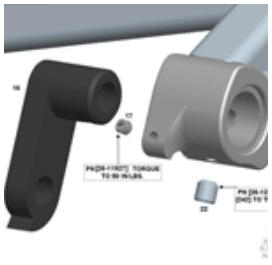
V10 (new 2007) Bearing Overhaul Insructinos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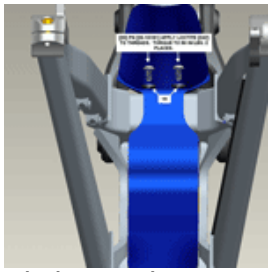
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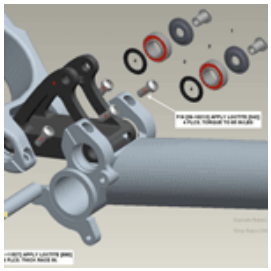
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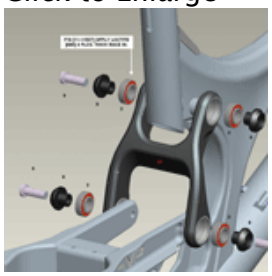
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The V10 Bearing Pack includes:
- (8) 6901sm bearings & loctite 680

The V10 Pro-Pack Includes:
- (8) 9601SM bearings
- (2) lower pivot axles
- (4) sealed pivot caps
- (4) pivot cap for upper link
- (4) M8 x 22 Ti bolt
- (2) M8 x 45 shock bolt
- (2) M8 nylock nut
- (4) lower pivot chainring bolts
- (4) M8 shock bolt washers
- sample pack loctite 680


This is a picture of the V10.3 (2007) if your frame doesn't look like this, you might want the V10.2 Bearing Overhaul Guide

Tools Required:
- (2) 5mm allen wrenches
- (2) 6mm allen wrench
- 8mm allen wrench
- 242 loctite
- Rock and Roll Super Coat grease
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- plastic or rubber mallet
- punch
- 1/2" or 13mm box end wrench.
- 7/8" box end wrench

- 3/4" box end wrench
- 11/16" box end wrench
- Blur/V10(2007) bearing tool

Step 1: Read the instructions!
• It's the right thing to do, so just go ahead and do it. Understand what you are about to encounter. Remove rear wheel, crankset, and BB (only if you have an external bearing bb) from the frame. Clean off the major dirt so you don't contaminate grease or Loctite later on.

Step 2: Remove the Upper Link Pivot Axle

- a) Using your 6mm allen wrench, remove all of the M8 bolts in the upper link.
- b) Remove the bearing caps by tapping on them with a punch from the inside of the link.

Step 3: Remove Upper Link Bearings

• a) Install bearing removal tool as shown, using the smaller of the two removal bushings supplied. (Fig. 1)
• b) **The bearing caps must be removed before beginning this step!**
Use your 8mm allen wrench and 11/16" wrench (an adjustable wrench will do the trick as well), make sure the removal bushing is centered on the bearing inner race.
• c) Tighten the bolt into the nut until the bearing pops out.


Fig. 1

Step 4: Remove Shock

- a) Use your 6mm allen wrench and 1/2" or 13mm box end wrench to remove both shock bolts

Step 5: Remove Lower Link

• a) Using the 5mm allen wrenches, loosen the two bolts in one of the lower pivot axles. One will come out.
• b) Install the removed bolt back into the pivot axle without its cap. Once it is fully screwed in, use a punch or 5mm allen wrench and mallet to tap the axle out.

Step 6: Clean and Loctite Pinch Bolts

- a) Use your 5mm allen wrench, remove all bearing pinch bolts from the lower link pivots.
- b) Clean the dirt and dried loctite off of them
- c) Apply loctite 242 to all pinch bolts and install loosely in their place.

