

Tools required: 2 x 5mm hex keys.



1: Take 2 x 5mm hex keys, insert into the QR end caps, turn the hex key against each other in an anti-clockwise direction: this will loosen at least one end cap.



2: With one end cap removed now slide out the QR axle assembly. Removing both end caps and QR cones.



3: Take the 20mm adaptor cones and place into the recess in the hub shell. For MKI hubs, the deep stepped cone goes into the disc side, the simpler cone goes into the non-disc side. For MKII hubs (wider spaced bearings), use spacers as marked in laser etching.

Original - inset Disc bearing.

28mm

18mm



NEW - Equalised bearing.

16mm

18mm



4: Fit axle referring to fork instructions.