

Basic Tune up Checklist

Frame Set

Frame set visually inspected for obvious damage
Seat post / stem checked for minimum insertion
Seat checked for proper angle and security

Drive Train System

Bottom Bracket adjusted (if possible)
Adjustable cups tightened
Crank arms tightened to specs.
Pedals tightened and lubricated
Chainrings straightened (if minor)
Chainring bolts tightened
Chain inspected for wear and lubricated
Gear set inspected for damage and lubricated

Wheelset

Hub bearings adjusted for clearance
Hub locknuts secured
Hub inspected for external damage
Rims inspected for external damage
Rims laterally trued
Tires inspected for damage and wear
Tires inflated to spec and seated on rim
Mounted and tightened to proper tension
Hub seals externally lubricated

Steering / Control

Headset bearing set adjusted and locked in
Headset visually inspected for external damage
Handlebars visually inspected for external damage
Fasteners tightened to specs
Fork visually inspected for signs of external damage
Fork checked for function and travel
Stem visually inspected for external damage
Stem tightened to specs
Auxiliary controls tightened to specs



Braking

Brake arms/calipers inspected for proper function
Brake arms/calipers visually inspected for external damage
Pivot bolts checked for function and security
Brake pads inspected and replaced if worn past specs
Brake pad rim height and toe angle set
Brake lever set to proper angle and tightened to specs
Disc calipers aligned and discs trued
Brake fluid level checked and replenished if needed
Hydraulic hoses checked for leaks
Cables/housing inspected for rust, frays, and function
All pivots and cable surface lubed

Shift systems

Rear derailleur hanger aligned
Rear derailleur pivots, jockey wheels, adjusters lubed
Rear derailleur inspected for damage and worn jockey wheels
Rear derailleur mounted securely
Front derailleur checked for proper height, angle, and mounting
Front derailleur checked for damage and proper function
Front derailleur pivots and cable surface lubed
Shift levers/controls tightened and checked for function
Shift levers/controls checked for wear and damage
Shift cables/housing checked for damage, fraying, rust
Shift limit screws set to prevent over shifting
Cable adjustments set to inside limits and all slack removed
Grips checked for condition and security

