



How to adjust the 2006 Iron Horse Warrior front derailleur

This guide will demonstrate how to align the front derailleur.

Written By: Matt Halvorson



INTRODUCTION

Over time, cables running from the shifter to the derailleur stretch, causing the derailleur to not shift properly. This can be fixed by making adjustments to the front derailleur. This involves setting the upper and lower bounds, which determine where the derailleur can travel to. Also, if it has been a long time since the cable itself has been tightened, that may be necessary as well.

TOOLS:

- [Phillips #2 Screwdriver \(1\)](#)
- [6mm Allen Wrench \(1\)](#)

Step 1 — How to adjust the 2006 Iron Horse Warrior front derailleur



- Shift the front derailleur to the 1st position (smallest cog and closest to the body of the bike)
- Adjust the "Low" screw with a screwdriver so the derailleur lines up vertically with the 1st gear.

(i) Test your gears by holding your back tire off the ground and pedaling while you shift through your gears. If it is aligned correctly, the chain will not rub on the derailleur.

Step 2

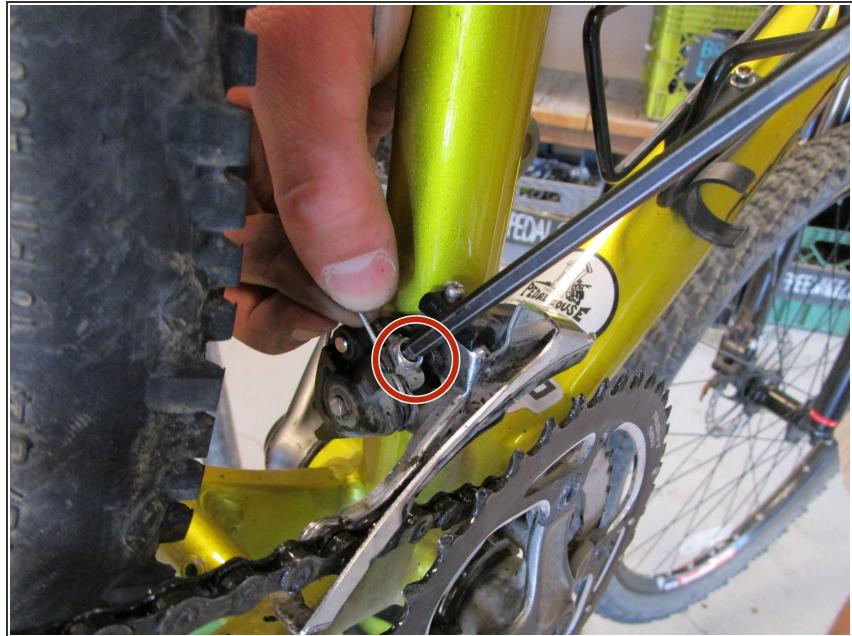


- Shift to 3rd gear (the largest cog and farthest from the body of the bike)
- Adjust the derailleur until it lines up vertically with the 3rd gear

i The same rules apply for this one as when setting the lower bound. However, you want the smallest gap possible between the outer edge of the chain and the guard. The smaller gap will allow your bike to downshift much easier.

i The derailleur should be aligned now, but if you are unable to move the derailleur far enough away from the frame, you may need to tighten the cable itself. If so, proceed to Step 3.

Step 3



(i) This step is only required if you were unable to align the derailleur in Step 2

- To tighten the cable, place the derailleur in the 1st gear position. This position requires the least amount of tension on the cable.
- Loosen the 6mm hex nut using an Allen wrench just enough to allow the cable to come free.
- Pull the cable using your hands as tight as you can. Replace the cable under the screw and tighten the screw by turning it clockwise.
- Repeat Step 2 to set the upper bound on the derailleur. Now that the cable is tight, the derailleur will be able to travel further away from the frame of the bike and line up with the 3rd gear.

To reassemble your device, follow these instructions in reverse order.