

# The Burnerworld Guide to... "Removing a One Piece Crank"

1. Loosen the two back axle nut's and chain tensioners (if fitted) so that the wheel moves forward
2. This will release the tension from the chain.



3. Position yourself so that you are working on the left hand side of your bike. Remove the pedal on that side by turning the nut clockwise (towards the back of the bike).
4. Take your long handled grips, and loosen the hex nut by turning in a clockwise direction, until it has completely cleared the crank arm. There should also be a washer that sat beneath the nut...remove this too.



5. Take a flat head screw-driver, place it in one of the slots, and rotate clockwise until completely free of the thread.
6. Remove the bearings, and finally thread the crank out through the right hand side of the bottom bracket.

