

## **Removal**

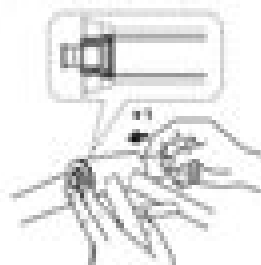
When removing the bottom bracket, use T5-88713.

1. Insert the removal tool into the bottom bracket.



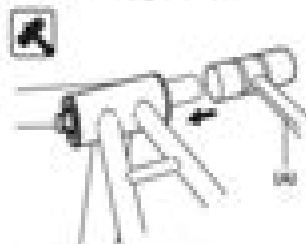
T5-88713

2. As shown in the illustration, hold down the flap with your fingers and push it in from the opposite side (when pushed in, the flap opens).



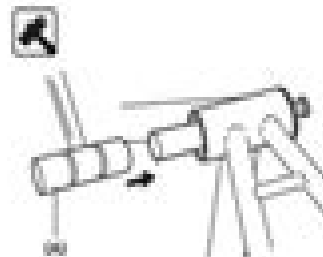
\*1 While holding down the flap at the end of the removal tool, push the tool in from the other side until it locks in place.

3. Tap the removal tool with a plastic mallet until the end of the bottom bracket protrudes.



Plastic mallet

4. Tap the opposite end of the bottom bracket in the same way and remove it.



Plastic mallet

## **NOTE**

Do not leave the sprockets as they can be damaged during removal.

1. Hook a chain breaker wrench as in the illustration, and then turn the key counter-clockwise.



Chain breaker wrench

4. Turn the breaker wrench until the claw on the stopper plate crosses the claw on the B body.



Chain breaker wrench

5. Insert the breaker wrench. If it is difficult to insert the breaker wrench, push it in by moving it slightly.



Chain breaker wrench

6. Hook the stopper plate on the stopper claw on the bracket body.

RP-6888 RP-6889 RP-6795



Stopper claw

## **NOTE**

Apply sufficient grease to the B side sealant before installation.

RP-6888

Hook the stopper plate onto the stopper claw on the bracket body, insert the B side sealant while applying pressure, and then insert the B side stop ring using the press. Be careful not to be confused with the groove for the B side top C ring.



\*1 Top ring press

(A) Stopper claw

(B) Groove for the C ring

(C) Groove for the stop ring

## **NOTE**

Apply sufficient grease to the B side sealant before installation.

# Trek Bike Repair Manual

**LM Reder**



## **Trek Bike Repair Manual:**

*Bicycle Repair Manual* Chris Sidwells, 2017-07-18 From regular maintenance for optimum performance to emergency repairs this illustrated guide is the perfect handbook for beginners and experienced cyclists alike The Bike Repair Manual is packed with insightful information on the anatomy and functioning of all types of bikes road racing mountain hybrid BMX and children s Step by step sequences show you how to carry out repairs from vital servicing to improving your bike s performance both on and off road Learn how to maintain the main elements such as brakes drivetrain and steering as well as the complex components including hub gears hydraulic brakes and suspension forks Detailed chapters cover everything from the correct safe way to set up your bike and the must have kit for successful repairs to troubleshooters for keeping your bike in top form Featuring easy to follow photographic tutorials and handy add ons such as a step locator and toolbox Bike Repair Manual is the essential guide for every cyclist [Bicycle Repair Manual, Seventh Edition](#) DK, 2021-03-02 Everything you

