

## Cannondale Lefty Rebuild Guide

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*Cannondale Lefty 50hr Service using the r.s.p. Lefty Service Kit* How to Easily Reset Cannondale Lefty Fork - MTB Tutorial *Cannondale Lefty 100 hour tube service* **Disassembly and Service of a Cannondale Lefty 140**  
 Rebuild Lefty SuperMax 130 from Cannondale Trigger 1  
 HOW DO I SET UP A CANNONDALE LEFTY | Noble Cycling Crankenstein - Replacing the Lefty with Fox 34 Stepcast Cannondale Owners! Upgrade Your Lefty Forks FOR FREE! XLR, PBR etc. *Cannondale Lefty Fork Technology and History* **EXCLUSIVE New Cannondale Lefty Fork - First Look How to reset the needle bearings on a Cannondale Lefty fork** Cannondale Lefty *Peter Sagan - The highlights of season 2014 CANNONDALE Si Hub repair 2009*  
*Cannondale Propriet Overview* Cannondale Lefty Fork Rebound Pop Lock Problem Cannondale **DLR20 Headshok Problems** *Cannondale Trigger broken Cannondale Lefty in action lefty Hub to Quick Release Adapter* **The Absolute Lightest, Stiffest, Most Sensitive Suspension Fork... Which You Can No Longer Buy...** **CANNONDALE LEFTY FORKS—2016 REVIEW** Cannondale Lefty Speed DLR carbon - ????? ????? ? ???????? *Are Lefty Forks Really Strong Enough? | Ask GMBN Tech Ep. 25* Cannondale Lefty Helicoll Thread Replacement.  
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 Lefty (2011-2012) Speed 100mm 29er 100mm, 90mm Ultra 120mm Max 140mm. Owner's Manual Supplement - View PDF; Nachtrag zum Handbuch - View PDF; Supplément au manuel du propriétaire - View PDF

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**Owner's Manuals—Lefty—Cannondale Bicycle Corporation**  
 Full Service (Telescope Rebuild + Damper service) 200 hours 100 Hours Headshok Service Center SCHEDUle PRofeSSIONAI foRK SeRVICe ANNUALLY (minimum) Annually, or when problems are indicated you must have your LEFTY serviced through a Cannondale Dealer or an Authorized Headshok Service Center. Disassembly and inspection

**OWNER'S MANUAL SUPPLEMENT 2016 LEFTY**  
 I e-mailed Cannondale to find out if they had any instructions for a lefty rebuild and bearing reassemble, and their reply: looked into this for you and unfortunately at this time we do not have a manual and/or detailed instructions on replacing the O-ring seals on the Lefty Max 140 cartridges.

**Lefty Max Rebuild Illustrated—Mtb.com**  
 Most Cannondale Lefty (and Headshok Fatty) fork owners are terrified to service the thing and we can't blame them. After all, the Lefty's amazing performance and rigidity is due partly to the 88 needle bearings (sets of 22 sandwiched between 4 races) that assure the internals slide stiction-free inside the stanchion tube.

**How To Service Cannondale's Lefty Fork—Mountain Bike—**  
 lefty speed dlr2 & sl Owner's Manual Supplement 120025.PDF READ THIS MANUAL CAREFULLY! It contains important safety information. Keep it for future reference. ... Cannondale Owner's Manual Supplements provide important model speci?c safety, maintenance, and technical information.

**120025-07 Lefty Speed OMS rev1—eighty-aid.com**  
 The axle spindles on the Lefty ELO and DLR are titanium for the ultimate in light weight and strength. The spindle on the Lefty M is cast stainless steel for durability and corrosion resistance. Your HeadShok equipped Cannondale bicycle should have included both a standard owner's manual and this front suspension specific manual.

**HEADSHOK LEFTY OWNER'S MANUAL—eighty-aid.com**  
 Original Cannondale 100 hour service kit for all Lefty 2.0 forks with 2Spring air piston kits. Kit includes a variety of air seals, schrader air valve, and c-clips. This kit only has enough of the correct parts to do one model fork one time.

