



Strive AL 6.0 Race Pneumatic Spring Replacement

Replacing the pneumatic spring of your Strive AL 6.0 Race.

Written By: Dominik Schnabelrauch



INTRODUCTION

Use this guide to replace the pneumatic spring in your Strive AL 6.0 Race.



TOOLS:

- [Lezyne Portashop bicycle toolkit](#) (1)
 - [Metal Spudger](#) (1)
-


Step 1 — Pneumatic Spring



- Before you begin with the dismount procedure of your pneumatic spring you should press your shapeshifter lever once to make sure your bike is in XC mode.
- Reduce tensile stress by twisting the adjuster on your shapeshifter cable as close as you can to the lever.

Step 2



-  For better accessibility and an easier workflow we use a bike stand.
- Loosen the screw on the upper left side of your shapeshifter with a 4mm allen key.
 - Use a metal spudger and leverage the cap of the left side of the rocker.
 - Mount a 10mm socket wrench to your Canyon torque wrench and remove the 10mm screw nut which is placed under the cap.

Step 3



- Use a 6mm allen key to remove the stud bolt at the left side of the seat strut hinge.

Step 4



- Use a 6mm allen key to loosen the shaft of the rocker bearing on the right side of the frame.

⚠ If you pull the shaft out to far, your whole bike will break down.... more or less at least.

- Pull the shaft about 2cm out of its bearing.
- Pull off the left sided cover of the rocker. Take care of the two spacers behind it! They are kind of tiny and easy to lose.

Step 5



- Use a 5mm allen key to remove the bolt damper. While doing so hold its counterpart with your other hand!
- Remove the plastic cover afterwards. You should be careful to not break it, even though it is kind of flexible. This little cover perches very tight.

Step 6



- Provided that you used a bike stand, put the bike carefully back to the ground. Slew the damper out of the bracket of the gas spring.
- Drain the bike slowly downwards, until the articulation rests on the damper.

Step 7



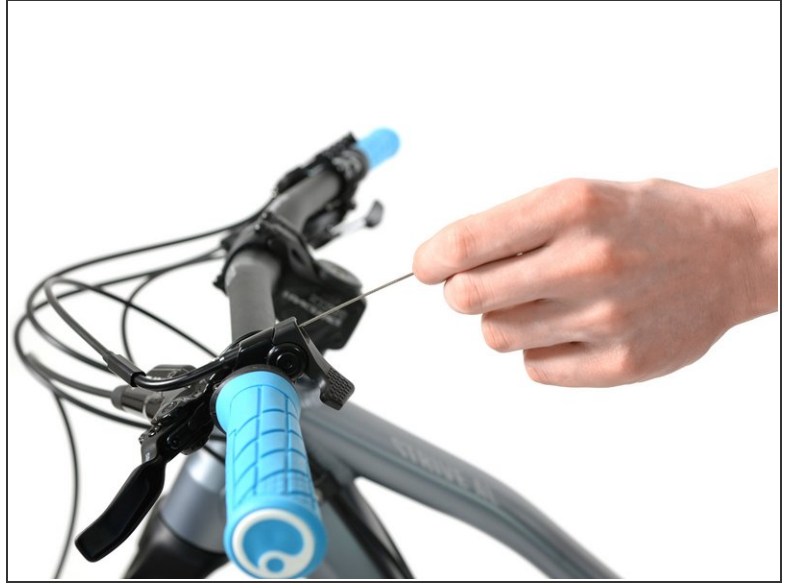
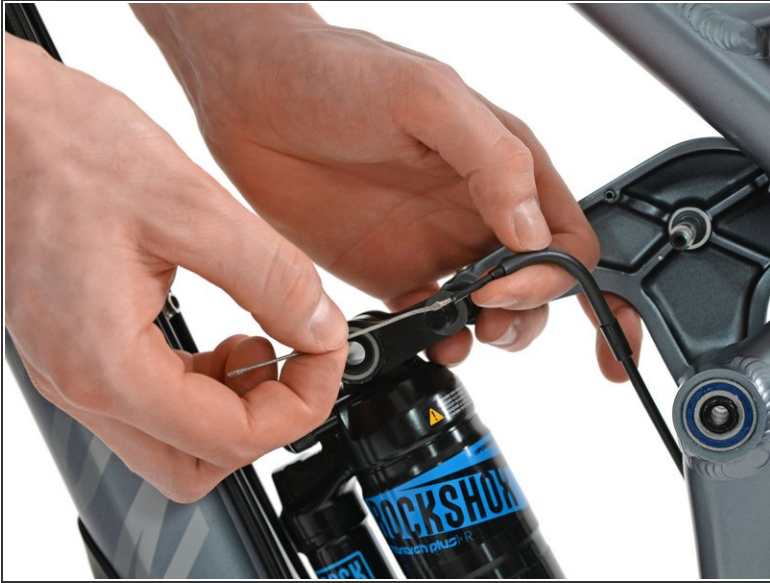
- After having a close look, we can see the shifter cable behind the right cover of the damper. Go on and unhook it!
- If done so, you can pull off the pneumatic spring to the left side of its axis.

Step 8



- Take or clip off the cap at the end of the pulling cable. If you want to clip it off, you can use a side cutter or something similar.
- Loosen the clamp of the pulling cable with a 2mm hexagonal.
- Hold the pneumatic spring with one and the pulling cable with the other hand. Now you can easily pull the spring off the cable.

Step 9



- Push the open end of the pulling cable a few centimeters back into the cable routing.
- The cable will move out of the bar lever of your damper. Get a good grip and pull it out.

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