






# SFPIRG Bicycle Tool Co-op












## TOOL GUIDE






(2018)



Picture	Name	Purpose
	Third Hand Brake Tool	To clamp the brakes in place when adjusting the break pads/cables.
	Adjustable Pin Spanner	Used on different bottom bracket nuts/cups.
	Hook Spanner	Used to remove bottom bracket lock nuts and cups.
	Allen Wrench Set	Most bikes use at least one size of Allen screws. So these will come in handy!
	Cable Stretcher (aka 4 <sup>th</sup> hand)	Pull the cable as you adjust the gears/brakes. This is intended to be used instead of pliers which leave the cable all twisted.

	Cable Cutter	Cuts gear and brake cables!
	Chain Cleaner	Can be clipped onto the bike, fill with cleaning solution and spin to clean the chain.
	Chain pin setter/remover	To remove/add links to the chain.
	Chain Whip	Used to remove cassettes from the freewheel; use it with cassette remover.
	Crank Extractor	Used to remove crank arms from the bottom bracket spindle. For square-tapered and splined cranks.

	<p>Shock Pump</p>	<p>Adjust the pressure in you air shocks. Follow manufacturer's instructions for the appropriate pressure for your shocks.</p>
	<p>ISIS Bottom Bracket Remover (design may vary)</p>	<p>Used to remove sealed cartridge type bottom brackets. Use with a ratchet or adjustable wrench.</p>
	<p>Chain Wear Measuring Tool</p>	<p>Checks the wear of the chain. Place the round end in between chain links; if the other end fits loosely you need a new chain. 10 links of a new chain are 25.4 cm. If the rivet is a little bit past 25.5 cm, you should replace the chain, but the sprockets are probably undamaged.</p>
	<p>Tire Levers</p>	<p>Help remove the tire from the rim. Plastic levers also won't leave dents on the rim, unlike metal levers.</p>
	<p>Cone Wrench</p>	<p>Used to adjust the cones on the bike wheel, sizes of cones may vary, most common are 15mm. (17mm may be used on Formula and Nexus hubs)</p>

	<p>Flat Bottom Bracket Cup Wrench</p>	<p>36mm box-end and bottom bracket pin spanner; used to remove bottom bracket cups</p>
	<p>Freewheel Remover</p>	<p>Holds freewheel and lock ring tools (FR-1 through FR-8 plus the BBT-5) for removal and installation. (In case this doesn't fit your tool you can use a ratchet or an adjustable wrench instead)</p>
	<p>Spoke Tensioner/Wrench (sizes vary)</p>	<p>Used to loosen or tighten the spokes in the wheel. Make sure to pick the right size, it must fit snugly on the spoke nipple.</p>
	<p>Pedal Wrench</p>	<p>Used for pedal setting/removal. To remove pedals: Right pedal - turn CCW Left pedal - turn CW</p>
	<p>Wheel Truing Stand</p>	<p>Used for lateral and radial wheel truing used with spoke tensioner/wrench.</p>

	<p>Work Stand</p>	<p>Makes the bike repair easier, especially tuning brakes and gears. Can be used to clamp to the top or to the seat tube of the bike frame.</p>
	<p>Y-tool (8/9/10mm)</p>	<p>8, 9, 10mm multi-tool</p>
	<p>Shimano Freewheel Remover</p>	<p>Used to remove older style, threaded multi-sprocket freewheels; easiest way is to clamp the tool in the vice and place the wheel on top of it, then turn the wheel to remove the freewheel.</p>
	<p>Socket Wrench</p>	<p>14mm socket wrench is usually used on bottom bracket spindle screws/nuts. Used with ratchet.</p>
	<p>Adjustable Wrench</p>	<p>Multipurpose wrench</p>

 A pair of silver-colored metal vice grip pliers, also known as locking pliers. They have two long handles with a ratchet mechanism in the middle and two curved jaws at the end. The tool is shown in a slightly open position.	<p>Vice grip wrench</p>	<p>Multipurpose wrench (although not recommended can be used on headset lock nut if no other tool available to you; it will leave dings and scratches)</p>
 A single L-shaped screwdriver with a long, thin handle and a shorter, wider head. The handle is silver-colored metal, and the head is a darker, possibly brass or steel, color. The head is bent at a 90-degree angle.	<p>L-shaped screwdriver</p> <p>Shapes vary: flat, Philips, square, Torx, Allen</p>	<p>Used in places where regular screwdriver won't fit</p>