



Crank Arms Replacement

A guide on removing the crank arms.

Written By: aaron thielk



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)

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.