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# Cannondale Lefty Rebuild Guide

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Cannondale

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 lube service

~~Disassembly and~~

~~Service of a Cannondale~~

~~Lefty 110~~

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Rebuild Lefty

SuperMax 130 from

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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

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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 Prophet

Overview Cannondale

Lefty Fork Rebound

Pop Lock Problem

Cannondale DLR80

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## 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

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carbon - 000000 000000 0

0000000000 Are Lefty  
Forks Really Strong  
Enough? | Ask GMBN  
Tech Ep.25 Cannondale  
Lefty Helicoil Thread  
Replacement.

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How to Reset  
Cannondale Lefty  
Needle BearingsTWO  
GREATEST  
Cannondale Lefty fork  
MYTHS busted.  
Suspension Fork.



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Dreambuild Fumic's  
Cannondale Scalpel  
2021 | world of mtb Pro  
Bike Build Cannondale  
Rush 3000 Lefty  
Mountain Bike | Can  
2006 bike technology  
work today? DIY Bike  
Repair - Bicycle  
Maintenance Course -  
Teach Yourself  
~~Cannondale Lefty~~  
~~Rebuild Guide~~  
Lefty (2011-2012)

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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

~~Owner's Manuals~~

~~Lefty Cannondale~~

~~Bicycle Corporation~~

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Full Service (Telescope  
Rebuild + Damper  
service) 200 hours 100  
Hours Headshok

Service Center

SCHedUle

PRofeSSIoNAl foRK

SeRVICe ANNUAlly

(minimum) Annually, or  
when problems are

indicated you must have

your LEFTY serviced

through a Cannondale

Dealer or an Authorized

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Headshok Service  
Center, Disassembly  
and inspection

~~OWNER'S MANUAL  
SUPPLEMENT 2016  
LEFTYT~~

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

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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 Mtbr.com~~  
Most Cannondale Lefty  
(and Headshock Fatty)  
fork owners are terrified  
to service the thing and

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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~~

*Page 14/33*

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~~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

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model specific 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



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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

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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

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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. cdalemaniac. Ridin' dirty! Reputation: Join Date Jun 2007 Posts 2,058. Dang! Those hybrid leftys look like they are a biotch to maintain compared to

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the "old ...

## Lefty Rebuild

~~Lefty 2.0 damper  
service instructions~~

~~Mtbr.com~~

(next page). 3. Position the Lefty clamps onto the headtube as shown. 4. Insert Cannondale specific tool KT020/ through the bottom clamp, into the head tube, and out the upper clamp. 5. Make sure the

# Download File PDF

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

*Page 22/33*

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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

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~~DLR2 Alloy Outer Tube  
w/ Alloy Inner Tube ...~~

~~Head Shock 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...



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## Cannondale

~~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

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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 1

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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~~

*Page 27/33*

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~~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

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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;

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Cannondale Bicycle  
Owner's Manual ...

~~Owner's Manuals~~

~~Mountain Cannondale~~

~~Bicycle Corporation~~

a Cannondale or  
HeadShok dealer.

HEADSET

BEARINGS: All

Lefty™ forks and all  
other forks which come  
with the new

lightweight HeadShok

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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

~~108397 2000~~

~~Headshok Suspension~~

~~Fork Owner's Manual~~

*Page 31/33*

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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



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Damper Cartridge XLR  
120 140 29er - KH079  
Lefty Rebuild  
Guide

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