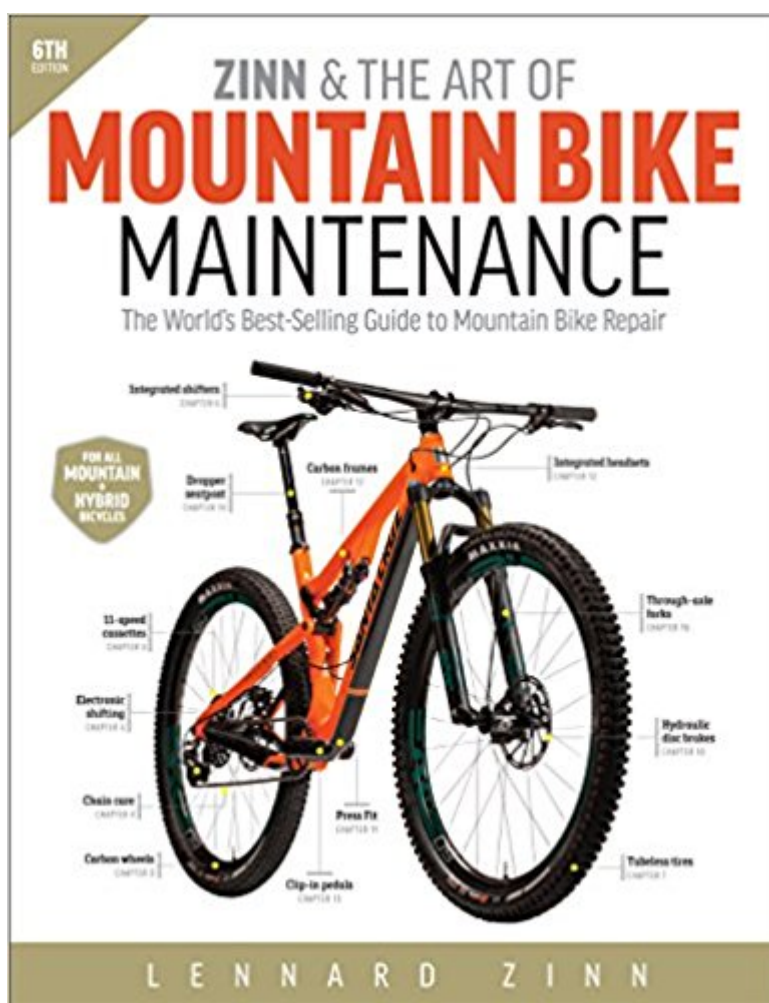


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# Zinn & The Art Of Mountain Bike Maintenance: The World's Best-Selling Guide To Mountain Bike Repair



## Synopsis

Zinn & the Art of Mountain Bike Maintenance is the world's best-selling guide to the maintenance and repair of mountain bikes, hybrids, and fat bikes. From basic repairs like how to fix a flat to advanced overhauls of drivetrains and brakes, Lennard Zinn's clearly illustrated guide makes every bike repair and maintenance job easy for everyone. Lennard Zinn is the world's leading expert on bike maintenance and repair. His friendly, step-by-step guide explains the tools and parts you'll need and how to know you've done the job right. The book's two-color interior is easy to read even in a dimly-lit garage or workshop. Hundreds of hand-drawn illustrations and exploded-parts diagrams show just the right level of detail to lead you through every mountain bike repair task. This smartly organized guide shows how to repair new and old mountain bikes from top to bottom. In nearly 500 pages and 600 illustrations, Zinn's guide includes simple instructions for hundreds of mountain bike maintenance and repair jobs:

- Basics: How to fix a flat tire, lube a bicycle chain, adjust the brakes
- Emergency repairs: How to fix a broken chain, tighten loose spokes, repair a bent derailleur
- Easy shifting: How to adjust shifters, derailleurs, and cables for clean and smooth shifting
- Wheels: How to true a wheel, install a new tire, change a cassette, replace broken spokes, build your own wheels
- Overhauls: How to service and replace pedals, chains and chainrings, saddles, handlebars, stems, headsets, forks, bottom brackets
- New tech: How to maintain 1x-speed systems, electronic and wireless shifters
- Troubleshooting: How to figure out what's wrong with any bike and fix it

Zinn & the Art of Mountain Bike Maintenance makes bicycle repair and maintenance easy, quick, affordable, and fun. With Zinn at your side, you'll know how to keep your bicycle running smoothly for years.