**Lefty/Headshok Damper+Air Seal Kits+CannondaleExperts.com**  
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**Owner's Manuals—Cannondale Bicycle Corporation**  
 Does anybody have some service instructions (manual or video) for Lefty 2.0 damper service ? ... here is the video from cannondale on the lefty 2.0 - 100 hour service: Ron 07-09-2016 #6. cdalemaniae, Ridin' dirty! Reputation: Join Date Jun 2007 Posts 2,058. Dang! Those hybrid leftys look like they are a biotch to maintain compared to the "old ...

**Lefty 2.0 damper service instructions—Mtb.com**  
 (next page). 3. Position the Lefty clamps onto the headtube as shown. 4. Insert Cannondale speci?c tool KT020/ through the bottom clamp, into the head tube, and out the upper clamp. 5. Make sure the plastic ring (6) is on the stem. Page 23 120025.PDF SIZE H-BAR DIA. DATE LENGTH ANGLE O-Ring (lubricate) Stem Handlebar clamp Clamp boltsr ...

**CANNONDALE LEFTY SPEED DLR2 OWNER'S MANUAL SUPPLEMENT Pdf—**  
 Manual Lock Out Indexed Rebound Adjustment Integrated "Air-On-Bottom" Air Spring. Lefty Speed Carbon DLR2 Carbon Outer Tube w/ Alloy Inner Tube & Spindle 110mm of Travel Cartridge Style Oil Damper Manual Lock Out Indexed Rebound Adjustment. Integrated "Air-On-Bottom" Air Spring. Lefty Speed DLR2 Alloy Outer Tube w/ Alloy Inner Tube ...

**Head Shok and Lefty Information—VintageCannondale.com**  
 A how to tutorial on servicing your lefty fork. These Cannondale forks perform at a high level but require an occasional reset. Tools You'll Need:Shimano bo...

**How to Easily Reset Cannondale Lefty Fork—MTB Tutorial—**  
 owner's manual for the specific Lefty fork model MUST match those of the frame. A mis-match between a Lefty fork and a frame can lead to failure of the frame or Lefty fork. Such a failure can lead to a loss of control, with the risk of serious injury or death to the rider. If you have any questions consult a Cannondale Dealer or professional bike

**Lefty Oliver—Cannondale Bicycle Corporation**  
 LEFTY SUPERMAX 2.0 OWNER'S MANUAL SUPPLEMENT. 2 | 131581.PDF LEFTY SUPERMAX 2.0T ... Cannondale Owner's Manual Supplements provide important model specific safety, maintenance, and technical information. ... • Do not attempt to repair damage. • Do not weld, clamp, or bond anything to the fork.

**OWNER'S MANUAL SUPPLEMENT LEFTY SUPERMAX 2**  
 Cannondale Lefty Damper Cartridge PBR 120 140 29er - KH062 Original Cannondale Damper Cartridge for XLR Lefty 120, 140, or 29er. Is also backwards compatible with older Lefty Max. Kit Includes: One Damper Cartridge Lefty Metric Race Clip (KF119) Also Requires: Collar - Alloy (KH064), Carbon (KH063) Correct Solo Air...

**Lefty/Headshok Damper Cartridges—Complete—**  
 Cannondale Bicycle Owner's Manual. Cannondale Bicycle Owner's Manual - View PDF; Cannondale Bicycle Owner's Manual - View PDF; Cannondale Bicycle Owner's Manual ...

**Owner's Manuals—Mountain—Cannondale Bicycle Corporation**  
 a Cannondale or HeadShok dealer. HEADSET BEARINGS: All LeftyTM forks and all other forks which come with the new lightweight HeadShok stem (which can be identified by its two clamp bolts) use a secondary black rubber seal on top of the top headset bearing. For the Lefty fork this seal goes below the top clamp, against the headset bearing. Single

108302—2000-Headshok Suspension Fork Owner's Manual  
 Get the best deals on Cannondale Suspension Bicycle Forks when you shop the largest online selection at eBay.com. Free shipping on many items | Browse your favorite brands | affordable prices. ... Cannondale Lefty fork guard for XLR/PBR 100 29 NEW! \$19.99. Free shipping. 16 watching. Cannondale Lefty Damper Cartridge XLR 120 140 29er - KH079 ...