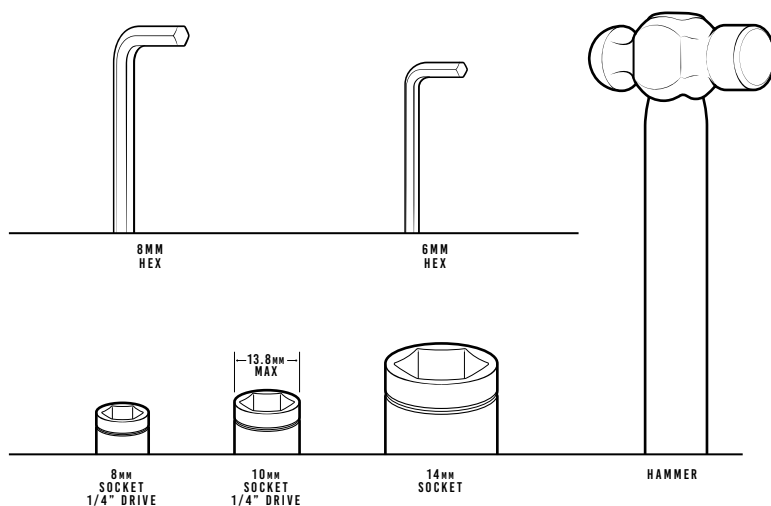




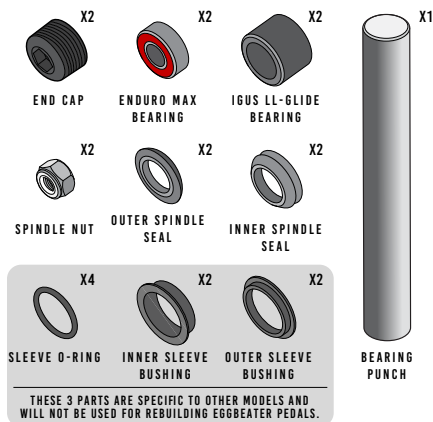
TOOLS NEEDED



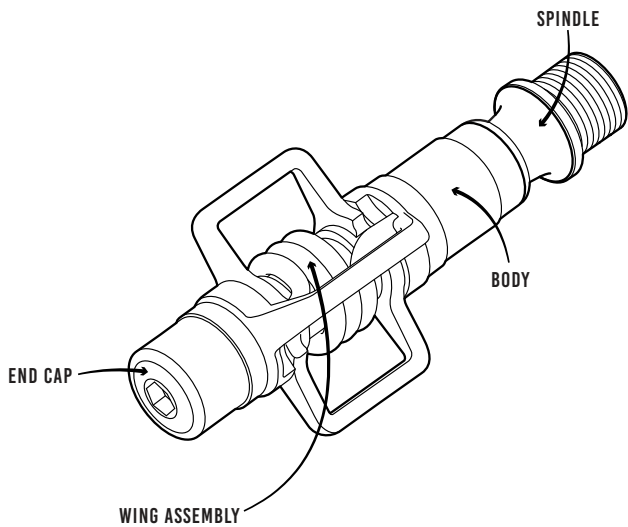
SUPPLIES NEEDED

REFRESH KIT (PART #16051)

KIT INCLUDES:



PARTS EXPLAINED



BEFORE YOU START

- BRIEFLY REVIEW THE STEPS OF THIS MANUAL TO GET AN IDEA OF THE PROCESS AND DECIDE IF THIS IS SOMETHING YOU ARE CONFIDENT HANDLING. IF NOT, CONTACT YOUR LOCAL BIKE SHOP FOR ASSISTANCE.

- FAMILIARIZE YOURSELF WITH THE GENERAL TERMS OUTLINED IN "PARTS EXPLAINED". A DETAILED VERSION OF THIS CAN BE FOUND ON OUR SUPPORT PAGES.

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- GATHER ALL REQUIRED TOOLS AND SUPPLIES.

- REMOVE THE PEDALS FROM THE BIKE(RECOMMENDED). IT'S IMPORTANT TO CLEAN AND REGREASE THE SPINDLE THREADS CONSISTENTLY TO PREVENT SEIZING IN THE CRANK ARMS. REFER TO THE PEDAL REMOVAL MANUAL IF YOU ARE NOT FAMILIAR WITH THIS PROCESS.

