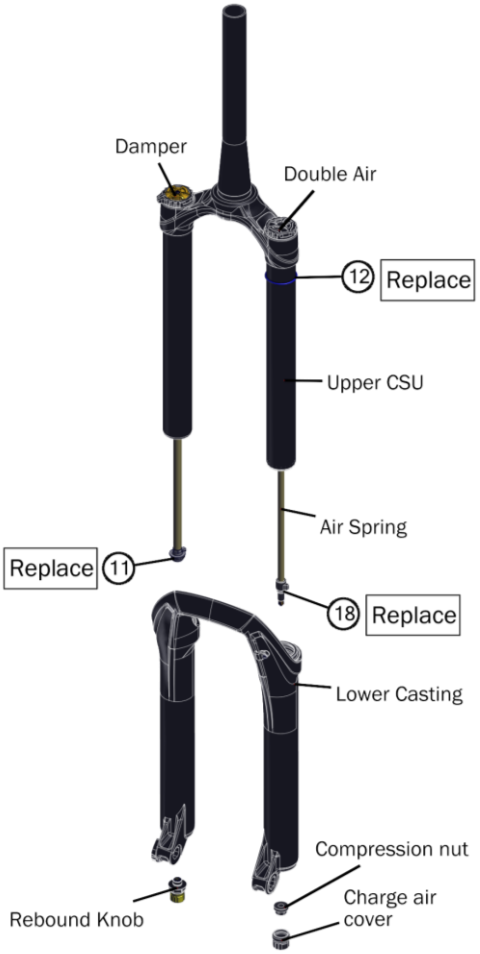
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Rebuild requires service kit: BAG0409

Replacement parts in service kit are shown below.
Call Cane Creek customer service @ 828-684-3551

Helm AIR

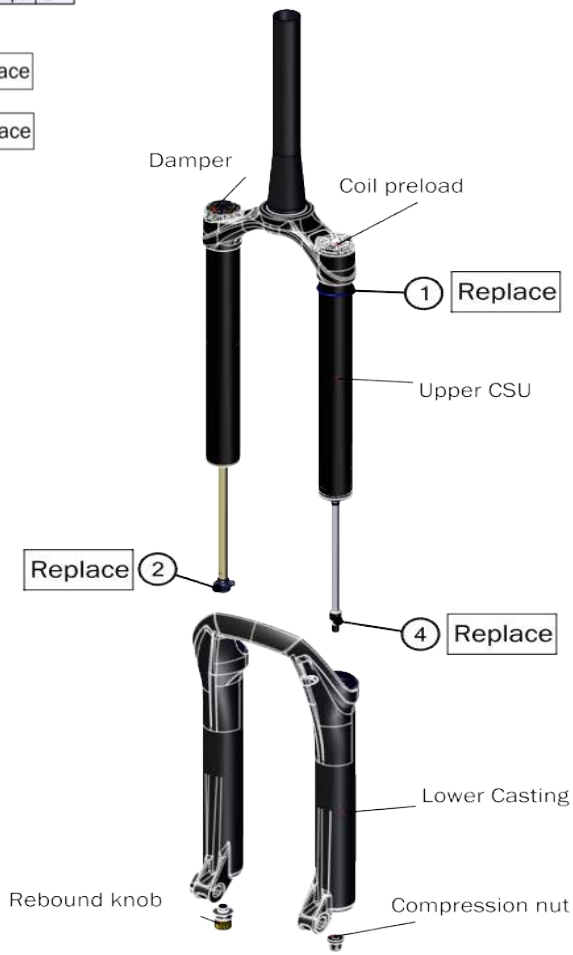


ID	Part Number	Description	Qty
11	AAD1060	Foot nut O-ring	1
12	AAG0408	Helm sag ring	1
18	.AD0111	O-ring	1



ID	Part Number	Description	Qty
19	AAG0174	35mm foam oil ring	2
20	AAG0173	helm 35mm seal wiper	2

Helm COIL



ID	Part Number	Description	Qty
1	AAG0408	Helm sag ring	1
4	.AD0111	O-Ring - 6.07x1.78	1
2	AAD1060	O-Ring - 12.42x1.78	1

