

Right Crank Arm Replacement

Date 17 Nov 2022

Overview

Standard operating procedure for replacing the user-right crank arm on a Stages Indoor bike.

Common Service Indicators

- Damaged/broken crank arm

Bike Model Applications

- All SIC models

Tools Required

- 15mm pedal wrench
- 5mm hex key or socket
- 8mm hex socket
- Socket wrench
- Medium thickness grease ([example](#))
- Torque wrench
- Blue Loctite®
- Small screwdriver/hex key
- Dustcap removal tool*
- CCP-44 crank arm puller*
- Adjustable wrench*

*Only needed if crank bolt is stripped

Parts Required

- 000-7676 - KIT, RIGHT CRANK, W/HDWR
- 000-5618 – Dustcap tool and spanner TL-FC21 (only needed if crank bolt is stripped)

Estimated Time Required

15 mins

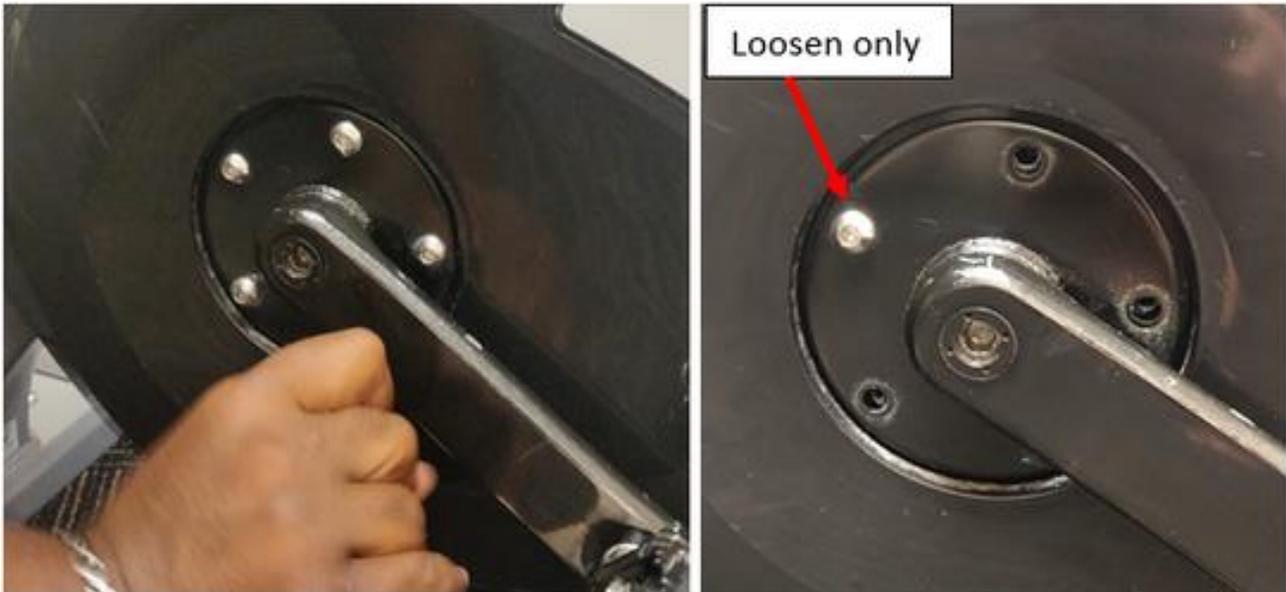
Procedure

1. Use a 15mm pedal wrench to remove the pedal from the user-right crank by turning counterclockwise.

Tip: push down the resistance knob or spin it fully to the right to activate the brake while you remove the pedal.



2. Use a size 5mm hex key/socket to remove **four of the five** screws surrounding the user-right crank. Loosen the final screw a few turns but do not fully remove.

