Left Crank Arm Replacement

Date	19 Aug 2021

Overview

Standard operating procedure for removing a user-left crank arm (power meter or non-power meter).

Common Service Indicators

- Crank arm is broken or damaged

Bike Model Applications

- All SIC bikes

Estimated Time Required

5 mins.

Tools Required

15mm pedal wrench	Torque wrench
Socket wrench	Blue LocTite
8mm hex socket	PPL-1 lube or similar grease

Parts Required

- 000-7678 - LEFT CRANK, W/CRANK BOLT

Procedure begins on next page

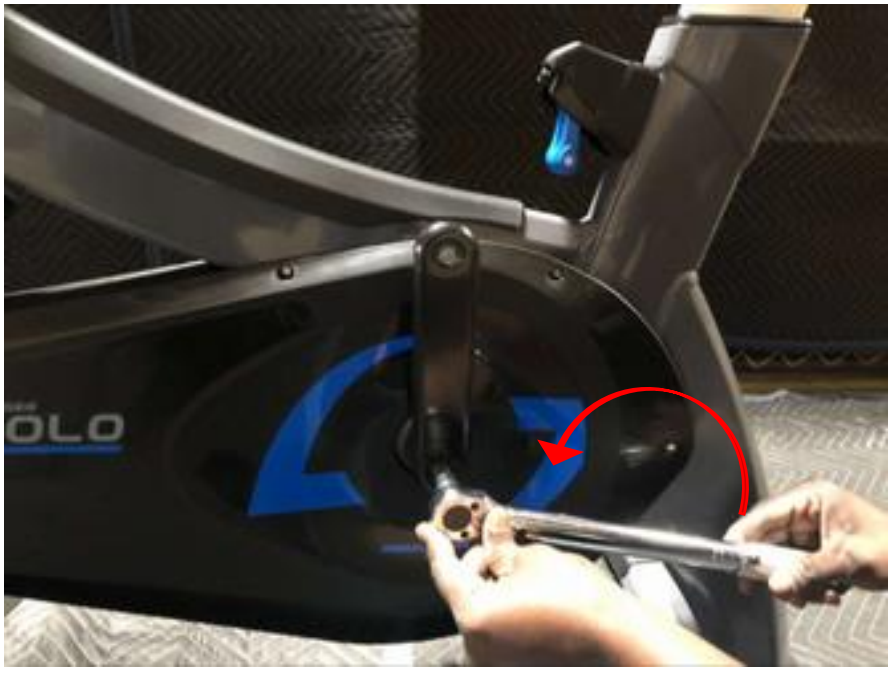
Procedure

1. Turn the resistance knob clockwise as far as it will go (or push straight down on the knob to apply the brake) and use a 15mm pedal wrench to remove the pedal from the user-left crank.

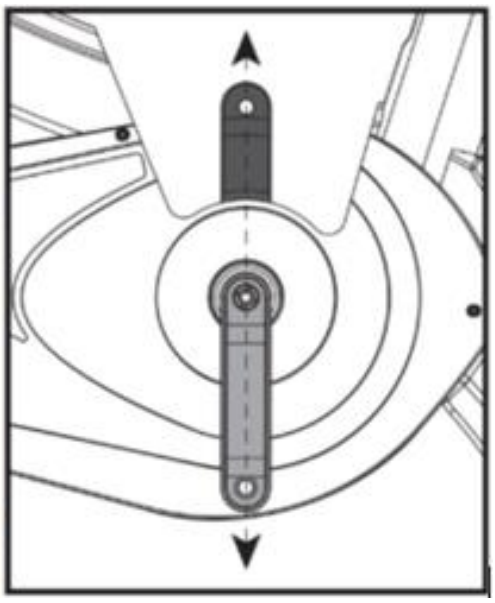
The left pedal is reverse-threaded; loosen and remove it by turning clockwise.

2. Use a socket wrench and 8mm hex socket to remove the crank by way of the embedded self-extracting bolt. Similar to above, holding down the brake with one hand can help to initially break the tension of the bolt free. **Be sure that the tool is fully inserted into the bolt before applying any force to help prevent stripping the bolt.**

The crank is standard-threaded; turn counterclockwise to loosen and remove.



3. Liberally apply some PPL-1 lube (or similar grease) to the exposed splines of the bottom bracket, then attach the new crank arm to the bottom bracket so that it is pointing 180 degrees opposite the right crank.



4. Use a socket wrench and 8mm hex bit (ensuring that the tool is fully inserted into the bolt) to tighten the crank arm until it is **BOTTOMED OUT** against the bottom bracket. **There should be no visible gap whatsoever.**

Prior to moving on to the next step, double-check that there is NO GAP between the black of the power meter and the silver of the bottom bracket. If there is a gap, tighten the power meter further (this may require substantial force and/or the use of a breaker bar for added leverage).

5. After bottoming out the crank to the bottom bracket, use a torque wrench set to **38 - 42 lb-ft. (or 52 - 57n-M)** to verify that the crank is secured up to spec.

6. Apply a dab of blue LocTite onto the threads of the pedal, then thread it into the crank arm by hand as far as possible (to avoid cross-threading). Finish tightening the pedal very firmly using a 15mm pedal wrench.

Remember that the left pedal is reverse-threaded. Tighten it by turning counterclockwise.

If needed, click the following links for guidance on pairing a power meter to a console:
SIC1 console | SIC2 console