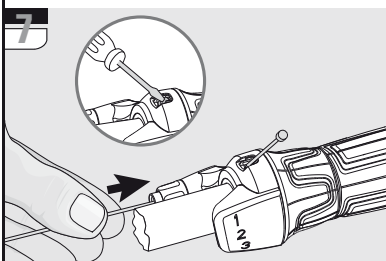
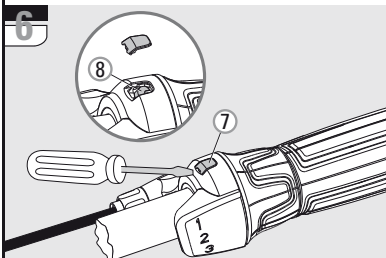
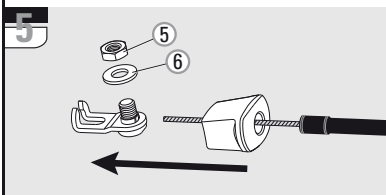
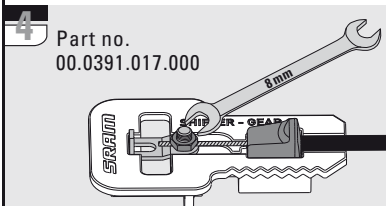
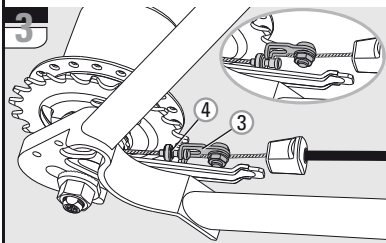
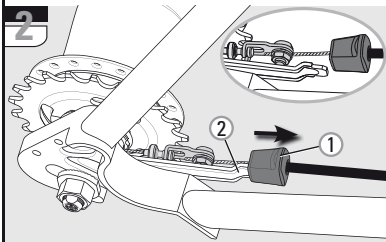
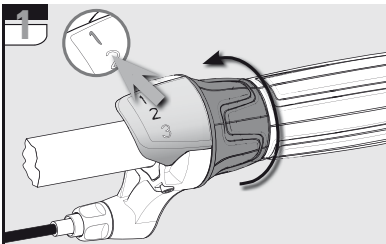


i-MOTION® 3 MAINTENANCE



CHANGING THE SHIFT CABLE

Advice:
Always use new, high-quality cables and compressionless cable housings with end caps.

1 Turn the twist shifter to 1st gear.

2 Pull the plastic retainer (1) from the cable stop bracket (2).

3 Break the connection between shifter and rear wheel hub by unhooking the connection lug (3) from the shift cable nipple (4).

4 Place the plastic retainer and the connection lug in the assembly tool (SRAM part no. 00.0391.017.000). Unscrew the nut (wrench size 8 mm).

Advice:
You may want to clamp the assembly tool in a vise.

5 Take the nut (5) and the underlying washer (6) off. Take off the connection lug and the plastic retainer from the shift cable.

1 Make sure that the shifter is set to 1st gear.

6 Remove the cap (7) from the shifter. The nipple (8) of the inner cable is now visible.

7 Push or pull the old inner cable out of the shifter, e.g. using a small screwdriver.

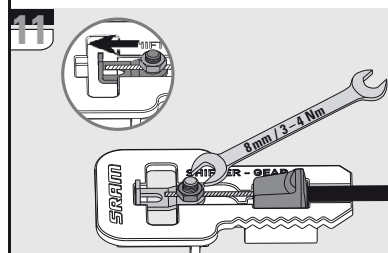
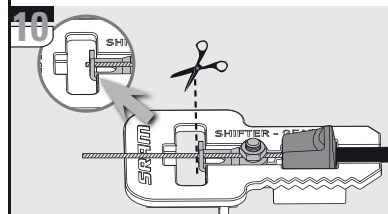
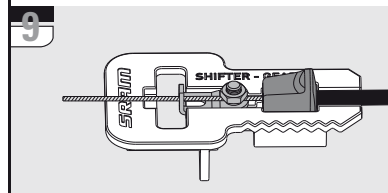
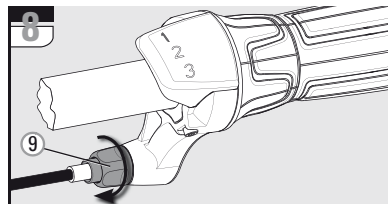
» Guide the new inner cable into the cable inlet, through the shifter and the new cable housing. Pull the cable tight.

