

# Full Care Overhaul Checklist

## Frame Set

Complete disassembly  
Frame cleaned and inspected for damage  
Frame alignment checked  
Paint buffed and polished  
Dropouts aligned (when possible)  
Seat tube honed  
Frame pivots cleaned, inspected for wear, and reassembled with new parts as needed.  
Thread locking agent applied where called for.

## Suspension Components

Fork and shock units removed, cleaned, inspected for wear, tested for function, and reassembled with new parts as needed. Oil/air amounts checked and topped of as needed. Internal repairs done separately as needed.

## Wheel Set

Hubs disassembled, cleaned, inspected for wear, lubed, and reassembled with new parts where needed.  
Rims and spokes cleaned, inspected for damage, trued laterally and radially, and dished.  
Spoke tension set and locking agent applied to spokes.

## Drive Train

Crank Set removed, cleaned, inspected for wear, and reassembled with new parts as needed  
Bottom Bracket removed, cleaned, inspected for wear, and reassembled with new parts as needed  
Anti seize compound applied to frame threads.  
Chain removed and cleaned in solvent, inspected for wear, replaced as needed.  
Gear set removed and cleaned in solvent, inspected for wear, replaced as needed.  
Freehub body removed from hub, cleaned, inspected for wear, and reassembled with new parts as needed.  
Derailleur's removed, cleaned, inspected for wear, and reassembled with new parts as needed  
Shifters removed, cleaned, inspected for wear, and reassembled with new parts as needed  
New cables and housing cut to length, pre-stressed, and installed.

## Brake System

All brake components removed, cleaned, inspected for wear, and reassembled with new parts as needed  
New cables cut to length, pre-stressed, and installed.  
All hydraulic hoses cleaned and inspected for leaks, crimps, or cuts.  
Brake pads inspected and replaced if worn more than 50 % of original specs.  
Discs removed, cleaned, inspected for wear, trued, and reassembled with new parts as needed  
Locking agent applied where called for.

## Steering/Controls

Bars/stem removed, cleaned, inspected for wear, and reassembled with new parts as needed  
Bar wrap/ grips installed as needed.  
Headset removed, cleaned, inspected for wear, and reassembled with new parts as needed  
Fork dropout aligned as needed (if possible)