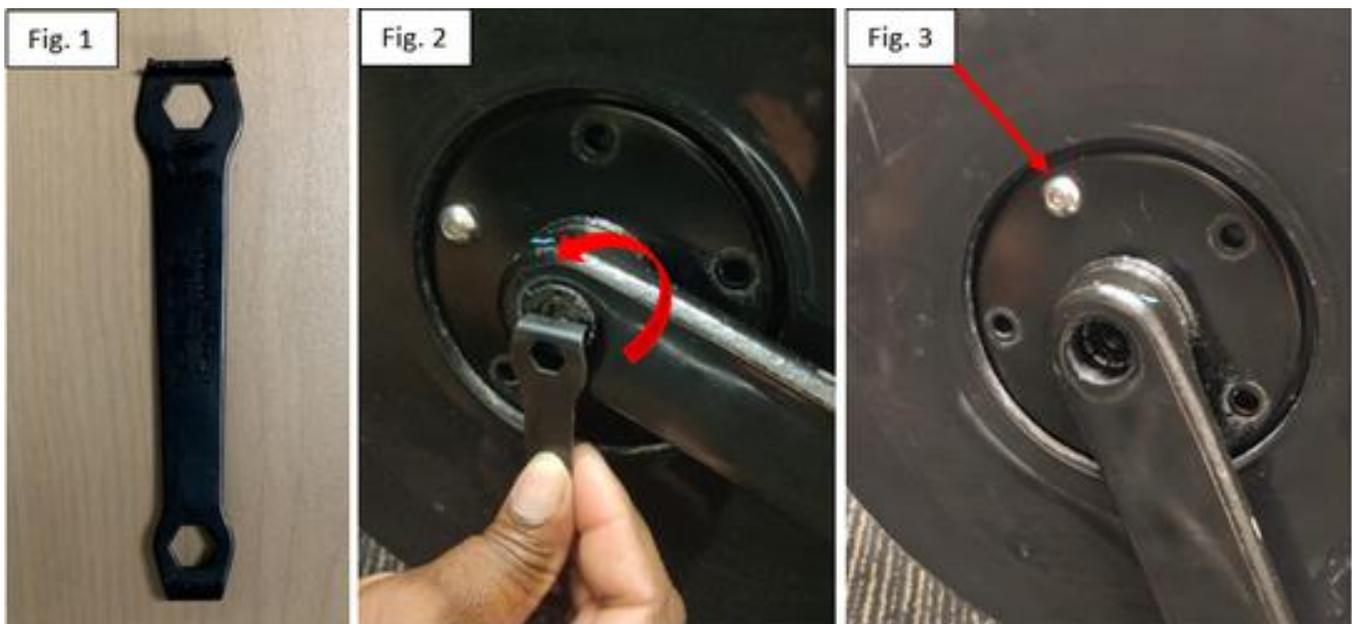


3. Use a socket wrench and 8mm hex socket to loosen the crank bolt on the user-right crank. After mostly loosening the crank bolt, use a size 5mm hex to remove the final screw surrounding the crank and remove the crank itself.

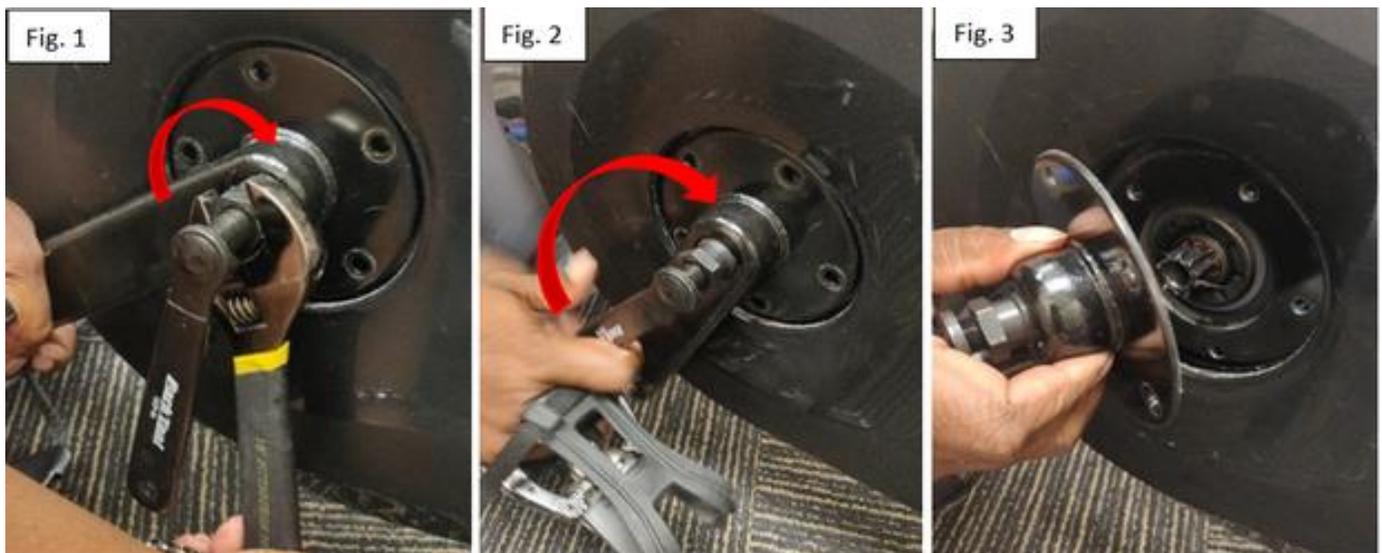


If the crank bolt is stripped or if the dust cap surrounding the bolt spins as you attempt to remove the crank arm, you will need to remove the dust cap and remove the crank using a crank puller. For those instructions, complete steps 3a - 3b below before proceeding to step 4.