» Insert the cap in the shifter.

8 Screw in the shifter barrel adjuster (9) at the shifter in a clockwise direction as far as it will go, then turn counterclockwise 2 full turns.

Fitting the connection lug with assembly tool (SRAM part no. 00.0391.017.000):

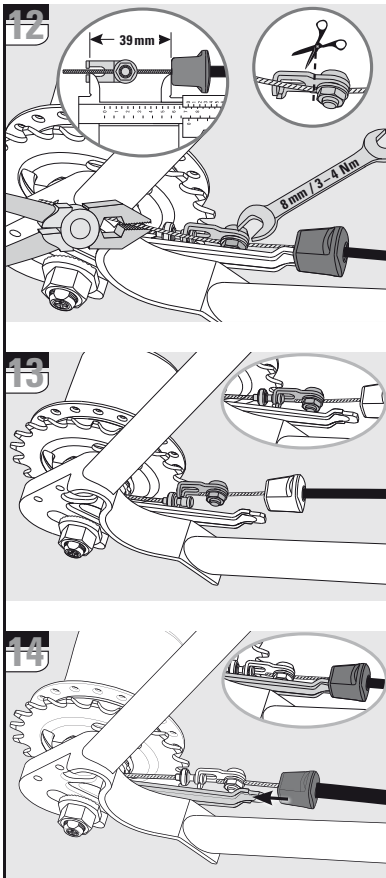
Advice:
You may want to clamp the assembly tool in a vise.



9 Push the plastic retainer and the connection lug with fitted washer and nut onto the inner cable. Place the plastic retainer and the connection lug in the assembly tool.

10 Pull the inner cable tight and cut it off directly at the connection lug.

11 Push the connection lug to the left and tighten the nut. Tightening torque: 3 - 4 Nm (27 - 35 in.lbs). Wrench size 8 mm.



Fitting the connection lug without an assembly tool:

12 Push the plastic retainer and the connection lug with fitted washer and nut onto the inner cable. Fit the plastic retainer on the cable stop bracket. Hook the connection lug onto the hub shift cable nipple. Pull the inner cable tight and securely tighten the nut of the connection lug. Unhook the connection lug again and cut off the projecting excess cable so it is as short as possible.

13 Make the connection between shifter and rear wheel hub by hooking the connection lug onto the shift cable nipple.

14 Plug the plastic retainer onto the cable stop bracket.

» Adjust the gears as described on page 34.

Caution: Before setting out on any ride, always check the correct and trouble-free operation of the shift system and brakes.

TROUBLESHOOTING

Problem	Cause	Remedy
Shifting difficulties:	Incorrect gear adjustment.	Adjust the gears. Page 34.
	The shift cable or the cable housing is damaged.	Renew the shift cable and cable housing. Page 46.
	Shift cable of the hub is not screwed in completely.	Screw in completely the shift cable of the hub (minimum of 7 full turns). Page 39 or 43 figure 8. Turn only until hand-tight!
The pedals go forwards when freewheeling:	The chain tension is too tight.	Slacken the chain tension.
	The bearing adjustment is too tight.	Readjust the bearing. Page 37.
	Locknut of the lever cone / adjusting cone is loose.	Readjust the bearing and tighten the locknut. Page 37, figure 12, no. 28.
The back pedal brake is too sharp or locked:	The brake segments are no longer lubricated.	Lubricate the brake cylinder of the hub shell and the brake segments (if necessary renew). Page 36, "Work on the brake segments".