



Crank Arms Replacement

A guide on removing the crank arms.

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INTRODUCTION

In this guide you will remove the crank arms and replace them with new ones.

TOOLS:

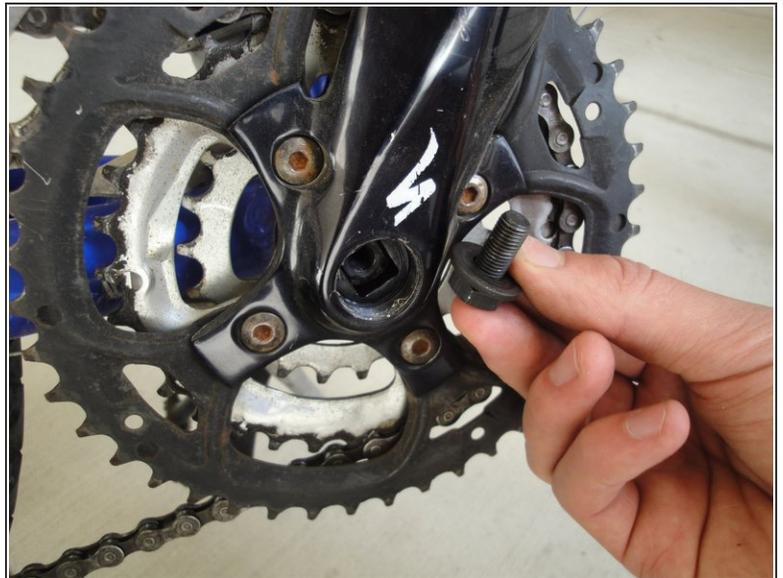
- [Crank Puller](#) (1)
 - [Flathead Screwdriver](#) (1)
 - [Ratcheting Socket Wrench](#) (1)
 - [Smart Wrench](#) (1)
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Step 1 — Crank Arms



- Take cap off the crank arm with flat head screw driver. It should just pop off.

Step 2



- Use a socket wrench to take out the main bolt.

Step 3



- Attach the crank puller to the threads on the crank arm, hand tighten it in until it bottoms out.

⚠ Be careful not to strip the aluminum threading of the crank arm with the steel threading of the crank puller. Don't force anything.

Step 4



- Use wrench to tighten the free end of the crank arm, pulling the crank arm off the bike.

Step 5



- Clean the bottom bracket axle, crank arm, and sprockets with a rag.

Step 6



- Slide the new crank arm on the the tapered square of the bottom bracket axle.

Step 7



- Use a socket wrench to tighten the main bolt.

 It's easy to cross thread the aluminum crank arm with the steel crank puller. Be very careful to thread properly.

Step 8



- Replace the cap.