outside. Put the bolt and tighten the nut from inside.

### [ To Install On Outside Of The Frame ]

Attach the step to the outside of the frame in the direction that the step legs are facing outward.

Attach the shorter legs onto the frame and put the bolt then tighten the nut from inside.



**Be sure that you must set the Roller Belt on the opposite side of the step because the step disturbs the belt line.**



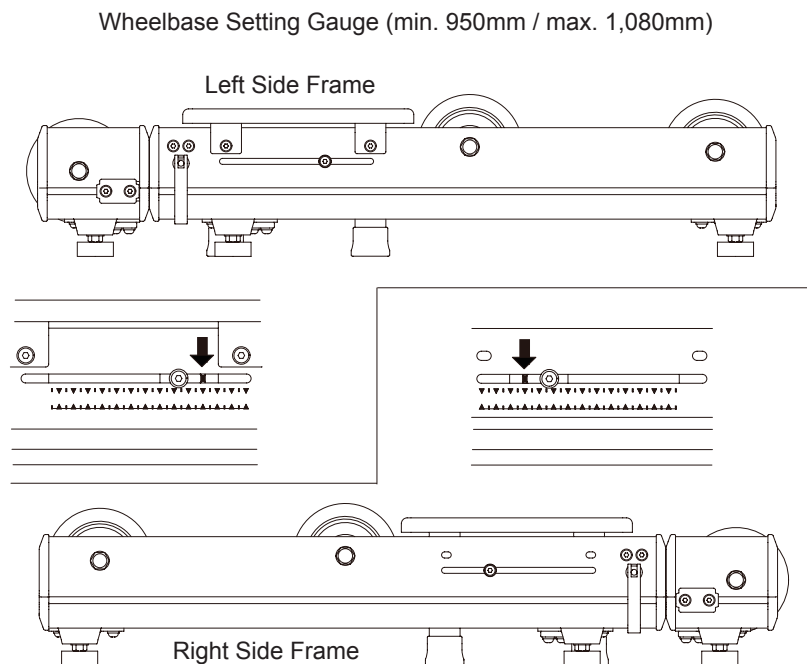
**Dropping, bumping into things, or otherwise abusing the frame will cause damage. Be careful during transport.**

## Set The Front Roller Position

Required Tool : M4 Hex Wrench

1. On triple roller trainer, the rear wheel position has been fixed by the position of both middle and rear rollers. So you will change the front roller position to adjust to various wheelbase sizes.

R720 has a bracket in the long hole on each rear frame. It works to set the Front Frame at the ideal position easily. By fixing the bracket position, you simply pull out the Front Frame until it hits the bracket. That's all. This also allows to repeat the same position automatically.



2. The tip of the bracket in the long hole works as the wheelbase size indicator. Loosen the bolt (do not remove), slide it to the position where the tip indicates the desired wheelbase size, then tighten the bolt to fix.

For example, if you use a bike with 980mm wheelbase size, just set the indicator at "980" position. This will set the front roller 10mm ahead from the front wheel axle. This should be the ideal position for most riders.

By setting both side indicators, you simply pull out the Front Frame until it reaches the stopper to setup R720 perfectly.



***If you have set the indicators at different positions, the front roller will be angled and make riding straight difficult.***



***The available wheelbase size of R720 is between 950mm and 1,080mm.  
If your bike is shorter than 950mm, the Front Roller will be located too far that should disturb the handling performance.  
If your bike is longer than 1,080mm, you may fall off forward.***

### Tips About Front Roller Position

The front roller position is important as it is a major factor in bike stability and overall performance. R720's front roller is 10mm further than the front wheel axle by design for safety and stability. The shorter the distance, bike handling becomes quicker. This setting is for more advanced riders. Minimum position is zero and this replicates your wheelbase exactly. If this distance is 20mm or more, handling may be sluggish and feel heavy. Adjust the front roller position to precisely match your skill and handling abilities.

## Preparing R720 For Use

1. At first, adjust the quick release properly so that you can tightly fix the Front Frame by just bending the lever.

This step should be done while the frame is retracted.

Adjust the backside nut precisely so that you will feel resistance on your palm when the lever comes in horizontal.

Do it on both sides.



