SCHWINN®

Bike Cable Kit Instructions

Model #: SW76193-4

Parts:

1. Two 2 double ended gear) cables with SIS (Index compatible) housing - 1 front, 1 rear
2. Two double ended brake cables with housing
3. Eight ferrules
4. Four cable end caps

Tools

1. Bike stand or assistant
2. Look at nut and bolts on your brakes. Wrenches may be: 4mm or 5mm hex wrench / *8mm, 9mm,* 10mm box wrench / 6″ adjustable wrench
3. Sharp diagonal pliers or cable cutter
4. Awl or ice pick
5. "Third hand" brake tool or an assistant
6. White lithium grease

Gear Cable Installation

Note: Both front and rear derailleur use springs and cable tension. The spring moves the derailleur as the cable tension is deceased.

The cable moves the derailleur in the opposite direction as cable tension is increased. There are usually two limit screws that stop the derailleur form moving to far either direction.

1. Before loosening any gear cables, turn handle bars as until they are close to the top tube. If the cables are tight you will need to increase the length of the housing.
2. Move shift levers until both front and rear derailleur cables are not under tension.
3. Loosen cables (gear wires) on both front and rear derailleurs (shifters).
4. *Remove gear cables.* The short one is the front cable. The longer one is the rear derailleur cable.
5. Match the cable heads. Then cut off the non-matching head.
6. Lay the able housing on a flat surface and lay the new housing next to it. If the cables were tight when the handle bars were turned in step # 1 hold cable to bike and add length.
7. Use an awl or ice pick to open cable housing ends.
8. Route gear housing like originals.
9. Add ferrules per originals.
10. Lightly grease cable (gear wires) and insert them in housing.
11. Pull cable to cable anchor bolt. Make sure derailleurs are in most relaxed position. Tighten cables.
12. Front derailleur - either suspend the bike or have a friend hold the rear wheel up. Turn the pedals and move the front shift lever. Front derailleurs can be either shift small to big chain wheel or big to small chain wheels. Watch the cage on the front chain wheels. Either way the limit screws determine how far the cage will move. Push on the cage to determine which way it moves. It will move in that direction when tension is applied to the cable.

    Rear derailleur – with bike still suspended or rear wheel held up move rear shift lever to relaxed position. The chain should be on the smallest outside cog. If it is on next inner cog, loosen limit screw with wheel turning until chain moves on to smallest cog.
13. With the pedals turning move both shift levers one at time. The chain must not fall off the small or big chain wheels. The chain must not bypass the biggest rear cog and go into the spokes or fall off the smallest outer cog. There may be some minor chain rub when the chain is in maximum cross-over position. The best solution is to select another gear combination.
14. The cable should be tight enough not to dip. There will be housing compression. The cable tension will need to be adjusted several times.
15. Use cable cutters or diagonal pliers to trim excess gear cable. Leave 1½″ of extra cable. Crimp on cable end cap with pliers.

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Bike Cable Kit Instructions continued...

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Front and Rear brakes

1. Before loosening any brake cables, turn handle bars as until they are close to the top tube. If the cables are tight you will need to increase the length of the housing.
2. Brakes use springs to open and cables (brake wires) to close.
3. Loosen cables (brake wires) on both front and rear brakes (shifters).
4. Remove brake cables. The short one is the front cable. The longer one is the rear derailleur cable.
5. Match the cable heads. Then cut off the non-matching head.
6. Lay the cable housing on a flat surface and lay the new housing next to it. If the cables were tight when the *handle bars were* turned in step #1 hold cable to bike and add length.
7. Use an Awl or ice pick to open cable housing ends.
8. Route brake housing like originals.
9. Add ferrules per originals.
10. Lightly grease cable (brake wires) and insert them in housing.
11. Pull cable to cable anchor bolt. Make sure brakes are in most relaxed position. Squeeze brake calipers to make sure they open easily.
12. Squeeze brake arms until brake shoes touch rims. Use third hand brake tool or have your assistant hold brake arms.
13. Tighten cable at anchor bolt.
14. Squeeze brake lever. The brake shoes should be close but not touch the rim. Re-adjust cable as necessary.
15. Cable housing will compress under normal use. Check brake adjustment often.
16. Make sure the brake shoes do not rub on tire.
17. Use cable cutters or diagonal pliers to trim excess brake cable. Leave 1½″ of extra cable. Crimp on cable end cap with pliers.