

INSTALLING Inspired FLOW TENSIONERS & REAR WHEEL

WARNING! If you are unsure of any of the instructions outlined below, please do not attempt to ride your bike until it has been checked and certified by a qualified cycle mechanic.

1. WHEEL PREPARATION.

Inspect the frame dropouts and axle bolts to ensure they are clean and there are no signs of damage. Slide the chain tugs onto the axle bolts and apply a good quality grease to the bolt thread.



2. WHEEL ALIGNMENT AND INSERTION.

Fit the chain onto the freewheel and slide the wheel into position between the dropouts. If fitted, be careful to align the disc rotor with the centre of the brake caliper to prevent damage to the brake or frame during fitting.



3. CHAIN TENSIONING PREPARATION.

Insert the axle bolt and chain tug into the hub axle from the drive side and tighten it loosely. Ensure the chain tug dropout tabs insert fully into the drop and the tensioning screw is aligned at the top with the stop bolt. Repeat the process on the non-drive side. Tighten the axle bolts until the chain tugs are held in position against the dropout without twisting but still able to slide.



4. APPLYING CHAIN TENSION.

Use a good quality 2.5mm Allen key to tighten the drive side tensioning screw in a standard **clockwise** direction until the slack has been removed from the chain. If the screw reaches the limit of travel before the correct tension is achieved, it may be necessary to replace the chain.



5. CHECKING CHAIN TENSION.

Once the initial slack has been removed, check the tension by squeezing the chain together at the midpoint of the chain stay. When set correctly, the chain should move around 3mm top and bottom when squeezed. Continue to tighten the chain tug screw in 1/8 increments, checking the chain regularly, until the correct amount of tension is achieved. Check that the cranks and hub spin freely without binding and reduce the tension if necessary.



6. ALIGNING THE WHEEL

Use a good quality 2.5mm Allen key to tighten the non-drive side chain tug tension screw in a standard **clockwise** direction. Continue to tighten the screw until the wheel is centered in the bike and, if fitted, the disc rotor is positioned parallel to the frame disc mount.



7. TIGHTEN THE WHEEL

Tighten the axle bolts using a good quality 6mm Allen key in a standard **clockwise** direction (recommended torque 10-12Nm, for guidance only). Check the brake caliper positions and adjust if necessary.



WHEEL REMOVAL.

To remove the wheel, follow the instructions above in the reverse order. Ensure the chain tug tension bolts are loosened fully before attempting to remove the axle bolts.