



Right Crank Arm Replacement And Stripped Crank Removal





Right Crank Arm Replacement



STAGES CYCLING



Turn resistance knob all the way clockwise or push down resistance knob to apply the brake on the bike, then remove the pedal from the right crank arm using a 15mm pedal wrench.

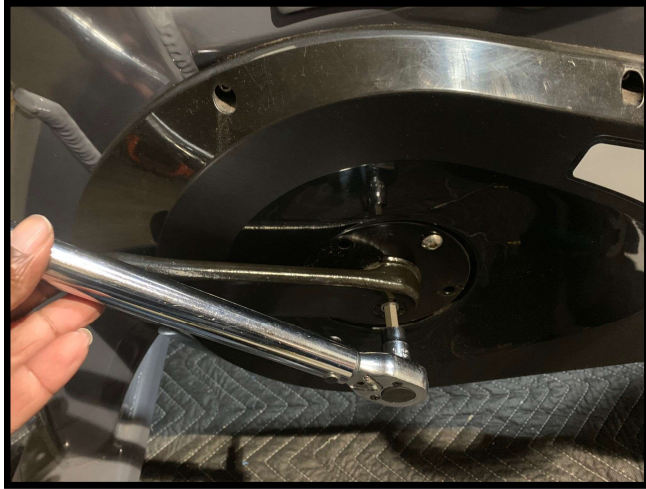




Remove four of the five bolts on the outer ring of the right crank/pulley with a 5mm Allen key, then only loosen the last bolt.

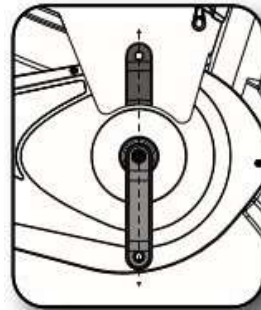
Note: Leaving one bolt allows you to have better leverage to remove the crank bolt.





Use a 8mm Allen key to extract the right crank arm off the bottom bracket and then remove the last bolt on the outer ring of the pulley to remove the right crank arm. Ensure that the Allen key is fully inserted into the bolt, allowing you an opportunity to release the bolt from the crank.





Apply grease to the bottom bracket splines before installing the new right crank. Install the new right crank 180 degrees (opposite) from the left crank. Tighten the middle crank bolt onto the bike. Ensure to insert the 8mm Allen key fully into the bolt to prevent damaging the new crank bolt. Next line up the (5) bolts on the outer ring with the pulley,

Note: You can use a small screw driver to help line up the holes.

Completely tighten the (5) outer ring bolts onto the right crank using a 5mm Allen key.

Note: Completely tighten the crank onto the bike with no gap between the crank and bottom bracket. Once tightened torque crank to 38-42 lb-ft.



STAGES C Y C L I N G



Apply a dab of blue Loctite onto the treads of the pedal, then reattach the right pedal and screw it in as far as you can by hand then with a 15mm pedal wrench completely tighten.





Stripped Right Crank Arm Removal

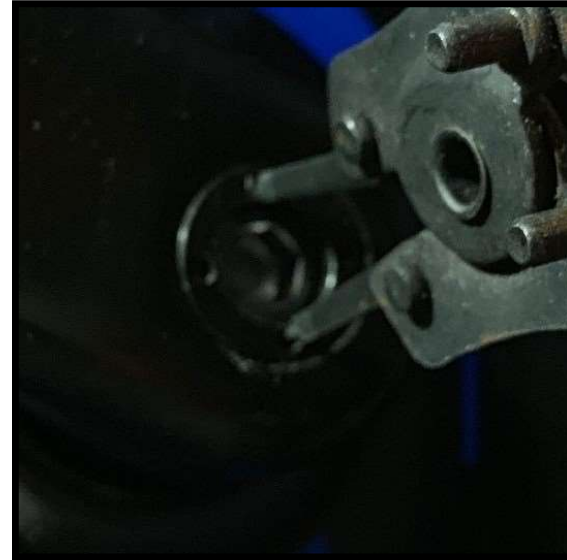


STAGES[™] C Y C L I N G



Turn resistance knob all the way clockwise or push down resistance knob to apply the brake on the bike, then remove the pedal from the right crank arm using a 15mm pedal wrench.