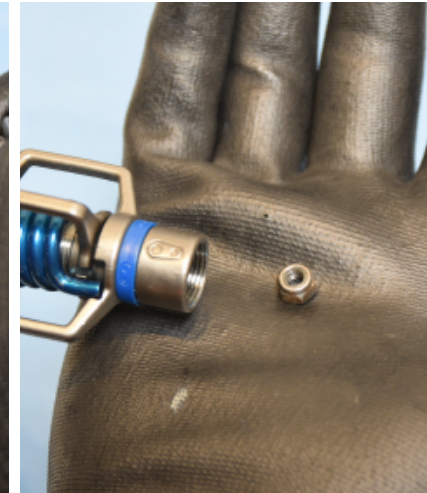
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DISASSEMBLE PEDAL



1. REMOVE THE END CAP FROM THE PEDAL WITH 6MM HEX WRENCH. THE REFRESH KIT PROVIDES A NEW END CAP, KEEP OR DISCARD THE REMOVED END CAP AT YOUR DISCRETION.



2. REMOVE AXLE NUT USING AN 8MM SOCKET AND 8MM HEX WRENCH INSERTED INTO THE SPINDLE END. DISCARD THE SPINDLE NUT ONCE REMOVED.

DISASSEMBLE PEDAL



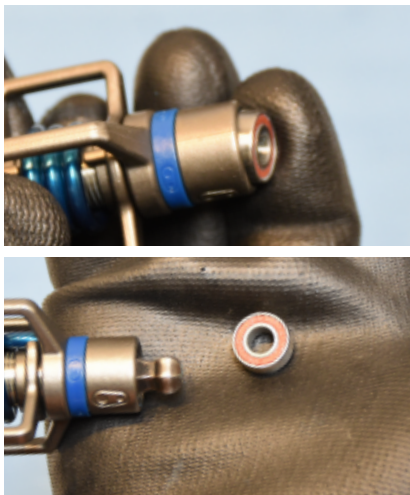
3. REMOVE THE SPINDLE FROM THE PEDAL BODY.



4. REMOVE AND DISCARD BOTH SPINDLE SEALS AND CLEAN THE OLD GREASE AND DIRT OFF OF THE SPINDLE.



DISASSEMBLE PEDAL



8. USING THE LONG HANDLE 8MM HEX WRENCH, PUSH OUT THE CARTRIDGE BEARING AND DISCARD.



10. USING THE BEARING PUSH ROD REMOVE THE NEEDLE BEARING FROM THE INSIDE PEDAL BODY. PLACE THE 14MM SOCKET UNDER THE INNER BODY HALF TO ALLOW THE BEARING TO MOVE OUT OF THE PEDAL BODY.



12. CLEAN THE WING ASSEMBLY USING A SHOP RAG OR PAPER TOWEL.

ASSEMBLE PEDAL



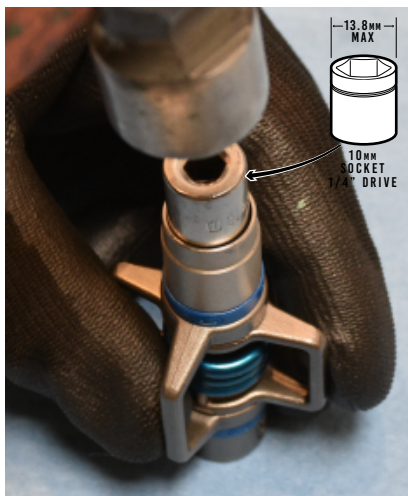
PROFILE VIEW

SHARP EDGE

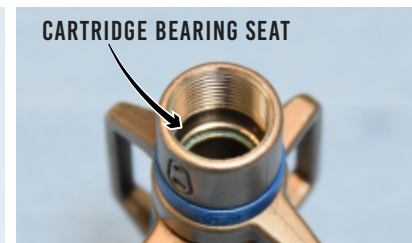
BEVELED EDGE

IGUS LL-GLIDE BEARING

9. POSITION A NEW IGUS LL-GLIDE BEARING AS SHOWN ABOVE WITH THE TOP SIDE FACING AWAY FROM THE INNER PEDAL BODY HALF. USING A HAMMER AND A 10MM - 1/4" DRIVE SOCKET WITH AN OUTER DIAMETER NO LARGER THAN 13.8mm, PRESS THE IGUS LL-GLIDE BEARING INTO THE INNER PEDAL BODY TILL IT'S FULLY SEATED. HAMMER LIGHTLY AND DO NOT FORCE INTO THE PEDAL BODY. IF DIFFICULT TO INSTALL, CHECK BEARING ALIGNMENT.



