Realigning or Replacing the Left Crank Arm

Difficulty	Moderate
Steps	7
Time Required	10 - 15 minutes

Introduction

First, try using these instructions to remove and reinstall the existing crank arm. If that doesn't help, use these instructions to replace the existing crank arm with a new one.

PW: peloton

Tools

- Phillips head screwdriver
- 8mm Allen Wrench
- Pedal Wrench

Step 1 - Immobilize the flywheel

- Turn the resistance knob clockwise until the magnetic brake comes into contact with the flywheel.
- Avoid turning the resistance knob further once the flywheel is immobile.

Step 2 - Replacements – Remove the left pedal.

- If you are only reinstalling the crank arm, skip this step.
- The left pedal is reverse threaded. Fit a 15mm wrench over the shaft of the pedal and turn it clockwise to remove the pedal.

Step 3 - Bolt Removal

- Use an 8mm Allen wrench to remove the crank arm bolt and washers.
- The bolt is secured with Loctite and will require extra force to loosen.

Step 4 - Remove the left crank arm

- Take a crank puller and unscrew the bushing so that about 3/4" (19mm) of threads between the bushing and the handle are exposed.

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- Thread the bushing into the hole at the center of the left crank arm until it stops.
- Rotate the crank puller handle clockwise until the crank arm comes off of the bike. Unscrew the crank puller from the crank arm.

Step 5 - Install the left crank arm

- If you are replacing the crank arm, locate the new one now. If you are reinstalling the crank arm, proceed using the one you just removed.
- Orient the left crank arm so it is rotated 180 degrees from the right crank arm and insert it into the bottom bracket interface.
- When the crank arm is fully seated in the bottom bracket, secure it using the 8mm Allen wrench and the bolt and washers you removed in step 3.
- Tighten the bolt to 43 lb-ft (58.3 N m) of torque.

Step 6 - Reinstall the left pedal

If you replaced the left crank arm, take the pedal you removed in step 2 and replace according to Pedal Installation SOP

Step 7 - Check for problems

- Turn the resistance knob far enough counterclockwise to allow you to pedal with a high degree of resistance.
- Pedal for about a minute, listening for the noise. If the noise is still present, contact Peloton Support for additional help.