

yourbannerhere

sdpbedalservice

- difficulty - expert
- wrenchtime - 45 mins
- tipstriportune - strip
- sparesneeded - none



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Remove the pedal from the crank arm and clean any debris from around the body with a screwdriver. This will stop you getting dirt on the bearings when you put the pedal back together, they'll also work better next time you go for a ride.

1



If you haven't got the tool pictured (TL-PD40) you will need to buy one. They cost £2.00 and are available from most good bike shops.

2



Take the tool and slide it over the axle. Holding the pedal body in one hand, unscrew the axle using an adjustable spanner. The plastic retaining collar is conveniently marked with an arrow indicating which direction to tighten it.

3



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Remove the axle from the pedal body. Clean off the old grease and flush out the pedal body with degreaser.

4



Holding the 10mm cone, unscrew the 7mm lock nut. Make sure you do this on a clean work area as the bearings are very small and easy to lose.

5



Remove the bearings, metal collar, rubber washer and lower bearing cup - don't worry about the orientation of the collar, as it is symmetrical.

6



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Clean the axle, bearings and associated parts.

7



Now comes the tricky bit – putting it all back together. First thing to do is grease the axle and slip on the grey plastic retaining collar.

8



Now replace the thin lower bearing cup and lower bearings. There are supposed to be 24 bearings in total, so that's 12 on each side.

9



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Replace the rubber washer taper side up. Grease the symmetric metal collar and place 12 bearings in one end - then slide the collar over the axle being careful not to dislodge any of the bearings.

10



Replace the cone nut. As the cone contacts the bearings it has a tendency to displace them, so take spoke and push them back into place.

11



Fit the 7mm lock nut and adjust the cone so that there is no play in the collar and it spins freely.

12



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Put some grease inside the pedal body and refit the axle.

13



The pedal body should spin freely and have no play, if it doesn't remove the body and readjust the cones.

14



Place some grease on the axle thread and screw the pedal into the crank arm.

15