**What's New in Zinn & the Art of Mountain Bike Maintenance, 6th Ed.**

- New chapter on electronic shifting covers maintenance, service, repair, and troubleshooting of all Shimano and SRAM electronic shifting groups. Also included: How to program your electronic shifting system for personalized shifting as well as real-time display and shift recording on a head unit.
- New chapter on disc brakes covers maintenance, service, and repair of all hydraulic and mechanical systems. Includes integrated systems and their bleeding requirements.
- New guides on how disc brake mounting adapters work and how to install them.
- Complete info on the new 11-speed and SRAM 12-speed drivetrains.
- Info on all the newest bottom brackets including 1x11 and 1x12 systems.
- New guidelines on wheel size selection for your frame size, suspension settings, and travel.
- New procedures for mounting and sealing tubeless tire systems.
- New usage guidelines for flat-prevention sealants.
- Updated

guides on replacing press-in bottom brackets with thread-in bottom brackets. • New wheel lacing guidelines for building disc-brake compatible wheels. • More than 600 comprehensive illustrations and exploded views including 150 new or revised illustrations. • Updated and expanded guides on how to tune, rebuild, and maintain suspension forks and rear shocks. Includes tuning guides for preload, compression, rebound, and sag. • Updated and revised troubleshooting tables, torque tables, and gearing charts for 26", 27.5", and 29" bikes. • Also covered in the 6th edition: All derailleur shifting systems; all bottom bracket systems; all brake systems; all headset, stem, handlebar and fork systems; wheelbuilding for all bikes; updated and expanded torque tables; complete indexes of all illustrations and topics covered. Whether you're riding a classic Stumpjumper or a carbon-fiber race machine, Zinn has got you covered!

## Book Information

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## Customer Reviews

Praise for Lennard Zinn and His Bike Maintenance Guides • "Longtime VeloNews technical writer Lennard Zinn's maintenance books are bibles for both pro and amateur wrenches. No workbench is complete without it. • • VeloNews magazine • "Lennard Zinn is an institution in the bicycle world • a legend. Legions of cyclists have learned to repair bikes from him, ridden bicycles he's built, or used his advice as guidance on how to better enjoy the world on two wheels. • • Bicycle Times magazine • "Understanding the mechanics of your bike, knowing how to adjust it to suit your

riding style, and knowing how to keep it running smoothly are essential to your mountain biking performance. Nobody teaches these skills better than the famous artiste Leonardo da Vinci. Ned Overend, World and National Mountain Bike Champion "Lennard Zinn is a veritable cycling Einstein, and as a naturally gifted teacher he has the unique ability to explain even the most difficult mechanical task. Davis Phinney, Olympic medalist, U.S. Pro champion, and Tour de France stage winner "Lennard Zinn really is the world's most helpful and comprehensive human when it comes to bicycle repair and maintenance. Bike magazine "Regardless of your skill level, this book is a great manual to have on hand. In its 5th edition, Zinn adds to an already impressive knowledge base, keeping things up-to-date with current innovations and tools. It doesn't spend all of its 464 pages going over installation and maintenance procedures; there are also a lot of useful tips and tricks. Adventure Cycling magazine "Zinn is very good at taking you incrementally through the learning process whether you are a beginner or expert mechanic. Out There Monthly magazine "This book almost rates along with those missing manuals that exist for computer software. When was the last time the manual that came with your bike bore any relation to it? Exactly. You could barely buy a decent tire for the price of this book and that should be justification enough. TheWashingMachinePost.net "Simple to read and follow, the illustrated, large-format paperback manual features everything from replacing a flat to repairing components. It's a great addition to any new biker's library but offers invaluable advice for experts, too. Sports Guide magazine "This 5th edition contains details on bike technology introduced since 2005. Includes sections on belt drives and internal gear hubs, which are completely ignored in almost every other general audience repair book. Cyclelicio.us Praise for Zinn & the Art of Road Bike Maintenance by Lennard Zinn "Lennard Zinn may work for the enemy, but we at BikeRadar will be the first to acknowledge his contributions to the dark art of bike fixin'. His bible for the home (and pro) mechanic is now in its fifth edition, with updates covering all the latest tech... There are almost 500 pages in this impressive volume, which is extensively illustrated to help you tackle virtually any bike repair task. BikeRadar.com "Zinn & the Art of Road Bike Maintenance is the gold standard textbook for aspiring home mechanics. From simple tasks such as fixing a flat tire to advanced overhauls of drivetrains or brakes, this book's step-by-step guides explain the tasks and tools your newbie will need to get the job done right. RoadBikeReview.com "This smartly organized guide shows how to repair new and old