**Do not use the lever to tighten.  
Use the nut ONLY.**

2. Make sure the belt is not on the frame (resting on rollers) so it does not get caught when you are extending the frame.

Pull out the Front Frame until it reaches the stopper, and tighten the quick release lever firmly. The lever should be directed to the floor.

Hook the roller belt to the groove on rollers. Rotating the roller will help seat the belt properly. Be careful not to pinch your finger.

Confirm the roller belt is hooked properly between the center and front rollers.

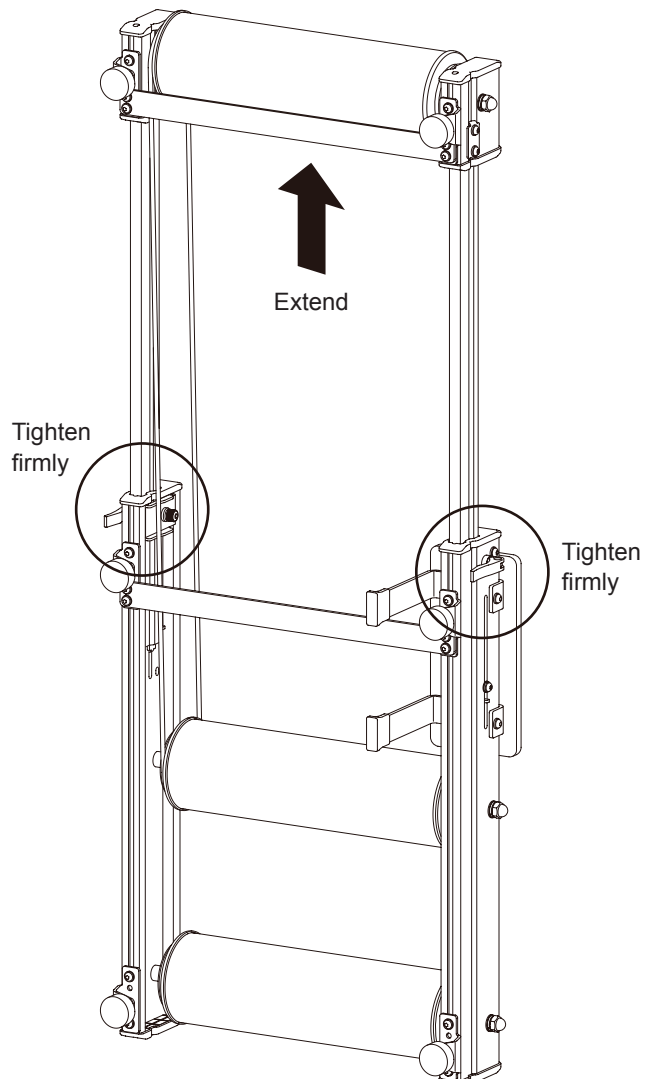
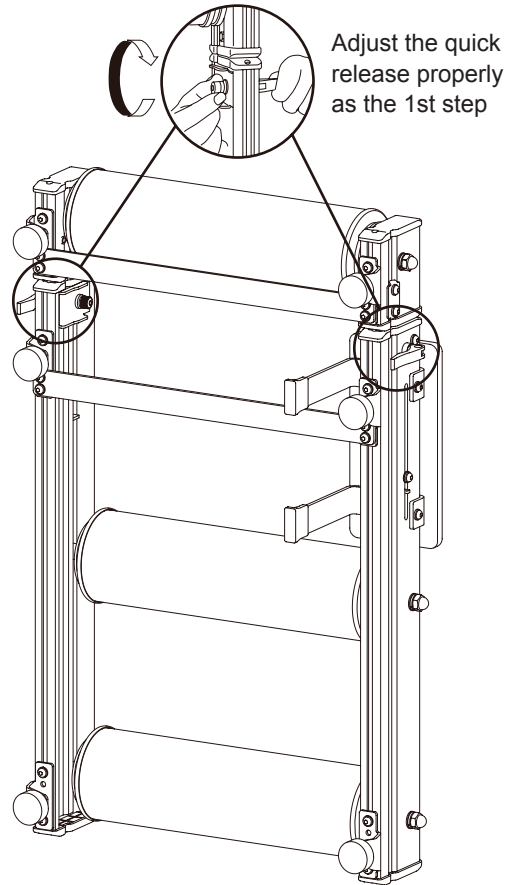


