

## How do I replace my bearings on my Orange suspension bike?

Looks complicated but its really quite simple. Firstly, you'll need a 3 and 5mm allen key, and a rubber mallet. (If you don't have a rubber mallet then use wood, but make sure you put some cloth over it so you don't damage the paint).

1. Remove the two dust caps with the 3mm allen key so the bearings are exposed.
2. Loosen the 2 bearing clamp bolts that clamp up the bearings with the 5mm allen key.
3. Using the rubber mallet, tap the drive side of the swingarm away from you. (Make sure you **tap the weld** so you don't dent the frame).
4. Clamp up the pinch bolt on the drive side. Now go round to the non-drive side. With some force, using the rubber mallet again, tap (on the weld) the swingarm, away from you.
5. This will move the bearing off the pivot pin. Now slacken the pinch bolt and repeat the process until the bearing is completely off. Do the same for the opposite side.
6. To fit the new bearings, apply copperslip grease to the internal bearing surface. Centre the bearing with the pivot pin and tap it on.
7. Centre the swingarm on the pivot pin and torque up the bearing clamp bolts (16NM) and the dust caps (5NM).
8. Done