



HOW TO SERVICE / CHANGE YOUR NUKEPROOF HEADSET BEARINGS

In this guide, we will use a 2021 Nukeproof Mega and upgrade the headset to our Horizon bearings. All Nukeproof bikes from 2015 onwards can be upgraded to the Horizon bearing and all Neutron headsets can also be upgraded. This guide can also be used to allow you to strip down your headset, check the bearings and then rebuild if they are still in good condition.

ITEMS REQUIRED

- 4mm hex key
- 5mm hex key
- Torque wrench and bits
- New bearings (if being replaced)
- Grease
- Kitchen roll



STRIP



1. Take a photo of your stem and headtube, or note down the position of spacers to enable you to rebuild the same way.



2. Loosen your stem bolts.



3. Loosen your top cap.



4. Remove the top cap, bolt and any spacers.



5. Remove the stem and any spacers below the stem.



6. Remove the top headset cover.



7. Remove the compression ring. If you carefully lift the bike by the downtube the fork will slide out of the headset a bit allowing you to get the compression ring.



8. Remove upper headset bearing.



9. Carefully remove fork from the frame.



10. Remove the lower headset bearing and cover from the fork or from inside the bottom headset cup.



11. Clean all old grease.

At this point you have now fully stripped down the headset. All parts should be checked for wear or damage. Any worn or damaged part should be replaced



12. Apply fresh grease to the upper cup.



13. Apply fresh grease to lower cup.



14. Get your lower headset bearing and put it onto the fork. **Note:** The chamfered edge should be facing upwards.



15. Put your fork back into the frame and seat bottom bearing.



16. Refit the top bearing. **Note:** The chamfered edge should be downwards.



17. Apply a layer of grease around the top of the bearing.



18. Refit the compression ring. This should push down and have a firm fit with the seal protecting the bearing. **Note:** You may need to hold the fork by the crown to get it centered in the bearing then the compression ring will fit correctly.



19. Refit top bearing cover.



20. Refit your lower headset spacers.



21. Refit stem and any spacers above it.



22. Straighten handlebars and tighten your top cap bolt. Tighten until all play has been removed from the headset. **Note:** You should rock the bike back and forth with the brakes on to feel for play. **DO NOT** over tighten bolt as this could damage the headset bearings.



23. Tighten the stem bolts to manufacturers recommended torque setting.

Your headset has now been serviced and your bike is ready to ride. Remember to check your bolts after a few rides to ensure everything has remained tight