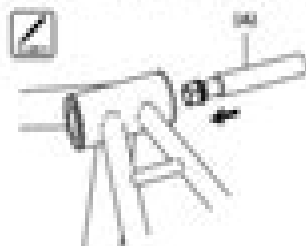


Removal

When removing the bottom bracket, use T5-88713.

1. Insert the removal tool into the bottom bracket.



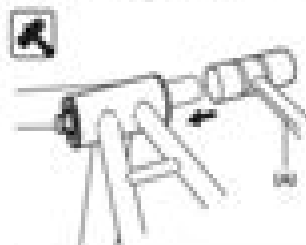
T5-88713

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).



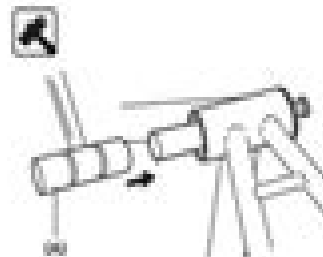
While holding down the flap at the end of the removal tool, push the tool in from the other side until it locks in place.

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 hanger wrench as in the illustration, and then turn the key counter-clockwise.



Chain hanger wrench

4. Turn the hanger wrench until the chain on the stopper plate crosses the chain on the B body.



Chain hanger wrench

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



Chain hanger wrench

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

RP-6888 RP-6889 RP-6795



Stopper chain

NOTE

Apply sufficient grease to the B side washer before installation.

RP-6888

Hook the stopper plate onto the stopper chain on the bracket body, insert the B side washer 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 stop ring.



Stop ring press

Stopper chain

Grease for the B ring

Grease for the stop ring

NOTE

Apply sufficient grease to the B side washer before installation.

Trek Bike Repair Manual

Mike Jess

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the author's name.

Trek Bike Repair Manual:

Bike Repair Manual Chris Sidwells, 2021 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 **VW GTI, Golf, Jetta, MK III & IV** Kevin Clemens, Volkswagen s GTI Golf and Jetta are long time favorites among sport compact performance enthusiasts With engines ranging from the 2.0 liter naturally aspirated four cylinder to the 1.8 liter turbo 4 to the VR6 the Mk III and Mk IV generations 1993-2004 offer tuners a wealth of opportunities This book turns these opportunities into realities from deciding which vehicle to buy to keeping it running in tip top condition to enhancing the performance and appearance of your VW Focusing on the engine wheels and tires suspension body kits interiors and more each project includes straightforward instruction along with details about the necessary parts cost time and skill If you want to get the biggest bang for your VW buck this book is your road map **Velo News** , 2004 **Popular Mechanics** , 1987-06 Popular Mechanics inspires instructs and influences readers to help them master the modern world Whether it s practical DIY home improvement tips gadgets and digital technology information on the newest cars or the latest breakthroughs in science PM is the ultimate guide to our high tech lifestyle **Elle** , 1994 **American Motorcyclist** , 2000-10 American Motorcyclist magazine the official journal of the American Motorcyclist Association tells the stories of the people who make motorcycling the sport that it is It s available monthly to AMA members Become a part of the largest most diverse and most enthusiastic group of riders in the country by visiting our website or calling 800 AMA JOIN *Richards' Bicycle Repair Manual* Richard Ballantine, Richard Grant, 1994 A survey of how Greek historians explained the conditions of a state s success and the dangers of power **The Complete Bike Owner's Manual** , 2020-05-07 This is the complete reference guide to bike servicing and repair and an essential bible for every cyclist s bookshelf Incredible CGI illustrations show you every aspect of bike repair and maintenance more clearly than ever before whether you re a mountain biker cycling commuter or road racer All major types of bicycle from the leading brands are covered including road racing hybrid mountain and utility bikes with detailed practical advice to take you from symptom to solution The Complete Bike Owner s Manual takes away the need for expensive expert advice showing you how to service and maintain every aspect of your bicycle Learn how to replace or repair a chain

correct sagging suspension fit brake cables adjust electronic shifters and much more with incredible up close detail helping you to get your wheels turning again **The Bicycle Repair Book** Rob Van der Plas,1985 A complete maintenance manual for the bike owner with numerous hints tips and techniques for a smooth running trouble free machine *Boys' Life*,1976-11 Boys Life is the official youth magazine for the Boy Scouts of America Published since 1911 it contains a proven mix of news nature sports history fiction science comics and Scouting Sloane's New Bicycle Maintenance Manual Eugene Sloane,2010-06-15 Eugene A Sloane one of the leading authorities on bicycles and bicycling has completely revised and expanded his invaluable Bicycle Maintenance Manual adding all new information on equipment tools and the latest in bicycle technology With more than 250 photographs many of them detailing step by step processes such as installing a chain mending a flat and building a wheel Sloane s New Bicycle Maintenance Manual is a must for cyclists of all levels of experience The combination of illustrations and Sloane s extrememly accessible instructions makes tasks like adjusting brakes removing derailleurs and painting a frame projects you can take on at home THE dozens of topics covered also include tires tubes and valves cranks chainwheels and chains handlebars and stems wheel alignment and lacing touring maintenance seats seatposts and more 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 *Subject Guide to Books in Print* ,2001 *Roadside Road Bike Maintenance Manual* Guy Andrews,2014 Provides road bike enthusiasts with step by step guidance to maintaining and repairing their bikes combining an easy to use format and design with high quality photographs of the latest equipment tools and techniques Understanding how to maintain a road bike is a necessary skill This book guides the reader through every repair possible and give tips on how to spot the early warning signs of trouble so that the problem can be fixed before it leads to costly replacements The spiral bound design allows the book open flat so the reader can easily follow the fully illustrated step by step guidance It is the perfect reference manual for the workshop or the backpack with lots of tips on how to conduct quick repairs for trouble out on the road **Books Out-of-print** ,1980 The Complete Bike Owner's Manual DK,2017-06-13 With this full color illustrated manual in your

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Reviewing **Trek Bike Repair Manual**: Unlocking the Spellbinding Force of Linguistics

In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is really astonishing. Within the pages of "**Trek Bike Repair Manual**," an enthralling opus penned by a very acclaimed wordsmith, readers embark on an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve in to the book is central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

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