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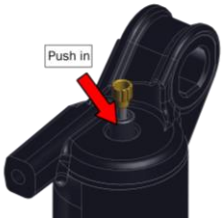
Helm AIR



1. Place fork upside down in bike work stand.

2. Remove the air spring cap, damper rebound nut and air spring foot nut.





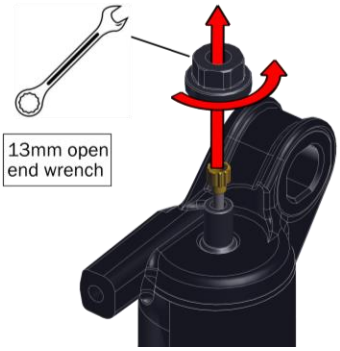
Helm COIL





1. Keep fork upright and remove air cap and Charge button cover.

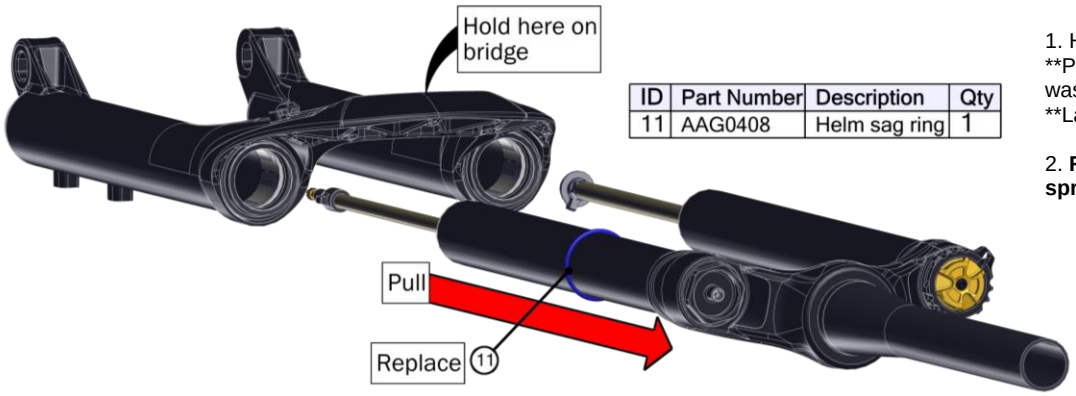
2. Push both buttons to remove air from the negative and positive chambers. Do this several times to make sure all air is evacuated from the fork.



1. Turn fork upside down

2. Push on foot nuts to release them from casting.
Do not use hammer

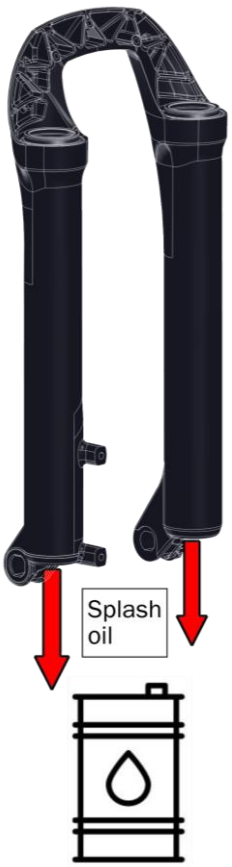
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ID	Part Number	Description	Qty
11	AAG0408	Helm sag ring	1

1. Hold bridge and pull upper from lower.
**Place in bike stand with bucket under to waste splash fluid
Lay flat to keep splash fluid

