

REAL WORLD CYCLING



THESE INSTRUCTIONS ARE OPTIMIZED FOR



RECOMMENDED PARTS

FOR SERVICING THE

R-7 PLATINUM®

- -Plastic bucket/drain pan
- -2mm Allen wrench
- -8mm Allen wrench
- -Flat-bladed screwdriver
- -Pocket screwdriver
- -20mm 6-point socket
- -11mm socket
- -Ratchet wrench
- -Adjustable flat-jawed wrench
- -Torque wrench
- -Clean, "lint-free" rags
- -5 wt. fork fluid
- -5w/30 synthetic motor oil
- -80 wt. fully synthetic gear oil
- -"Super-Slick Grease" or "PrepM"
- -"Red Devil Grease"
- -Oil syringe (or other measuring device)
- -Shock pump

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Manitou R7 Manual

Katrin Zwirglmaier



Uncover the mysteries within is enigmatic creation, **Manitou R7 Manual**. This downloadable ebook, shrouded in suspense, is available in a PDF format (*). Dive into a world of uncertainty and anticipation. Download now to unravel the secrets hidden within the pages.

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