Step 7: Install New Lower Bearings

• a) Using the punch and mallet, push out all 8 bearings, and fit new ones in their place. Make sure you

orient the thicker side of the inner race towards the link.
• If it is difficult to get the bearings into the lower bores, use the bearing installation tool as shown to press them in. You can probably just tighten the nuts by hand. (Fig. 2)


Fig. 2

Step 8: Prep for Assembly

• a) Clean pivot axles and bolts so they are free of grease, dirt, and loctite.
• b) Coat the external surface of each pivot axle with Rock and Roll Super Coat Grease, or another high quality, sticky, slick grease.

Step 9: Assemble Lower Pivot

• a) Install lower link to swingarm with a pivot axle. (Fig. 3)

• b) Install the other pivot axle into the mainframe. Make sure both axles are fully engaged in their 2 bearings.

• c) Loosen all 4 bearing pinch bolts to allow the bearings to float in the frame.

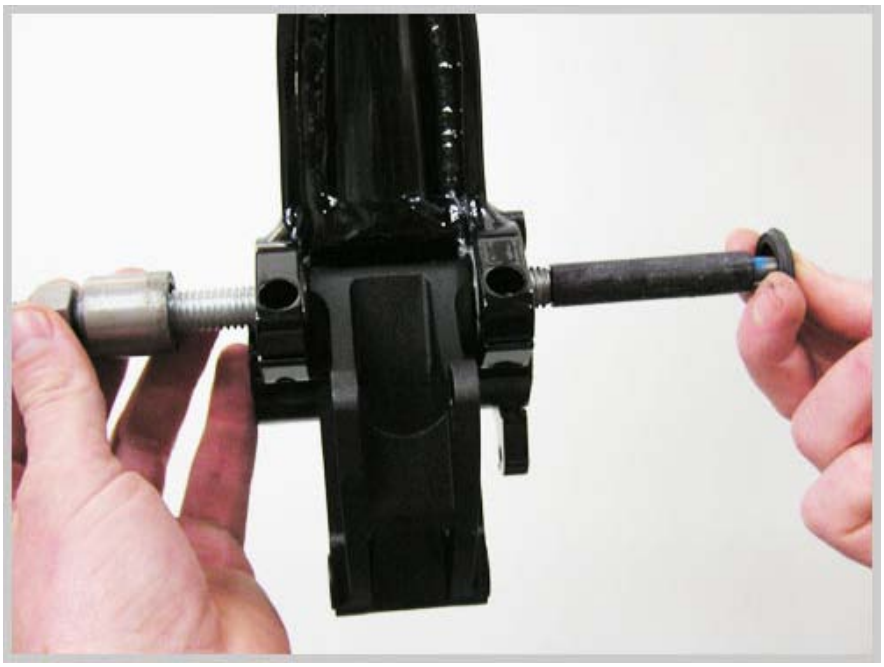
Fig. 3

• d) Install pivot axle bolts and seal washers with loctite 242. Torque to 115 in/lbs. (Fig. 4)

• e) Tighten all 4 pinch bolts to 65 in/lbs.

- f) Check lower link for smooth operation and make sure there is no lateral play.

Fig. 4

Step 10: Install Upper Bearings

- a) Clean all four bores of dried loctite and dirt, scraping it out with a knife blade or similar tool. Clean bores well with isopropyl alcohol.

- b) Clean bearings well with isopropyl alcohol.

- c) Apply a thin coating of loctite 680 to one of the upper bores, and use the bearing installation tool as shown. Make sure the thicker inner race is facing inboard! (Fig. 5)

Fig. 5

The second installation bushing can be placed in the opposite bore to hold the tool straight. (Fig. 6)

Fig. 6

- d) Tighten the nuts against each other until the inner race protrudes a tiny bit from the inside face of the link. Don't press all the way yet. (Fig. 7)

Fig. 7

- e) Repeat step d for the opposing bearing.

- f) Place the link on the front triangle pivot to check the bearing clearance. You want the link to slip onto the frame, without much of a gap (1mm gap between bearings and pivot tube max). Press the bearings a little bit at a time to get them to optimal width. Try to keep them as even as you can, and nice and snug against the frame.

