



Trek 4300 Bicycle Inner Tube Replacement

This guide will show you how to remove the inner tube of the front wheel on your bike. You will want to replace the tube if you remove it and after inspecting it find a hole or tear.

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INTRODUCTION

Removing the inner tube from your bicycle is the same process for both the front and rear wheel even though this guide specifically demonstrates the front wheel. If you want to remove the tube from the rear wheel first see the guide demonstrating how to remove your rear wheel then follow this guide to remove the tube.



TOOLS:

- [Bike Pump](#) (1)
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Step 1 — Front Wheel



- Stand facing your bike and locate the brake calipers.
- To lessen the tension on the brake wire, place one hand on each caliper and push them closer together.

Step 2



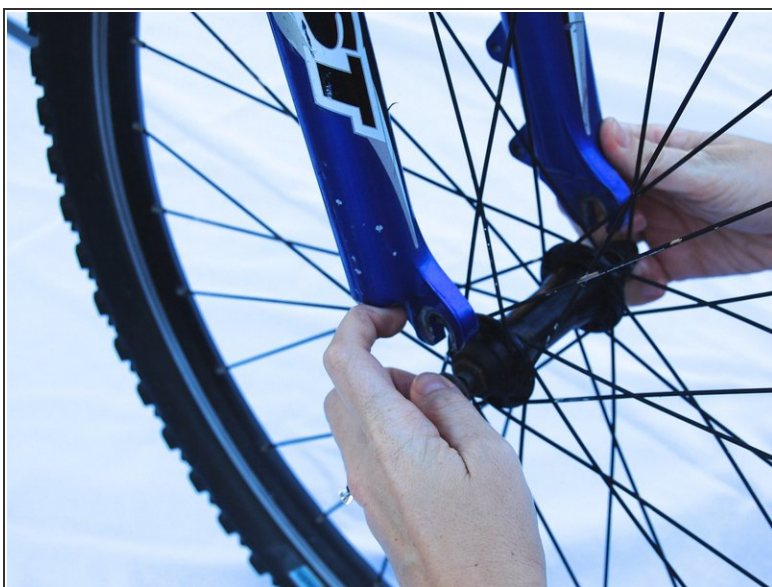
- Unhook the brake wire in the metal tube from the brake wire holder on the brake caliper in your left hand.

Step 3



- Find the quick release lever located on the bikes fork to loosen the wheel from the frame.
- Lift the lever from lock position 180 degrees until the open sign on the lever faces outward. Twist the lever while holding the pin on the opposite side of the wheel.
- ⓘ The quick release lever does not need to be completely removed.
- ★ Note which side of the bike the quick release lever is on for proper reassembly.

Step 4



- Pull the frame of the bike upwards to separate the front wheel.

Step 5 — Inner Tube



- To deflate the tire, remove the cap and attach the pump head to the valve. You should then hear air flowing out from the tire.

Step 6



- Push the valve upward through the hole in the rim.

Step 7



- Pull the tire away from the rim until you can insert your fingers under the tire coping to remove it from inside the rim.
 - Slide your fingers (still under the tire coping) around the circumference of the tire until you completely remove the tire from the rim.
- i** It is easier to start removing the tire from the rim around the location of the valve.

Step 8



- Holding the valve, pull the tube out from the inside of the tire.

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