20-40hr Lubrication of the Spring Leg, Fluid Forks

Tools and supplies needed:
6mm hex key
Rubber mallet
Shock pump
Fork oil (any SAE rating from 4 to 20 wt)
Bucket or pail to catch waste oil

The damper leg is lubricated by damping oil and does not need relubrication until a general service is performed (after 100+ hours of riding). Relubrication of the spring leg should be done at least every 20 hours of riding if the fork is being used in very muddy or dusty conditions. If the fork appears to be relatively clean the period can be extended to as long as 40 hours. To relubricate the spring leg of the fork, put the bike in a workstand and remove the front wheel (if a workstand is not available, prop the bike securely). Place a tray or other receptacle under the fork to catch oil drips. Release all air pressure from the damper leg (Non disc leg). Loosen the compression screw at the bottom of the spring leg (Disc leg) with a 6 mm hex key until the screw protrudes 5 - 10 mm. While holding the lower leg, use a mallet to firmly tap the screw upward to unseat the compression rod inside the leg. Remove the screw. Inflate the damper leg by a few pump strokes to extend the lower fork legs slightly. Allow the fork to sit for several minutes so that old oil and grease can drip out of the spring leg.

Rotate the fork in the workstand until it is upside-down, or prop the bike in an upside-down position. Pour 15 – 20 ml (cc) of fork oil (any SAE rating from 4 to 20 wt.) into the compression screw hole. Compress the lowers slightly onto the stanchions to bring the internal compression rod against the inside lower surface of the spring leg, hold it in that position, and reinstall the screw in the leg. Hand tighten the screw with moderate force (70 in/lbs or 7.9 Nm; note: the lightweight aluminum screw can break if it is overtightened.)

If old oil in the fork is heavily contaminated with dirt or sand, 60 - 90 cc of oil can be poured into the fork and then allowed to drain overnight to clean the inside of the leg before final installation of lubricating oil as described above. Always dispose of old or dirty oil responsibly.

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