- g) Repeat steps c-f for lower bearings.

- h) Grease pivot caps and press into bearings.

- i) Apply loctite 242 to the M8x22 bolts and install all four loosely (3-4 turns in) into the frame. (Fig. 8)

Fig. 8

• j) Once all four bolts are installed loosely, tighten them to 135 in/lbs.

Step 11: Install Shock

• a) Install rear shock bolt first, with a washer on each side. The nut should go on the drive side. Torque nut to 190 in/lbs. (Fig. 9)

• b) Repeat for forward shock bolt.

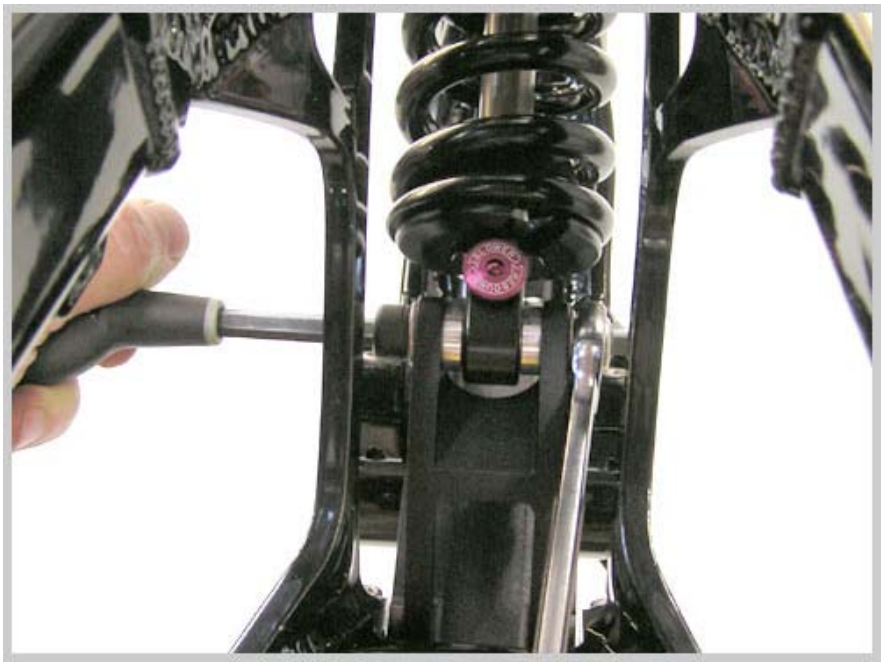

Fig. 9

Step 12: Check Pivot Axles for Proper Function

• a) There is a possibility that your pivot axles may be a little too long for your slightly worn links. This is a test to make sure your axles are short enough to properly clamp everything.
• b) Make sure all the bolts are torqued to spec. using two allen wrenches (one on each side).
• c) Take one allen wrench and try to turn each of the pivots clockwise.
• d) If any of these axles spin, tighten the bolts more and try again. If you have an axle where the bolts are very tight, but the axle spins when turned, the bolts are bottomed out on the ends of the axle.
• e) Remove any spinning pivot axles and shorten 1-2mm using a file or grinder. Install and re-test.

Derailleur Hanger Replacement
• a) If the bike is assembled, remove the rear derailleur.

- b) To remove the rear wheel, loosen the M6 pinch bolt and remove through axle.

- c) Using a 5mm allen wrench, remove the derailleur hanger cap on the outside of the swingarm.

- d) Using a 2mm allen wrench, remove the set screw from the dropout.

- e) Remove hanger, tapping the old one out with a mallet if necessary.

- f) Install new hanger.

- g) Apply loctite 242 to cap, and tighten to 70 in/lbs. (Fig. 10)

- h) Apply loctite 242 to set screw, and tighten to 50-60 in/lbs.

- i) Grease through axle and install with wheel. Tighten to 60 in/lbs.

- j) Tighten through axle clamp bolt to 70 in/lbs.

Fig. 10