need to keep your bike in peak condition in a user friendly e guide No garage or shed is complete without a dog eared copy The most up to date bicycle maintenance guide on the market covering all types of bicycles road racing mountain hybrid BMX and children s This is the essential manual for beginners and experienced cyclists alike Step by step sequences show how to make bicycle repairs from vital servicing to improving its performance on and off road Learn how to maintain every essential area such as brakes drivetrain and steering as well as complex components including gear hubs hydraulic brakes and suspension forks Detailed chapters range from showing how to set up your bike correctly and safely and the must have kit for successful repairs to troubleshooters to help keep your bike in top shape This new edition is fully revised and updated covering the latest bike brakes gears and hubs and models and the latest technology such as GPS trackers Featuring easy photographic tutorials and handy add ons such as a step locator and toolbox DK s Bike Repair Manual makes bicycle repair simple for every bike owner *The Complete Idiot's Guide to Bike Maintenance and Repair* Terry Meany, Terence Meany, 2001 Describes the parts of a bicycle and how they work basic maintenance procedures the proper tools to use and how to handle roadside emergencies and repairs **Bicycle Touring How-To** Debbie Bishop, Tim Bishop, 2013-05-01

Discover the secrets of a successful bicycle tour *Bicycle Touring How To* is all about learning how to bicycle tour from the ground up and quickly because that s just what authors Tim and Debbie Bishop did when they ventured across America after marrying How To contains tips on equipment security pre and post trip logistics the daily routine technology and much more You ll even learn how much a tour can cost and how to reduce expenses Includes a sample packing list and trip costs as well as website addresses of an illustrative trip journal maps and logs What are you waiting for It s time for a grand adventure

**Zinn & the Art of Road Bike Maintenance** Lennard Zinn, 2024-06-25 Lennard Zinn is the world s leading expert on bike maintenance and repair From basic repairs like how to fix a flat tire to advanced overhauls of drivetrains and brakes his illustrated step by step guide explains the tools you ll need and how to know you ve done the job right Provided by publisher

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## **Table of Contents Trek Bike Repair Manual**

1. Understanding the eBook Trek Bike Repair Manual
  - The Rise of Digital Reading Trek Bike Repair Manual
  - Advantages of eBooks Over Traditional Books
2. Identifying Trek Bike Repair Manual
  - Exploring Different Genres
  - Considering Fiction vs. Non-Fiction
  - Determining Your Reading Goals
3. Choosing the Right eBook Platform
  - Popular eBook Platforms
  - Features to Look for in an Trek Bike Repair Manual
  - User-Friendly Interface
4. Exploring eBook Recommendations from Trek Bike Repair Manual
  - Personalized Recommendations
  - Trek Bike Repair Manual User Reviews and Ratings
  - Trek Bike Repair Manual and Bestseller Lists
5. Accessing Trek Bike Repair Manual Free and Paid eBooks
  - Trek Bike Repair Manual Public Domain eBooks
  - Trek Bike Repair Manual eBook Subscription Services
  - Trek Bike Repair Manual Budget-Friendly Options
6. Navigating Trek Bike Repair Manual eBook Formats
  - ePub, PDF, MOBI, and More
  - Trek Bike Repair Manual Compatibility with Devices
  - Trek Bike Repair Manual Enhanced eBook Features
7. Enhancing Your Reading Experience
  - Adjustable Fonts and Text Sizes of Trek Bike Repair Manual
  - Highlighting and Note-Taking Trek Bike Repair Manual
  - Interactive Elements Trek Bike Repair Manual
8. Staying Engaged with Trek Bike Repair Manual

- Joining Online Reading Communities
- Participating in Virtual Book Clubs
- Following Authors and Publishers Trek Bike Repair Manual
- 9. Balancing eBooks and Physical Books Trek Bike Repair Manual
  - Benefits of a Digital Library
  - Creating a Diverse Reading Collection Trek Bike Repair Manual
- 10. Overcoming Reading Challenges
  - Dealing with Digital Eye Strain
  - Minimizing Distractions
  - Managing Screen Time
- 11. Cultivating a Reading Routine Trek Bike Repair Manual
  - Setting Reading Goals Trek Bike Repair Manual
  - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Trek Bike Repair Manual
  - Fact-Checking eBook Content of Trek Bike Repair Manual
  - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
  - Utilizing eBooks for Skill Development
  - Exploring Educational eBooks
- 14. Embracing eBook Trends
  - Integration of Multimedia Elements
  - Interactive and Gamified eBooks

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