bicycles from top to bottom. Zinn & the Art of Road Bike Maintenance is essential cycling gear for all road and cyclocross riders. [Crossbikereview.com](#) “Zinn & the Art of Road Bike Maintenance is likely to be the most up-to-date, the most comprehensive and the most thorough maintenance manual available for road bikes, and is a worthy successor to previous editions. [Road.cc](#) “Today’s bicycles are complicated machines that can be expensive to maintain and repair. Zinn has written this book to help both the leisure bike rider and expert mechanic handle almost any problem associated with road bikes. [Library Journal](#) “Zinn & the Art of Road Bike Maintenance has instructions on anything an aspiring wrench would want to know. What impresses most is Lennard’s overall approach of simplifying a task and reminding us how rewarding it is to perform our own service. [Podium Café](#) “We often hear that triathletes don’t do their own bike maintenance or that we don’t know (and don’t care) how to wrench our bikes. But as athletes who make a sport of flying our bikes all over the world only to build them back up with just a pair of Allen wrenches, we know all too well how important it is to know the ins and outs of bike care. Your copy of Zinn probably won’t be your every day go-to guide for bike care. But on those days when your race steed needs some serious maintenance, or even just when you’re proactively researching for a little more knowledge if the worst should strike you on the road far from home or you will be glad you have Zinn in your library. [AeroGeeks](#) “Zinn & the Art of Road Bike Maintenance is simple, easy to follow and the illustrations are magnificent. If you are looking for a bicycle repair manual, get this book. [Cycloculture](#) “Lennard Zinn’s book might be the work that launched a 1,000 repair projects. Or, at least, it placated many home mechanics when they started cursing skipped shifts or loose headset. [Canadian Cycling magazine](#) “If ever there was a classic text on bike maintenance, this has to be it. Like its predecessors, it goes from super simple right through to complete re-builds. All are explained by a combination of Zinn’s unique humour-filled, insightful and clear text, with Todd Telander’s brilliant illustrations. [220 Triathlon](#) “There really is no other bicycle repair manual like this. Zinn & the Art of Road Bike Maintenance is very up to date, very clear thanks to the profuse illustrations and accurate and comprehensive. And it’s all in a very enjoyable format intended to be encouraging and confidence-building. [USCyclingReport.com](#) “Now in its fifth edition, this is a telephone directory of a book. There is a wealth of excellent info in this rather large tome. Zinn makes little pre-supposition as to the technical abilities of his readers and it’s this aspect that makes you feel that you can manage the

majority of the repairs detailed in the book. While the illustrations will help you identify the myriad bits and pieces composing modern-day componentry, it is Lennard Zinn's step-by-step instructions that will get you from broken to fixed in the shortest space of time. TheWashingMachinePost.net "Simple to read and follow, the illustrated, large-format paperback manual features everything from replacing a flat to repairing components. It's a great addition to any new biker's library but offers invaluable advice for experts, too." Sports Guide magazine

Zinn & the Art of Mountain Bike Maintenance can teach anyone how to maintain and repair any mountain bike, new or old. Whether you're a seasoned mechanic or a first-time owner, Zinn's step-by-step instructions and detailed illustrations will help you fix your bike and keep it running smoothly for years of trouble-free riding.

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Zinn's Cycling Primer: Maintenance Tips and Skill Building for Cyclists  
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