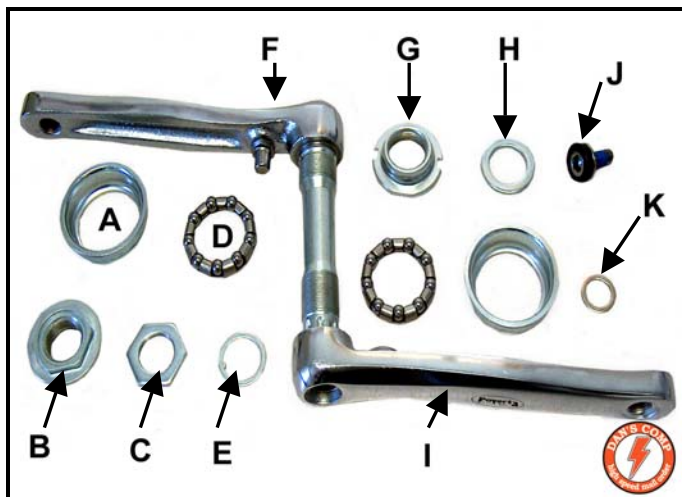


Poverty Forged Two-Piece Crank Install



Included Parts

- A. Bearing Cups (*Qty 2*)
- B. Non-Drive Side Bearing Race
- C. Lock Nut
- D. Unsealed Bearings (*Qty 2*)
- E. Lock Washer
- F. Right Crank Arm (*Drive Side*)
- G. Drive Side Bearing Race
- H. Drive Side Spacer
- I. Left Crank Arm (*Non-Drive Side*)
- J. Spindle Bolt
- K. Spindle Bolt Washer

Poverty Forged Two-Piece Cranks. Part # 452012

Tools Needed

1. Wooden or Rubber Mallet
2. File or Sandpaper
3. 32mm Open-end Wrench*
4. Grease or Light Oil
5. Universal Crank Arm Puller*
6. 8mm Allen Wrench
7. Adjustable Wrench or Adjustable Pliers (*Not Pictured*)
8. Bearing Press (*Not Pictured*)

** Tools used from the Professional tool kit. Part # 811110
 Park PCS-1 Home Work Stand Part # 811356
 Phil Wood grease 3oz. Tube. Part # 811195
 Park HHP-1 Bearing Cup Press. Part #811347 (*Not Pictured*)*

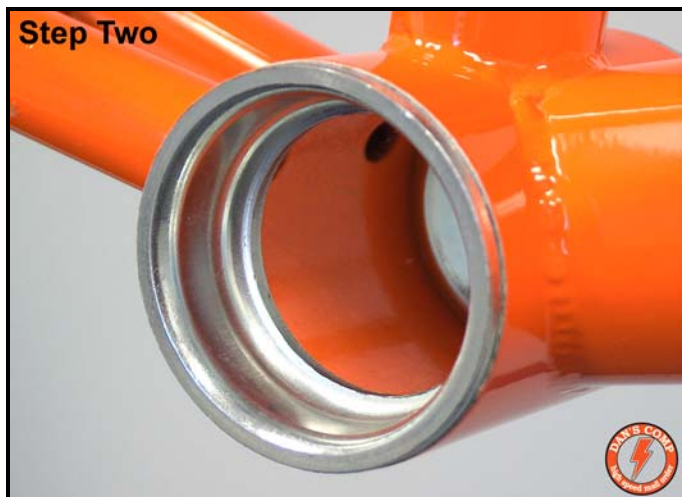


Preparing the Frame

- If you are replacing an existing crank, be sure to remove the old bearing cup.
- Inspect the inside surface of the bottom bracket tube. Use a piece of fine sandpaper to remove any dirt, grit or paint which would prevent the bearing cups from pressing into the frame smoothly.
- Use a small amount of grease or light oil to lubricate the inner surface of the bottom bracket tube.

These instructions are to be used as a guide only. Improperly installed parts may lead to severe injury or harm. We strongly recommend that a properly trained bike mechanic handle all installations, adjustments and repairs on your bike. As always...Ride Safe!

Poverty Forged Two-Piece Crank Install



Installing the Bearing Cups

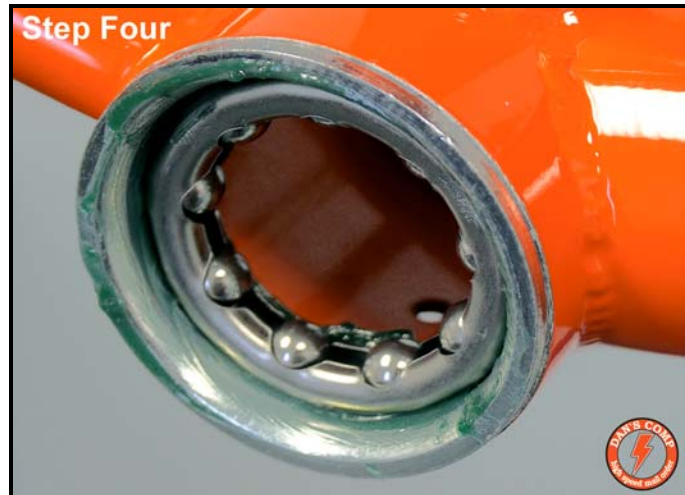
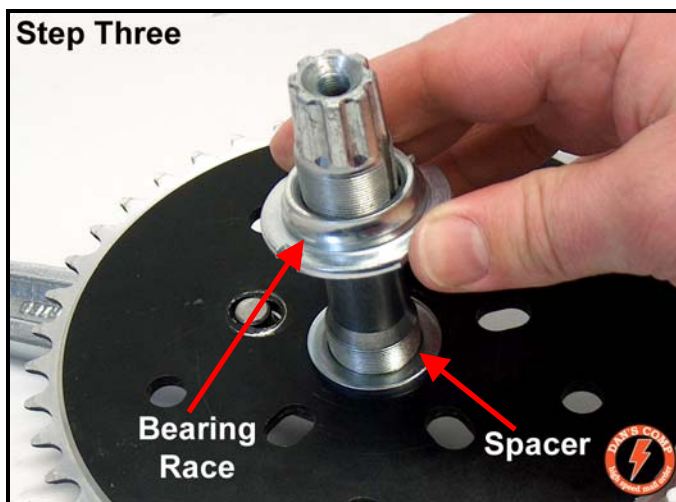
- Press both of the bearing cups into the frame using a bearing cup press. You can also use a wooden or rubber mallet if you do not have a bearing cup press.
- Lay the frame on a workbench or something strong to support it while installing the bearing cups.
- Make sure the bearing cups are pressed in completely against the bottom bracket tube. There should be no gap between the frame and the bearing cups.

