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Replacing bearings

Bearings on unicycles generally last a long time; even when you take your unicycle in a fountain, or the sea, or just splashing around in the mud.

You will require:

- Bearing puller
- 14mm Wrench
- Allen key (not all hubs)
- Replacement bearings

Instructions:

1. Remove the dust covers (if fitted) from the cranks.
2. Remove the nuts/bolts from the centre of the cranks.
3. Remove the cranks using a crank extractor. Be sure to screw the extractor fully home before you start to extract the cranks.
4. Remove the wheel from the frame by removing bolts from the bracket that surrounds the bearing.



5. Fit the bearing puller over bearings and use a spanner to pull the bearing from the hub.
6. Once bearing have been removed clean the hub shaft with wire wool and little oil to remove any rust or dirt.
7. Fit new bearings over the shaft (be sure to fit spacer on first if one was fitted) and gently push, ensuring that it is square with the shaft. When it cannot be pushed any further by hand place the old bearing on top of the new one and slip a pipe or socket on top. Ensure that the pipe/socket is pressing on the centre of the bearing, not the outer ring or rubber seal. Place the wheel on a piece of scrap wood to protect the other side of the hub shaft. Hit the pipe/socket with a hammer until bearing is seated home. Remove old bearing.
8. Clean the bearing holders to be sure that there is no dirt or rust.
9. Re-fit the wheel in the frame. Be sure not to over tighten the bearing cups as this will impede the performance of the bearing.
10. Re-fit the cranks on the hub. Be sure to check that the cranks/pedals are on the correct side. On the end of the pedals there is a letter L or R for left and right and a letter on the back of the cranks.
11. Install the nuts/bolts in the end of the hubs, these must be secure. Tighten well.
12. Replace the plastic dust caps (if fitted).