2. **Replace the Sag Ring on upper Air spring leg**



Waste oil

1. Drain splash fluid out the bottom of the lowers.
Dispose of oil per local regulations

ID	Part Number	Description	Qty
12	AAG0174	35mm foam oil ring	2



1. Remove foam rings. Discard old rings

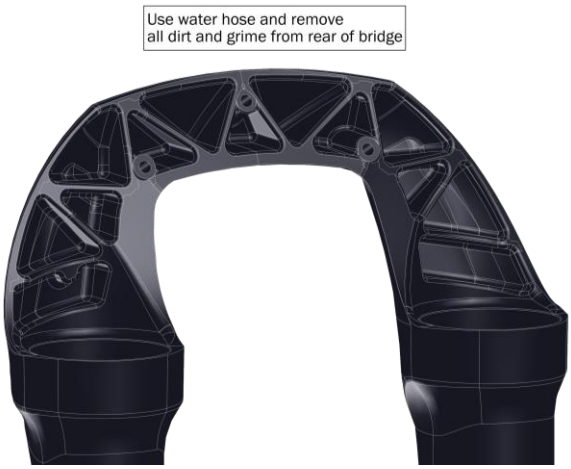
Use Motul fork Oil 15w.
(Commercially available)
Or any good SAE 15w oil.

Start soaking NEW foam rings in NEW oil so they are ready for installation

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1. Clean all dirt and mud off.





1. Use a 17mm open end wrench or metal tire lever to pry out seals. Use a shop rag or pad under tool to avoid scratching lower.

ID	Part Number	Description	Qty
20	AAG0173	helm 35mm seal wiper	2



1. Use a diluted degreaser (simple green) and wash bores. Rinse with water and blow bores with pressurized air.

Do not scratch bushings
Remove solvent from painted surfaces as degrease may damage finish

2. Let unit completely dry. All water must be completely removed.

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1. Install wipers into bores dry. Install using a 35mm wiper install tool (Commercially available) Place thick rag under drop out to protect lower.

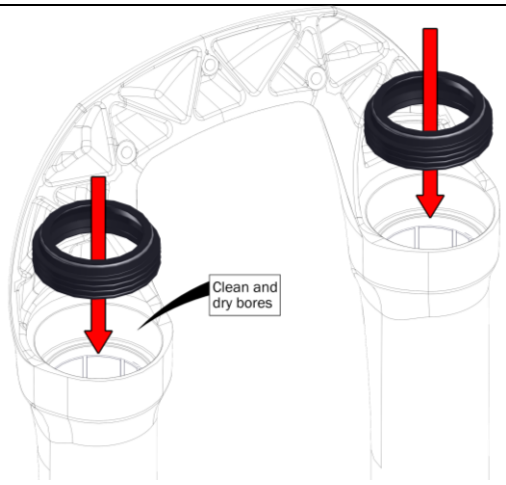
2. Use rubber mallet to tap wiper into bore.

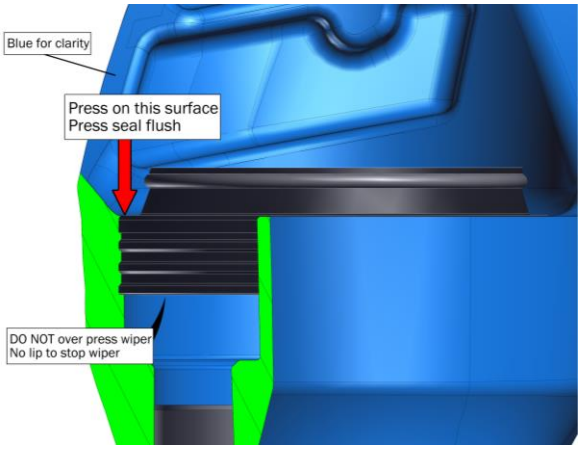
Large hex socket will work in place of wiper install tool if needed

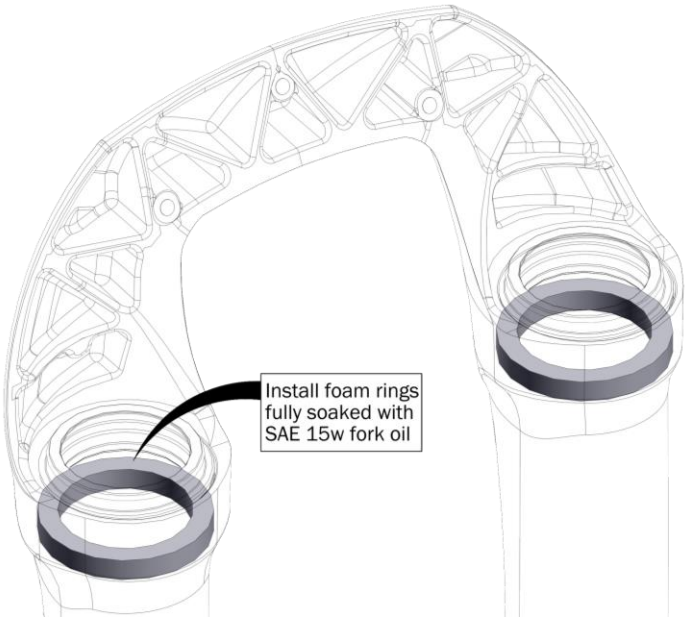
If wiper install proves difficult to start – Use a very lite amount of 15w oil on wipers