**It's not recommended to hook the roller belt to the rollers BEFORE extending the front frame.**

**To do so, you need to hold R720 by pressing the rear roller with your foot. Keep a steady pressure with your toe so the R720 doesn't snap back from belt tension and cause possible injury.**

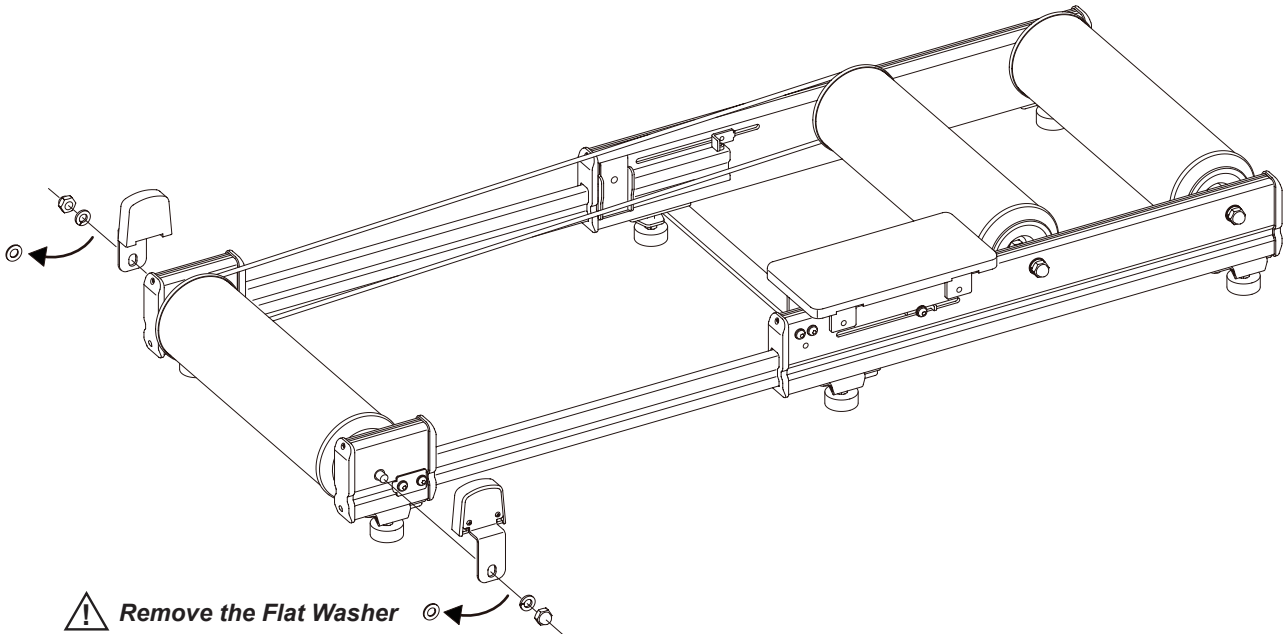


**Tighten the quick levers firmly. If you ride on the R720 roughly, the quick release may come loose and the front frame will be retracted, then you may fall forward.**



## Install The Front Wheel Guard

While you are a beginner on the tri-roller, you need to understand that rollers require practice. Your front wheel will move side-to-side on the front roller and could cause you to come off the rollers if you're not careful. To prevent the front wheel from coming off the roller the R720 comes with a Front Wheel Guard Kit. When you need it, install it by following the steps below.



1. Remove the dome nut, spring washer and flat washer which hold the front roller.
2. Attach the guard to the front roller axle as the red plastic side faces inward. Put the spring washer and tighten the dome nut.

! *You should remove the flat washer and use the guard plate as a spacer. If you don't remove, you may not be able to tighten the dome nut.*

## Long Slide Rail (optional)

SKU: 400-3702-00

To allow mounting a long wheelbase bike such as 29er, you need to replace the slide rail to a longer one to extend the wheelbase capacity 100mm more.

It will change the applicable wheelbase size from 950 – 1,080mm to 1,050 – 1,180mm.

Be sure the minimum wheelbase will be automatically changed.

