

Mountain Bike Maintenance: Maintaining and Repairing the Mountain Bike



Fully illustrated step-by-step instructions on maintaining the modern mountain bike. Included are chapters on all parts of the mountain bike covering the most recently introduced components like disk brakes and full-suspension systems. Contains 250 full-color photographs and diagrams. Thumb-indexed for easy reference.

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cable, initially adjust it so the pads are Refresh it every three months (or every month if you have a mountain bike).

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