DO NOT USE ANY TYPE OF GREASE TO INSTALL WIPERS

3. Install wipers flush; Wipers will not bottom out so do not push too far.



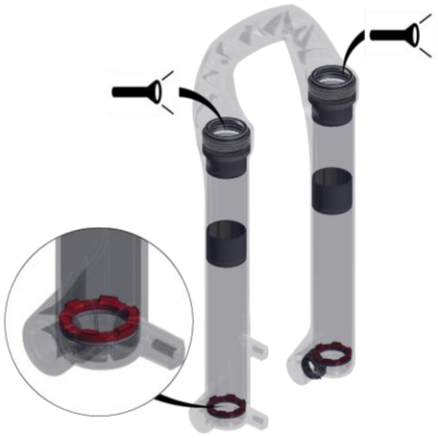




1. Install NEW foam rings. Install with fingers – a dull pick can be used to adjust foam ring.

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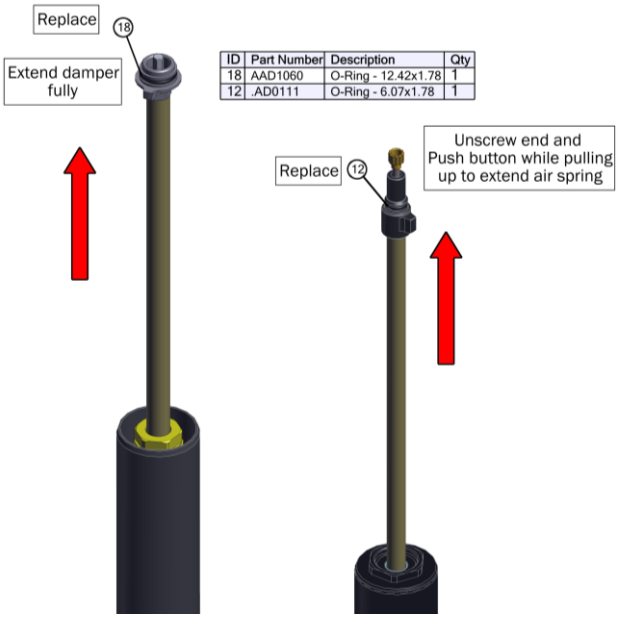
1. Confirm bottom out bumpers are present and correct orientation before installing lowers.

2. Grease bushings with slick honey or equiv.

1. Extend damper and air spring

2. Replace O-rings
[illegible]e installing





ID	Part Number	Description	Qty
18	AAD1060	O-Ring - 12.42x1.78	1
12	.AD0111	O-Ring - 6.07x1.78	1

1. Work lowers over stanchions.
Careful with wipers

2. Tilt lowers at an angle. Use syringe with short hose and apply splash oil to lowers.
Avoid getting splash fluid on foot nuts

