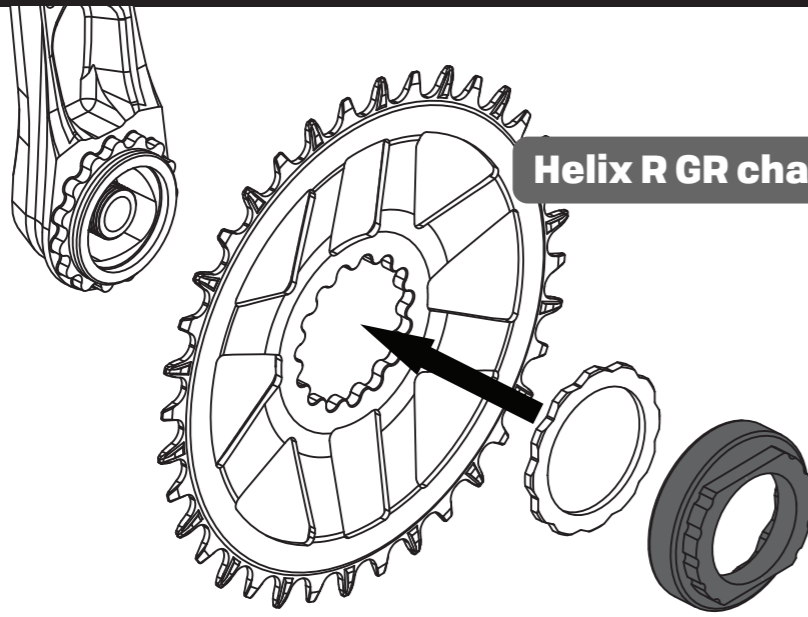


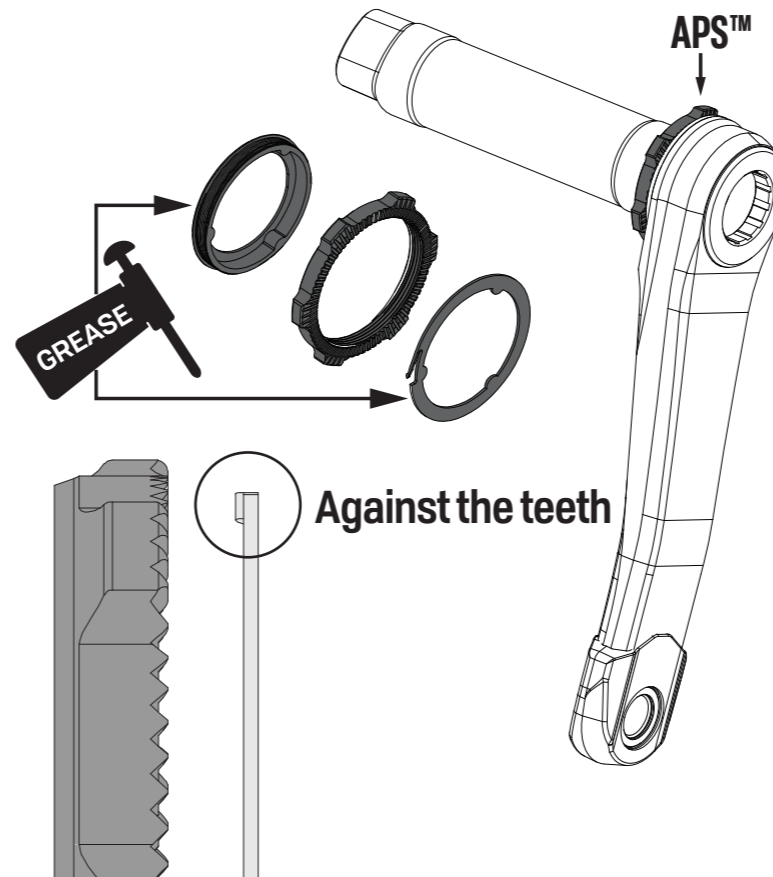
1

Helix R GR chainring



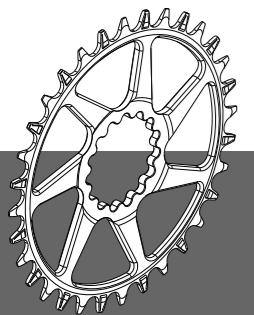
2

ENSURE APS™-RING IS PROPERLY SEATED ON CRANK ARM BEFORE INSTALLING INTO FRAME



30Nm

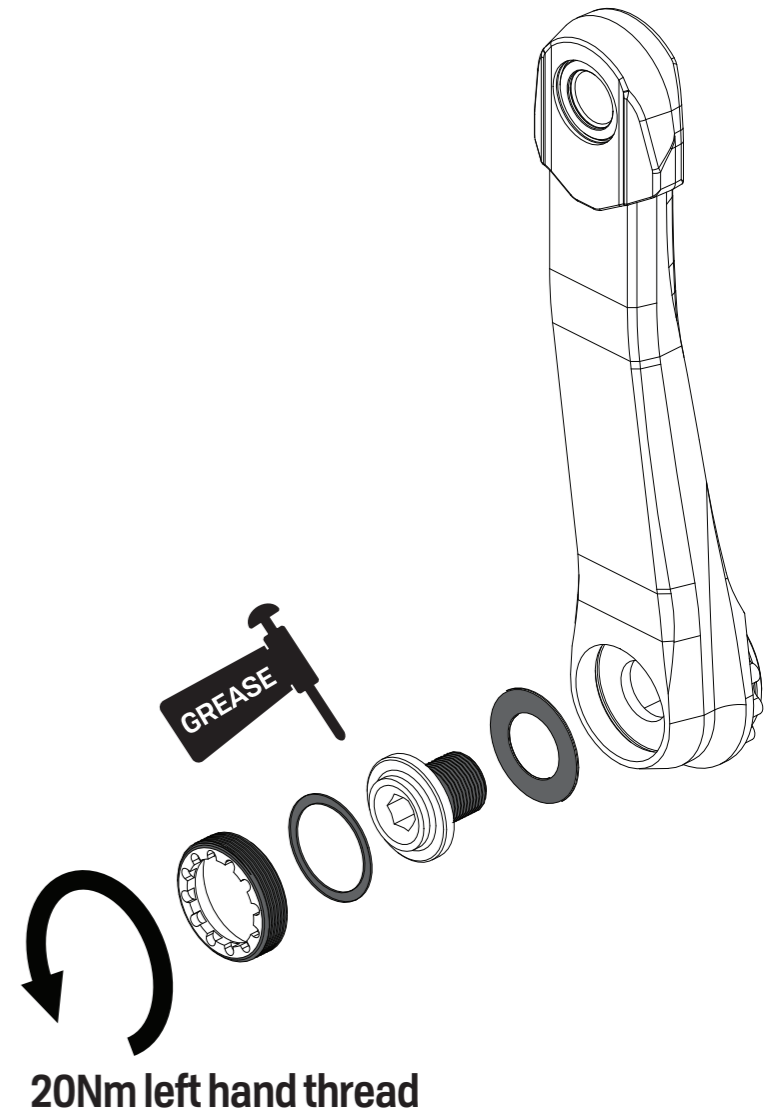
Against the teeth



Chainline	Helix R		Helix GR
	OFFSET: 0mm	OFFSET: -3mm	
73mm GR crankset	55mm	52mm	
83mm GR crankset			55mm

MAINTENANCE

SELF EXTRACTOR MAINTENANCE:
APPLY GREASE ON EACH COMPONENT



20Nm left hand thread

3

4

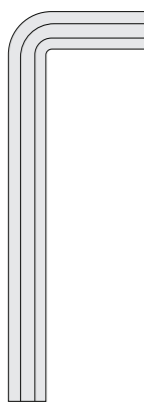
GREASE



NO MOUNT

5
40-45Nm

8mm



HAND TIGHT

6