10. GENEROUSLY GREASE INSIDE OF THE PEDAL BODY AND IGUS LL-GLIDE BEARING.



CARTRIDGE BEARING SEAT



11. AS SHOWN ABOVE, LIGHTLY GREASE THE CARTRIDGE BEARING SEAT INSIDE OF THE OUTER PEDAL BODY BELOW THE THREADS. TRY NOT TO GET MUCH ON THE THREADS IF POSSIBLE.



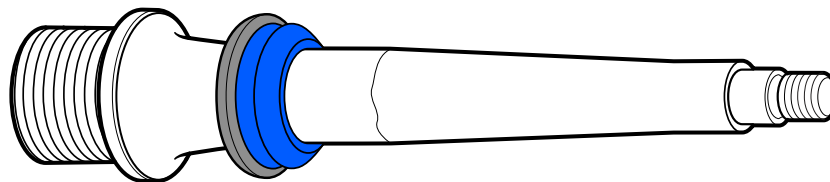
REASSEMBLE PEDAL



11. INSTALL CARTRIDGE BEARING INTO OUTER BODY.



12. INSTALL THE OUTER SPINDLE SEAL FIRST, ROUNDED EDGE FACING AWAY FROM SMALL END OF THE SPINDLE. INSTALL THE INNER SEAL (DOUBLE-LIP SEAL) WITH THE POINTED END FACING TOWARD THE LARGE END OF THE SPINDLE.



REASSEMBLE PEDAL



13. LIGHTLY COAT THE SPINDLE WITH GREASE. (DO NOT GREASE THE THREADS AT THE SPINDLE END)



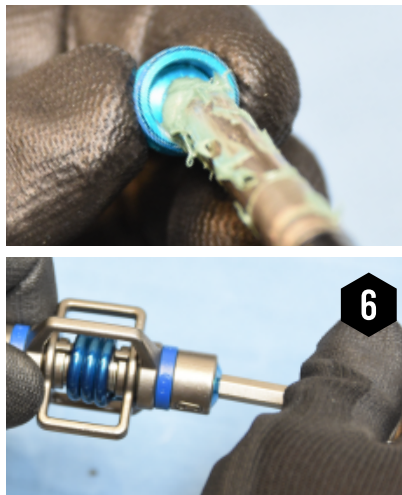
14. INSERT THE SPINDLE INTO PEDAL AND THROUGH CARTRIDGE BEARING.



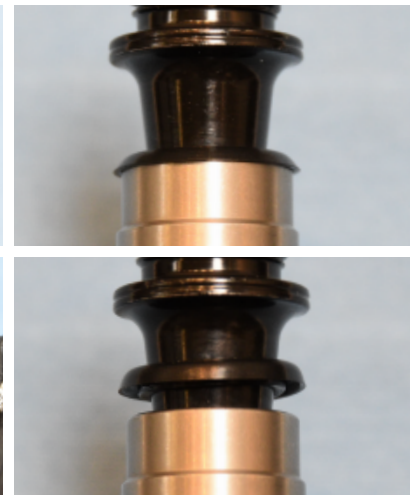
REASSEMBLE PEDAL



15. INSTALL NEW AXLE NUT AND TIGHTEN TO 4Nm. WARNING: THE NUT MUST BE TIGHTENED CORRECTLY OR THE BODY ASSEMBLY COULD FALL OFF DURING RIDING AND CAUSE INJURY.



15. ADD GREASE TO INSIDE OF THE END CAP. INSTALL THE HEX END CAP AND TIGHTEN TO 3Nm WITH A 6MM HEX.

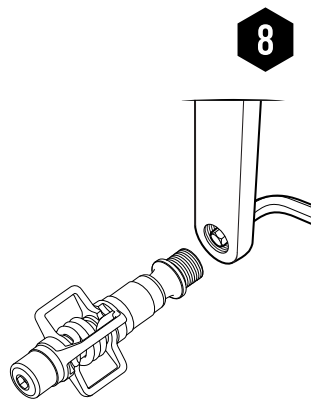


17. CHECK THE OUTER SEAL AND CONFIRM IT IS FLUSH AGAINST THE PEDAL BODY. IT MAY BE NECESSARY TO PRESS THE OUTER SEAL AGAINST THE PEDAL BODY.

REASSEMBLE PEDAL



18. ADD A THIN COAT OF GREASE TO THE SPINDLE THREADS.



18. INSTALL YOUR PEDALS USING AN 8MM HEX WRENCH, REFER TO THE PEDAL REMOVAL MANUAL IF YOU ARE NOT FAMILIAR WITH THIS PROCESS.

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