



Answer Manitou 3 and 4 Fork Rebuild Instructions Standard Travel & Long Travel (optional)

Tools:

- Metric hex bit
- Small standard screw driver

Dissassembly

1. Remove front wheel.
2. Disconnect front brakes.
3. Remove both 5mm lower compression rod screws. Bottomout fork to prevent rod from turning. Pull legs down to work with seal.
4. Use a small screwdriver to remove retaining ring.(Figure 1)
5. Pry up dust seal until it is above flange.
6. Pull outer leg assembly down sharply to force upper bushing out of flange.

Skewer & Compression Rod Removal

1. Remove positive bottom clip from groove in compression rods.
2. Slide off the 1" bottom out elastomer.
3. Unscrew and remove the skewer assemblies.
4. Turn fork upside down to remove compression rods.
5. Remove lower bushing.
6. Remove elastomers , observe clip location.
7. Clean and inspect all parts.

Reassembly

Skewer & Compression Rod Installation

1. Clean all parts thoroughly.
2. Slide retaining ring, dust seal, and upper bushing onto outer legs.
3. Lubricate compression rods lightly using supplied lube.
4. Install the rebound (top out) elastomer. (Figure 2)
5. Drop compression rod down into inner leg. Shake to get rod through inner leg plug.



Suspension Fork Parts

6. Clean skewer cap threads thoroughly. Grease threads on inside of inner leg.

Note: Use the lubricant that is supplied with your kit. Do not use any other lubricant.

7. Grease skewer rod and install the 6 compression elastomers. A washer must be between every elastomer. (Figure 2)
8. Back off adjusters to soft setting and install skewer assemblies into inner legs.
9. Slide the bottom out elastomer until just past positive bottom clip groove.
10. Install positive bottom clip
11. Grease and install lower bushing on inner leg.
12. Install outer legs as a unit onto inner legs. Force the lower bushings past flange until dropouts contact compression rods.
13. Install and torque both 5mm compression rod screws to 10-30 inch lbs.
14. Using a small screwdriver, push the upper bushing down into the flange. Take care not to damage bushings or scratch the inner leg.
15. Using a screwdriver, push dust seal down into its cavity.
16. Install retaining ring by starting the wide end into the flange groove. Pushing down with a screwdriver rotate to feed ring into the groove. Install ring so that the end gap is oriented straight back.
17. Readjust preload knobs to desired preload.
18. Reconnect front brakes.
19. Install front wheel.
20. Check that everything is in working order before test riding.

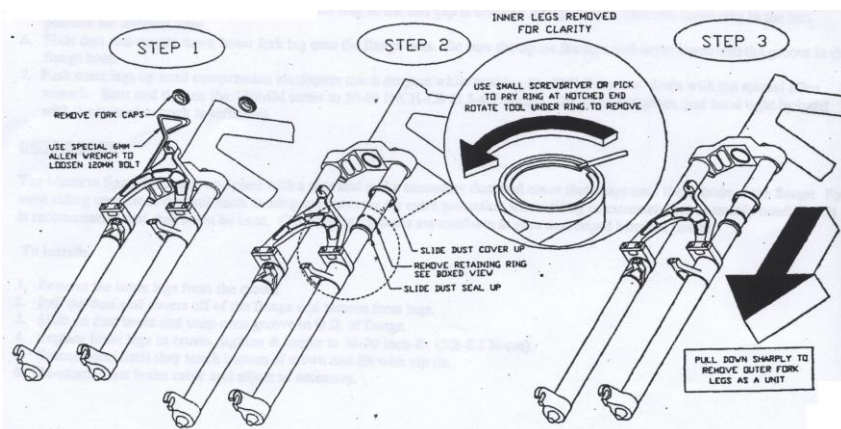


Figure 1



Suspension Fork Parts

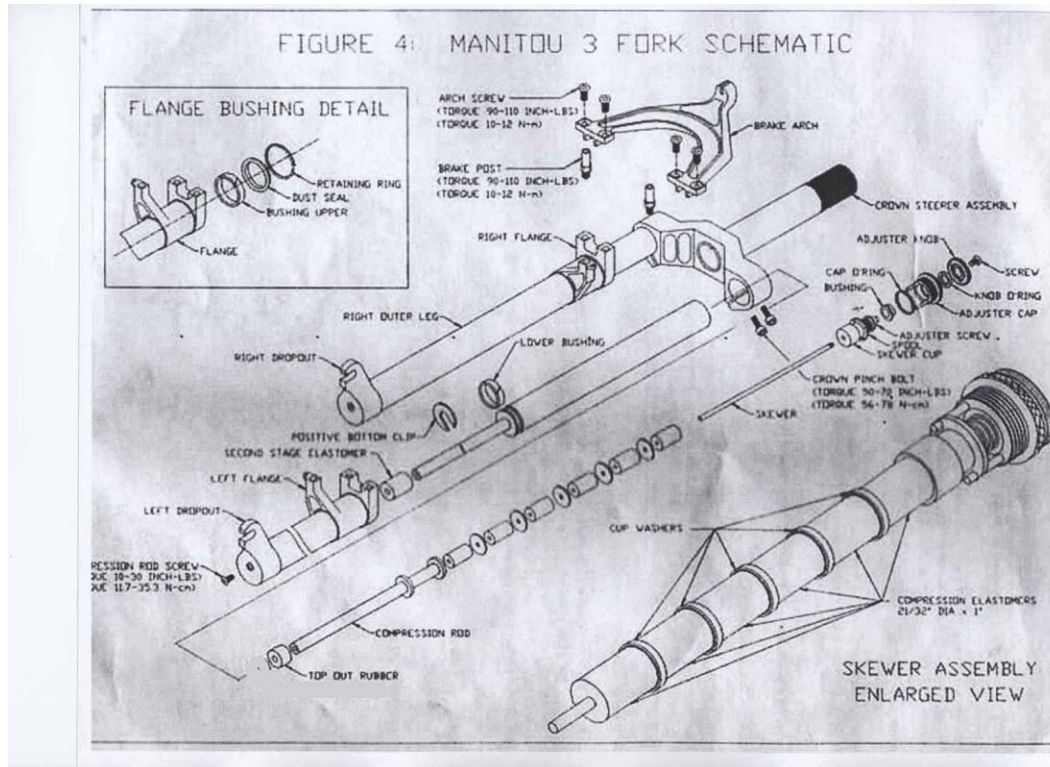


Figure 2

If you have any questions or would like a different ride firmness please email us at sales@suspensionforkparts.net.

Optional Long Travel kit for Manitou 3 and 4 is available at www.suspensionforkparts.net

The long travel kit will add 1/2" travel to your suspension.

We recommend installing new Dust Wiper Seal: part number: 040166 during install.

Note : Long Travel Kit Install

*Remove 1 Rebound Elastomer on each fork leg

**Replace 1 Regular Compression Elastomer with 1 Long Travel Elastomer on each skewer