For splash oil use:
Motul fork oil
SAE 15W

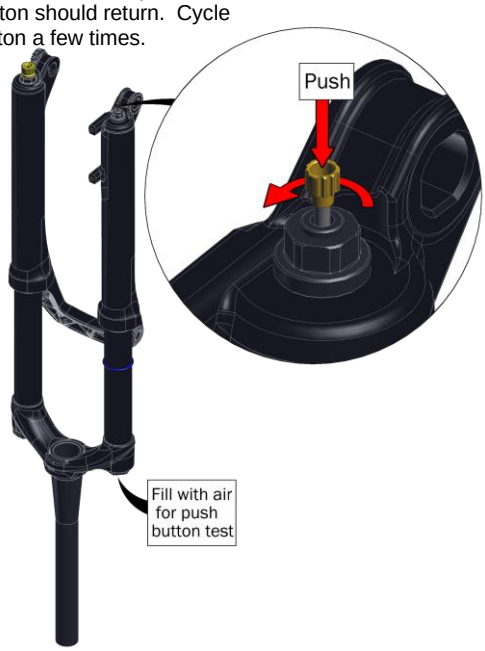
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1. Install Lowers



1. Fill with air and press button. Button should return. Cycle button a few times.



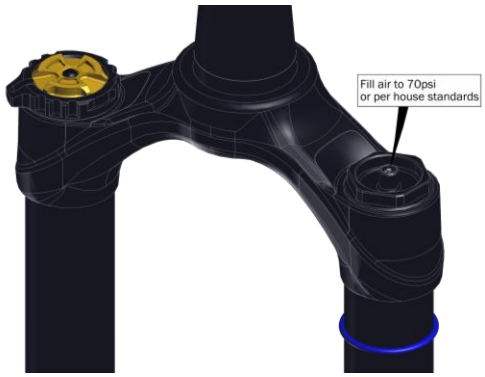
1. Clean threads
2. Apply Loctite
3. Torque per spec



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Helm AIR

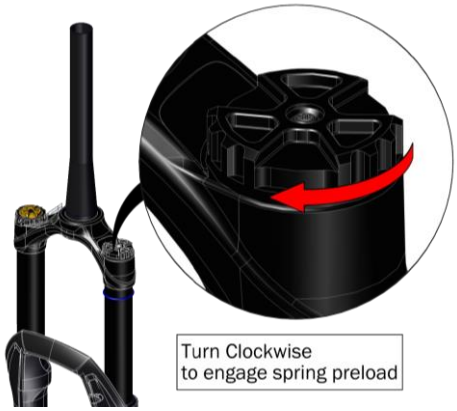


1. Fill with air and install air cap.

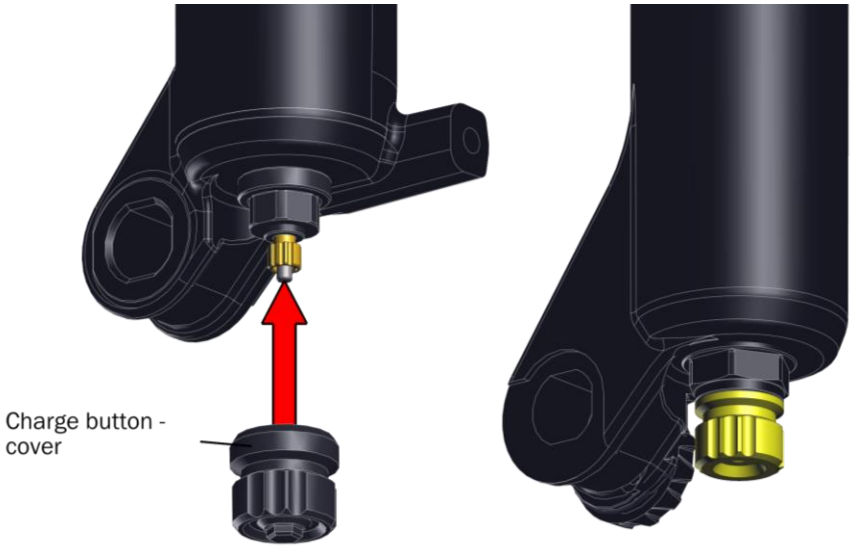
2. Turn fork over and place steer on ground and bounce before installing on bike.
(To check air spring integrity)

3. Hold fork slightly compressed to check for air loss.

Helm COIL



1. Thread push button closed and install cap.
Helm AIR only



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Date	Revision	Description of Change
8/1/17	A	Initial Release
9/12/18	B	Fixed nomenclature; added Helm coil pictures; changed splash fluid per MB

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