

# Jake's Bikes **Supreme** Tune Up Checklist

*(Parts not included)*

## WHEEL SYSTEMS

- Dropout alignment checked with alignment tool and adjusted if necessary.
- Tires checked for wear, damage, proper mounting and inflation.
- Hubs inspected for bent axles.
- Cones, races and ball bearings inspected for wear and pits.
- Hubs overhauled using new grease.
- 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.

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Completed.

## Drive Train Systems

- Bottom bracket overhauled using new grease, (if adjustable style) or cartridge style removed & reinstalled using appropriate grease.
- Bottom bracket fixed cup secured to 300-360 inch lbs. (when applicable)
- Bottom bracket adjusted to not be too tight or to 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.
- Rear triangle alignment checked.

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Completed.

## Steering System

- Fork inspected for damage.
- Headset overhauled using new grease.

- 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.
- Remove MTB style brakes and grease brake boss.
- 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 and 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.

# Jake's Bikes **Supreme** Tune Up Checklist

(Parts not included)

## 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 pre-stressed
- 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.
- Grease seat post with appropriate grease.**
- 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.
- Intensive 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: \_\_\_\_\_