Note: The bearing cup should fit tight into the frame. This prevents the bearing cups from shifting while riding.

Installing the Chainwheel and Drive Side Bearing Race

- Insert the spindle into the hole in the chainwheel.
- Slide the spacer over the spindle and place it against the chainwheel (See Picture).
- Thread the drive side bearing race clockwise onto the spindle. Use large pair of adjustable pliers or a large adjustable wrench to tighten.

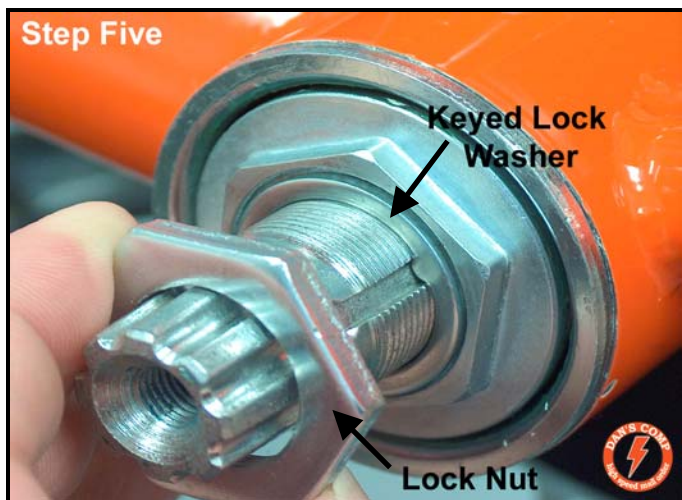
Note: You must use a chainwheel with a spindle hole diameter of 15/16".



Installing the Bearings

- Grease both bearing cups with a waterproof bearing grease.
- Grease both bearings and insert them into the cups with the ball bearings facing inward.

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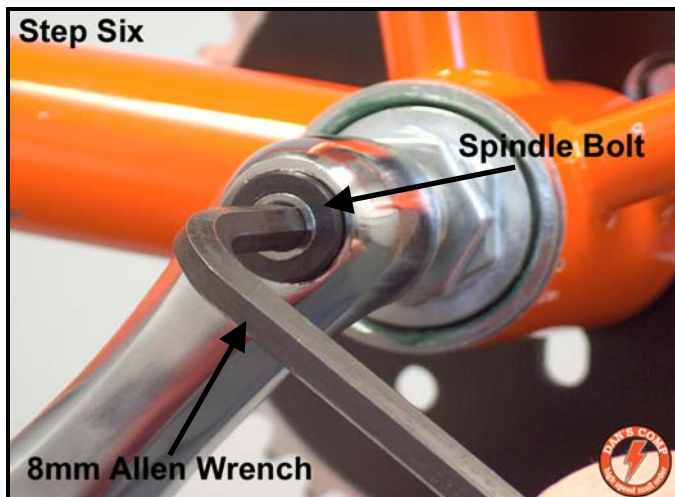


Installing the Non-Drive side Bearing Race and Lock Nut

- Insert the spindle through the right bearing and cup.
- Thread the non-drive side bearing race counter-clockwise.
- Align the slot in the spindle and the tooth inside the keyed lock washer. Slide the keyed lock washer onto the spindle and place it in the recessed area of the bearing race (*See Picture*).
- Thread the lock nut counter-clockwise onto the spindle and tighten with a 32mm open-end wrench or large adjustable wrench. Be sure the wrench is only on the lock nut.
- Spin the bearing while tightening the lock nut to make sure the bearings are not too tight or too loose.
- If the bearing are too loose or too tight, loosen the lock nut and turn the bearing race clockwise to loosen or counter-clockwise to tighten. Be sure you tighten lock nut again.

Installing the Left Crank Arm

- Lightly grease the splines on the spindle.
- Slide the left crank arm onto the spindle. Be sure both crank arms face opposite directions.
- Thread the spindle bolt into the end of the spindle and tighten with an 8mm allen wrench.
- Install your pedals. Look for the “R” or “L” on the ends of the spindles. The “R” indicates the right pedal and the “L” indicates the left pedal. The left pedal has reversed threading. Be sure you thread the correct pedal into the correct pedal boss.



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