3a. Use a dustcap removal tool (Fig. 1) to remove the dustcap and crank bolt from the crank arm by turning it counterclockwise (Fig. 2). It can help to hold the emergency brake down with one hand while applying firm, constant pressure with the tool in order to remove the dustcap. ***Note: remove the final 5mm bolt surrounding the crank arm if not already completed in previous step (Fig. 3).**



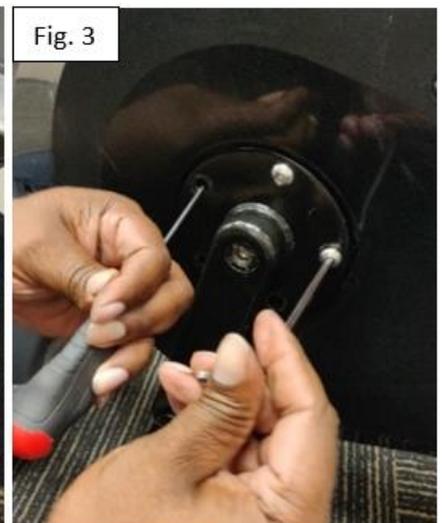
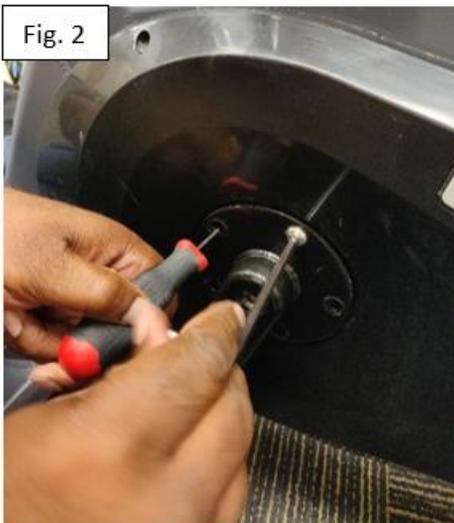
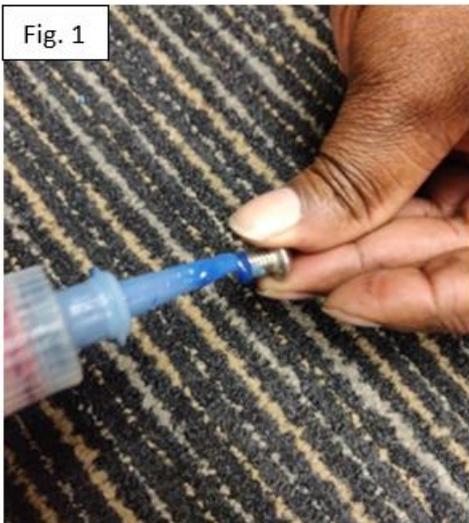
3b. Thread the outer barrel of a CCP-44 crank arm puller clockwise into the gap left by the crank bolt and dustcap as far as it will go and firmly tighten using an adjustable wrench (Fig. 1). Then turn the handle of the crank arm puller clockwise until the crank is extracted from the bottom bracket (Figs. 2,3).



4. Install the new crank arm by sliding the crank onto the exposed splines of the bottom bracket. **Ensure that the crank is oriented 180° opposite the user-left crank.**



5. Apply blue Loctite to each of the 5mm screws (Fig. 1). Use a small screwdriver or hex key to line up the holes in the crank plate with the drive pulley behind it, then insert the first screw and begin to thread it using a 5mm hex key (do not fully tighten) (Fig. 2). Repeat to insert a second screw (Fig. 3).



6. Insert the remaining 3 screws into the crank plate and use a size 5mm hex to begin tightening all five screws. Fully tighten the crank to the bottom bracket using a torque wrench set to **38 - 42 ft-lbs** and a size 8mm hex socket, then finish tightening the 5 screws.

