



Bicycle Handlebar Grip Rubber Grips on the Handlebars Replacement

In this guide, I will be going through the process of replacing the grips on the ends of a bicycle handlebar.

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INTRODUCTION

So, for this guide I will take you through the entire process of changing your bicycle grips. The included materials are listed, and there are some alternative methods discussed in here as well. Overall, the process is very simple. This guide shouldn't be very difficult at all.



TOOLS:

- [Allen Wrench](#) (1)
- [Compressed Air](#) (1)
- [Hairspray](#) (1)
- [Large Needle Nose Pliers](#) (1)



PARTS:

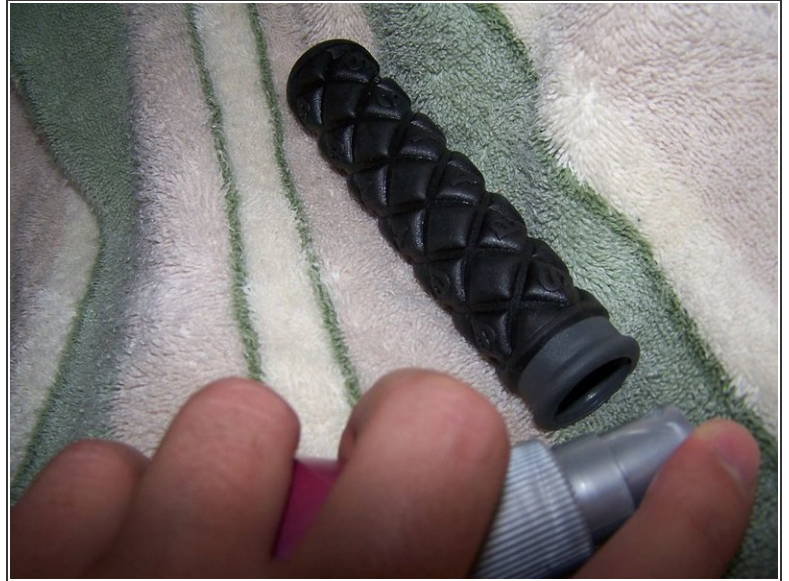
- [Bicycle Grips](#) (1)

Step 1 — Rubber Grips on the Handlebars



- Put the straw of the air canister under the grip.
 - Pinch the end (can be done with pliers), and use the gap created to slip the straw in.
 - To separate the grip, you may use a screwdriver or another long, skinny tool allowing you to gain leverage underneath the grip.
 - While spraying air underneath the grips, pull on the grips with enough force to move them off the handlebar.
 - The air will separate the grips from the handlebars.
- ⓘ If more force is needed, you may use an air compressor with a needle attachment.

Step 2



- Spray the handlebar and inside the grip with your hairspray or lubricant/adhesive.
- Slide the grips all the way on until there's no more room for the grips to slide on.
- ① I use hairspray because it is both a lubricant and an adhesive. Other combos can be WD-40 and super glue.
- ① If your handlebar is dirty or you want to clean it, use warm soap and water to clean it with a wash cloth.

Step 3



- Slide the new grips on.
- Let them dry.
- Put your brakes and shifting levers back on.
- Finally, enjoy the new grips!

In order to move or replace these grips follow these steps from top to bottom.