



Answer Manitou 1 Fork Rebuild Instructions

Tools:

- Thin standard screw driver
- 5mm hex on ¼ drive socket and long extension
- ¼ drive ratchet

Dissassembly

1. Remove outer fork caps.
2. Use long 5mm allen wrench or 5mm hex bit on ¼" drive socket with long extension.
3. Loosen the 6mm x 120mm allen bolt. Do not remove brake arch.
4. Pull outer leg assembly down sharply to remove outer leg from inner leg.
5. Remove flange seal from boss and remove upper bushing (outer fork leg).
6. Remove elastomers and washers from allen bolt.
7. Turn inner leg upside down to remove allen bolt, washer and rebound elastomers.

Reassembly

1. Clean all parts thoroughly.
2. Slide dust seal, and upper bushing onto inner legs.
3. Lubricate allen bolt, washers, elastomers, bushings, and seals, with supplied lubricant.

Note: Use the lubricant that is supplied with your kit. Do not use any other lubricant.

4. Place rebound washer and elastomer on 120mm allen bolt and insert allen bolt into inner fork leg.
5. Install lower bushing and assemble elastomers* as shown ensuring that there is a washer between each elastomer(Figure 1).
6. Grease and install lower bushing onto inner fork leg.
7. Grease ID of outer leg and below upper bushing seat.
8. Install outer legs as a unit onto inner legs.
9. Using a small screwdriver, push the upper bushing down into the flange. Take care not to damage bushings or scratch the inner leg. Install dust seal.
10. Push outer legs up until compression elastomers touch dropout while pushing the 120mm screw down with allen wrench. Tighten the 120mm screw to 30-40 inch-lb(3.5-4.7 N-cm). Do not over tighten, just hand tight using allen wrench is sufficient.



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11. Install fork caps.

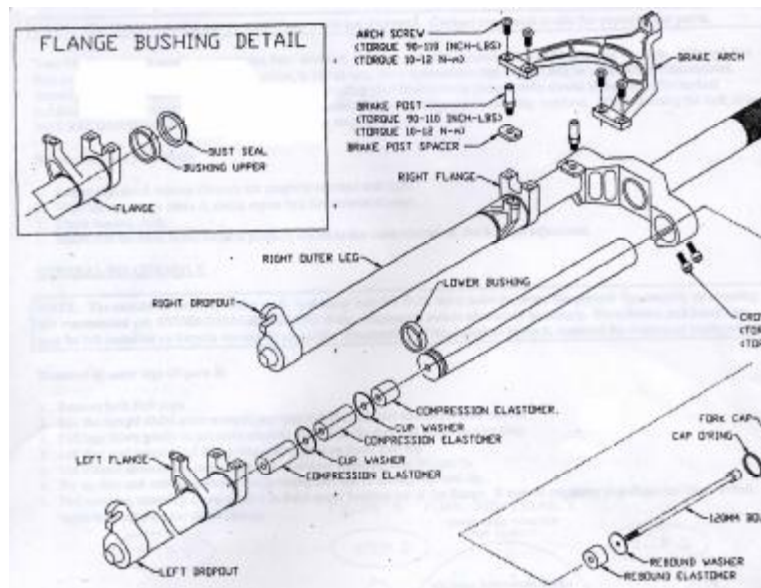


Figure 1

* Note: The M1 factory large elastomer has been replaced by two medium sized elastomers for increased performance and ease of tuning.

If you have any questions or would like a different ride firmness please email

sales@suspensionforkparts.com