

# Jake's Bikes Deluxe Tune Up Checklist

(Parts not included)

## WHEEL SYSTEMS

- ( ) Tires checked for wear, damage, proper mounting and inflation.
- ( ) Hubs inspected for bent axles and external evidence of internal problems. (roughness, tight/ loose pattern) If axle is bent dropout may need adjustment.
- ( ) Hubs adjusted to not be tight or loose.
- ( ) All hub locknuts secured to 15 - 17ft. lbs. (180 - 204 inch lbs.)
- ( ) Rims inspected for damage or other work needed.
- ( ) **Major lateral wheel true.**
- ( ) Rims cleaned of lubricant and road grime.
- ( ) Wheels mounted in proper alignment and security (front axle nuts 180-240 inch lbs.) (rear axle nuts 240-300 inch lbs.) Quick release skewers set so that they require force through the last 90 degrees of closure.

Notes: \_\_\_\_\_  
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( ) Completed.

## Drive Train Systems

- ( ) Bottom bracket inspected for external evidence of internal problems. (roughness, tight / loose pattern)
- ( ) Bottom bracket fixed cup secured to 300-360 inch lbs. (when applicable)
- ( ) Bottom bracket adjusted to not be too tight or too loose.
- ( ) Visual inspection for straight chainrings.
- ( ) **Crank arms removed, cleaned and reinstalled.**
- ( ) Crank arm securely mounted to 390 inch lbs. for square taper and 435 inch lbs. for splined.
- ( ) Chainring bolts secured to 48-60 inch lbs.
- ( ) **Chain removed, cleaned and lubricated.**
- ( ) Pedals securely mounted to 300-360 inch lbs.
- ( ) Chain inspected for wear, tight links, twisted links and protruding chain pins.
- ( ) Chain length checked.
- ( ) **Freewheel/Cassette removed, cleaned and reinstalled.**
- ( ) Freewheel freehub cogs inspected for wear.
- ( ) Cassette locking properly secured.
- ( ) Lubricate chain.

Notes: \_\_\_\_\_  
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( ) Completed.

## Steering System

- ( ) Fork inspected for damage.
- ( ) Headset inspected for external evidence of damage, wear, or loose cups.
- ( ) Stem inspected for proper depth of insertion alignment, and secured to 144-180 inch lbs.
- ( ) Handlebars inspected for damage, proper alignment, and secured. (6mm bolts:120-144, 8mm bolts: 204-240 inch lbs.)
- ( ) Headset adjusted to not be too tight or loose.
- ( ) Headset locknut secured to 300 inch lbs.

Notes: \_\_\_\_\_  
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( ) Completed.

## Brake System

- Cable inspected for rust, frays, and kinks in the inner wire and housing.
- Cable lubricated where ever they pass through housing.
- Brake lever inspected for damage.
- Caliper arms and pivot mounting bolts checked for damage.
- Brake pads checked for wear and replaced if more than 50 % worn.
- Brake pads resurfaced.**
- If new housing is installed, size to proper length, install housing ferrules and crimp on end caps.
- Brake calipers checked for mounting security. (72-84 inch lbs. for side pull and 24 inch lbs for others)
- Adjustable brake pivot adjusted for no play or binding.
- Pivot nuts and bolts checked for security.
- Brake caliper lubricated at pivots, springs and cable adjusting barrels.
- Brake lever set to proper alignment and security (strap type 60-72 inch lbs. and cast clamp type 36-60 inch lbs.)
- Brake lever pivots, cable anchor pivots nad cable adjusters lubricated.
- Brake pad height set so as not to rub tire or hit partially below rim.
- Pads set parallel to rim.
- New pads set with .5mm to 1.5mm toe to reduce squeal.
- Pad clearance set to 1-2mm per side (except mtb type).
- MTB pad clearance set so that when the pads contact the rim the lever clears the handlebar by minimum of 1 inch.
- Cable system stress tested by pulling brake lever firmly a minimum of ten times.
- Cable end finished with end cap.

Notes: \_\_\_\_\_  
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Completed.

### **Shift System**

- Derailleur cables inspected for rust, frays, and kinks in the inner wires and housing.
- If new housing is installed, size to proper length, install housing ferruels and crimp on end caps.
- Cable lubricated wherever the pass through housing.
- Cables prestressed
- Rear derailleur hanger aligned.**
- Rear derailleur hanger inspected visually for proper alignment.
- Rear derailleur inspected for damage, worn jockey wheels and worn pivots.
- Rear derailleur removed, cleaned, lubricated and reinstalled.**
- Rear derailleur pivots, cable adjusters and jockey wheels lubricated.
- Rear derailleur mounted securely to 72-84 inch lbs.
- Rear derailleur limit screws set to allow shift to largest and smallest sprocket.
- Adjust cable tension.
- Rear derailleur checked for overshift at all gear combinations.
- Front derailleur inspected for damage.
- Front derailleur removed, cleaned, lubricated and reinstalled.**
- Front derailleur pivots lubricated.
- Front derailleur checked for proper mounting height and aligned parallel with chainrings.
- Front derailleur checked for proper mounting security. (36-60 inch lbs.)
- Front derailleur limit screws set for minimum clearance of the derailleur cage to the chain in high and low gear.
- Adjust cable tension.
- Front derailleur checked for overshift at all gear combinations.

Notes: \_\_\_\_\_  
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Completed.

### **Miscellaneous**

- Frame checked for damage.
- Seat post checked for allowable minimum depth of insertion.
- Seat post fixing bolt secured.
- Seat checked for proper alignment and security.
- Accessories checked for mounting security and interference with moving parts or safety hazards.

Frame clean and polish.

Notes: \_\_\_\_\_  
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Completed.

**Test ride**

- Brakes checked for stopping power and squeal.
- Bicycle checked for tracking problems.
- Derailleur checked for performance and overshift.
- Chain and freewheel cogs checked for skipping under load.
- Bicycle checked for unusual noises.

Notes: \_\_\_\_\_  
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Completed.

Notes: These problems could not be repaired and/or are in need of further attention.

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Mechanic's Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Customer Called ( )

Invoice #: \_\_\_\_\_

Total: \_\_\_\_\_