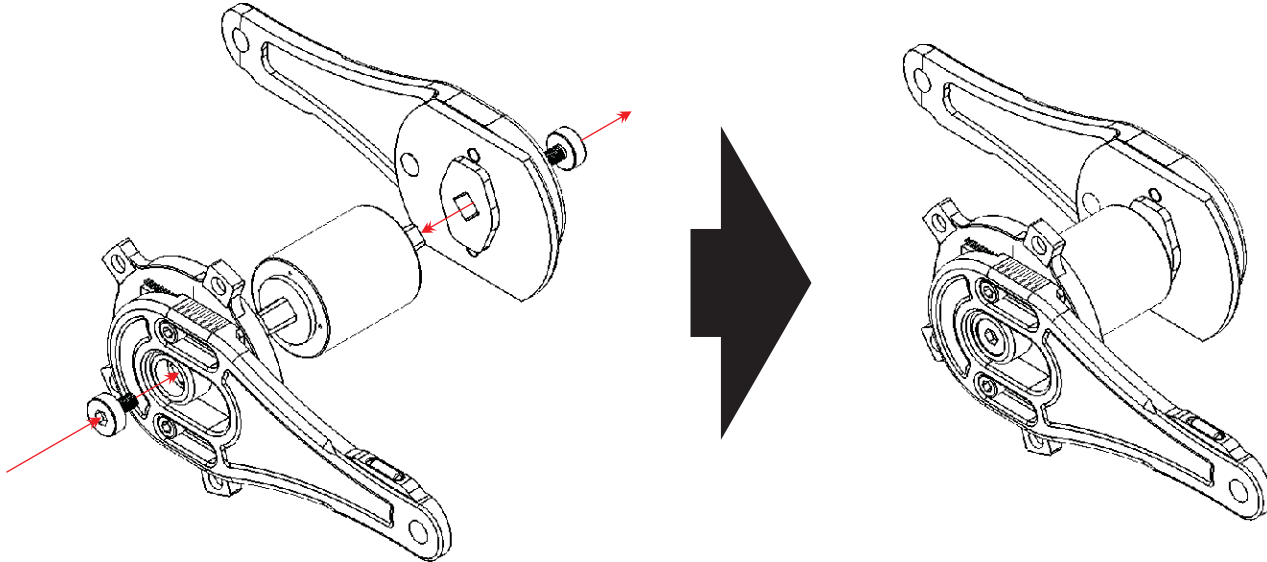




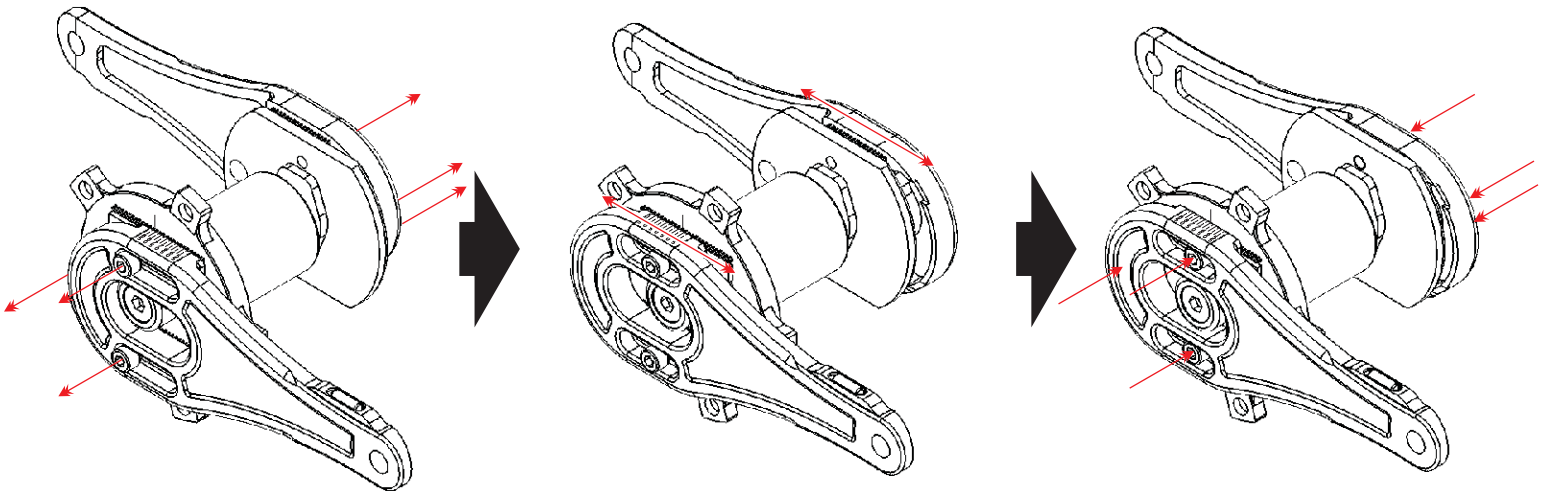
# SIZING CRANK INSTRUCTIONS

*Available in 155-185mm and 185-215mm lengths*



## To Install:

Bolt cranks onto bottom bracket like any other set of cranks. Using your existing crank bolt, attach drive and non-drive hubs to bottom bracket and torque to 26-30 ft-lbs.



## To Adjust:

Loosen top and bottom bolts on both sides just enough so that you can pull the crank arms out and slide them back and forth. Adjust to desired length and tighten bolts to 10 ft-lbs.

### Note:

- Bubble levels are used to check knee-over-pedal. Cranks do not need to be level to be adjusted.
- Distance marks only represent distance from center of bottom bracket to center of pedal bolt. If lines do not match up perfectly, the crank length will still be correct.