



Vanmoof No 3 - Upgrade to 8 speed gear

Convert your 3 speed Vanmoof bike to 8 Speed. The most time consuming part is finding an 8 speed gear and buying the spokes.

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 **TOOLS:**

- Spoke Wrench (1)

Step 1 — What you'll need



- Shimano SG-C6001-8C Nexus 8. This is the one with the coaster brake.
- Chain ring, gear lever, seals, and clips
- Shimano Grip Shifter Nexus 8-speed SI-C60008
- Gear cable (inner and outer)
- Spokes 36 * 284mm stainless steel spokes

Step 2 — Double check your spoke length



- Measure the inside diameter of your wheel
- Use this calculator <https://leonard.io/edd/>
- Add 2mm. You should get 284mm spokes
- I brought silver Halo spokes from ebay

Step 3 — Stretch your frame dropouts



- You need to stretch the rear frame dropouts because the 8 speed hub is wider than then 3 speed one
- I got my local bike shop to do this because there's a risk for damaging your frame.
- The cost was \$150 AUD

Step 4 — Replace the spokes



- Remove all the old spokes from your wheel
- Spoke the 8 speed gear into the wheel. This is the best guide <https://www.youtube.com/watch?v=mIU6mi0K...>
- Tighten all the spokes using a screwdriver. Use the same torque on the screwdriver and check by "plucking" the spokes so the sound the same
- Turn the bike upside down, install the wheel, and true the wheel. I hold a screw driver against the frame and slowly spin the wheel. When it move in, I just tighten the opposite spokes

Step 5 — Install back wheel and cable



- Pull the old inner cable out from the front
- Push the new inner cable into the old outer cable
- Pull the old outer gear cable out of the back of bottom of the frame.
LEAVE THE INNER CABLE IN
- Push the new outer cable in from the back

Step 6 — Replace the gear twist



- Remove the handle bar grip. I pushed a spoke in and turned it to loosen the grip
- Install new gear change
- Replace the handle bar grip. I wiped the handle bar and inside grip with alcohol.

Step 7 — Connect the gear



- Connect the gear cable.
- Use a spoke to rotate the gear change