

Major Tune up Checklist

(Items not included in Basic Tune-Up)

Frame Set

Frame and fork wiped clean

Frame set visually inspected for obvious damage

Seat post / stem checked for minimum insertion

Seat checked for proper angle and security

Axle dropouts aligned (where possible)

Suspension pivots tightened and lubed

Drive train

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

Chain removed and cleaned in solvent

Gear set removed and cleaned in solvent

Crank arms cleaned

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

Hubs externally cleaned

Rims trued radially

Wheel dish set to within .5mm

Spoke tension set

Spokes and rim cleaned

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 calipers removed and cleaned in solvent

Brake levers inspected for damage

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

New cables cut to length, installed, and pre-stressed

Shift systems

Derailleurs removed and cleaned

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

New cables cut to length, installed, and pre-stressed

Cable adjustments set to inside limits and all slack removed

Grips checked for condition and security

