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# INSTRUCTIONS

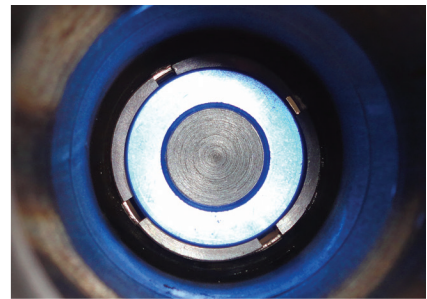
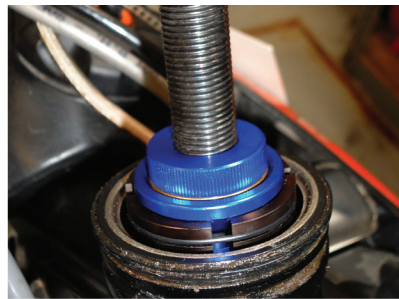
## STEERING HEAD BEARING RACE PULLER P/N 08-0545

1. Remove all parts necessary as per your OEM manual to access your steering head bearings. For this job you will need a 24 mm and a 12 mm wrench.

2. Insert the puller into the frame as shown in the picture. Tighten the aluminum expansion nut to secure the puller to the lip of the tapered bearing race. **WARNING!!!** Make sure that the lip of the puller is engaged with the bearing!!! on some frames it is easy to grab the lip of the bearing seat.

3. Install the puller cup, washer, and nut as shown in the picture. Make sure that the cup is centered on the frame and tighten the assembly.

4. Use the 12 mm wrench to keep the puller from rotating while you tighten the nut with a 24 mm wrench. Repeat this sequence until the bearing has been fully removed from the frame.



For installing the new bearing we recommend the Motion Pro Steering Head Race Driver (P/N 08-0550). To remove and replace the bearing from the steering stem we recommend the Motion Pro Steering Stem Bearing Tool (P/N 08-0544).



P/N 08-0550

P/N 08-0544