# How to install/remove CS3 TRSr/LG1r cranks

This guide shows how to install and remove 2018 TRSr and LG1r self extractor cranks.

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## TOOLS:

- grease (1)
- 8mm hex wrench (1)
- Torque wrench (1)

## PARTS:

- e.13 bottom bracket (1)
- e.13 cranks (1)



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## Step 1 — Installing CS3 TRSr/LG1r cranks

- Before installing your cranks, be sure to face and chase your BB shell. This step is vital to ensuring a trouble free install and long bottom bracket life
- Use our bottom bracket (BB) install instructions to install the BB required by your frame
  - For all of our cranks we offer BBs to fit frames with BSA threaded, BB30, PF30 and BB86/92 shells
  - If you are unsure which BB you need for your frame, check with your local shop or the frame manufacturer to see which standard their BB shell is designed around

## Step 2

- With the BB already installed, start by greasing the crank spindle and polygon interface

## Step 3

- Slide the driveside arm and spindle assembly through the BB. Do not use a hammer as this may damage the bearings
- Check to be sure the driveside arm is bottomed out on the BB

## Step 4

- Check the polygon interface to see how far it is protruding from the BB
- You should see 100% of the P3 interface protruding from the BB plus 2.5-3mm of machined surface, if this is not the case either your BB shell is oversized or the BB may have been installed improperly. Stop install, measure BB shell width and refer to BB install instructions
  - ** TRS+ and LG1+ aluminum cranks will only have about 1mm of machined surface showing**

## Step 5

- Before installing the arm turn the out ring of the APS adjuster such that the adjuster is in its flattest position

  ⚠ **You do not want the APS adjusted so that there are any threads showing**

## Step 6

- Grease the threads inside the polygon interface.
- Install the non-drive side crank arm.

## Step 7

- Torque the non-drive arm to 40Nm.
- There should be a 1-2mm gap between the APS adjuster and bottom bracket.
- Adjust bearing preload by turning the APS adjuster **counter-clockwise**
- ⓘ Note how the inner portion of the adjuster moves and closes the gap between the adjuster and the bearing
- Hand tighten the APS adjuster until no side to side play is felt in the spindle
  - This can be double checked by squeezing the non-drive arm against the bikes chainstay



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## Step 8 — Removing 2018 TRSr/LG1r cranks

- Using the 8mm allen wrench turn counter-clockwise.

⚠ These are self extracting cranks. The 10mm allen bolt should not be tampered with.

- Once the 8mm allen bolt is fully loose the non-drive side crank arm can be removed.



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## Step 9

- To remove the drive side crank arm you may need to lightly tap the spindle with a rubber mallet.
- You can now remove the drive side crank from the bike.

Thanks for reading, now get out there and ride!



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