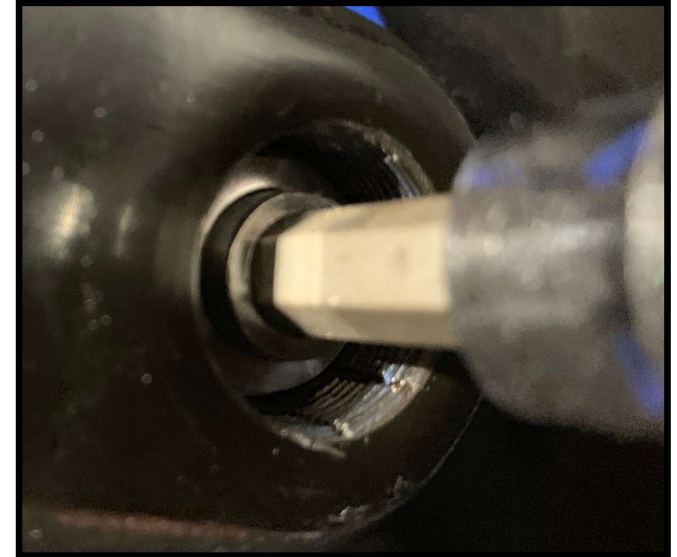
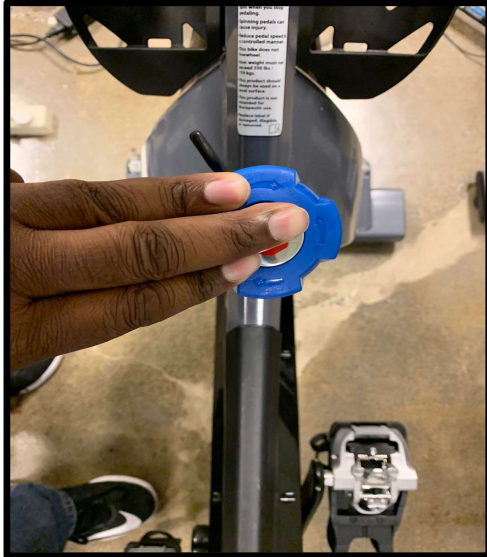


Remove the dust cap from the crank arm using a dust cap removal tool.

Note: If you do not have a dust cap removal tool you can use a snap ring removal tool.



STAGES CYCLING



Turn resistance knob all the way clockwise or push down resistance knob to apply the brake on the bike. Place a 8mm Allen key into the crank bolt and turn counter clockwise. Ensure that the Allen key is fully inserted into the bolt, allowing you an opportunity to release the bolt from the crank. If you can get a good grip on the stripped bolt it should begin to loosen, then come out.

Note: If the bolt is too damaged you will need to follow the steps to drill out the crank bolt.





If you were unable to remove the stripped bolt, you will need to drill it out. You will first need to use a tap punch and hammer to create a small starting point for the drill bit. This way your drill bit has a guide to start drilling.



With the punch made, begin drilling in the punch straight in the middle of the bolt.
The bolt is hollow so it should be easy and quick.





Once the hole is drilled into the center of the bolt, use a easy out/screw extractor to remove the crank bolt.





Now that the bolt is removed, you can now remove the crank using a crank puller (CCP-44).





Attach the nut from the crank puller into the crank arm. Then tighten the nut with a adjustable wrench.

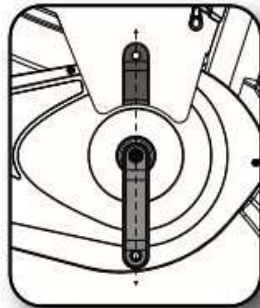




Turn the crank puller clockwise until the crank pulls off the bottom bracket.



STAGES C Y C L I N G



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