



BLEED INSTRUCTIONS

AVID / FORMULA BRAKES

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KIT CONTENTS

- 2X 20ML SYRINGE ASSEMBLIES COMPLETE WITH;
- TUBING, O-RINGS, TUBE CLAMPS & BLEED ADAPTORS
- 1X ELASTIC BAND
- 1X BLEED BLOCK
- 1X TORX SCREWDRIVER BIT
- 1X PAIR OF NITRILE (LATEX FREE) GLOVES
- 100ML DOT BRAKE FLUID (WITH COMPLETE KIT)

BEFORE YOU START

- During the bleed process you may notice discolouration of the old fluid. If the old fluid is particularly dark we recommend bleeding the system twice to ensure all old fluid is removed and replaced with new.
- The brakes should be clean and free from debris, paying particular attention to the area around the bleed port screws.
- The bike should be orientated with the brake lever higher than the brake calliper.
- DOT brake fluid is corrosive. Use the nitrile gloves provided to protect your hands and wipe away any fluid from your bike's paint work immediately using water and a lint free rag.

1 Fill one syringe half full with DOT brake fluid and the other one quarter full. Hold each syringe with the tip pointed up, repeatedly tap the side of the syringe firmly to dislodge air bubbles so they rise to the top; and then, using a paper towel to cover the tip, push the air out from the syringe.

1b Close the clamps on the syringes and pull down on the plunger. Air will emerge from the brake fluid and rise to the top of the syringe. Open the clamp and push out the air. Do this several times to de-gas the brake fluid. - **Fig. a**

2 If you choose to bleed the brake without removing the wheel, cover the surrounding area (pads & rotor) to protect them from brake fluid spillages. Otherwise, remove the wheel from the bike and remove the brake pads from the calliper. Then push the pistons back into their housings, as far back as they will go using an 8 mm ring spanner or similar tool.

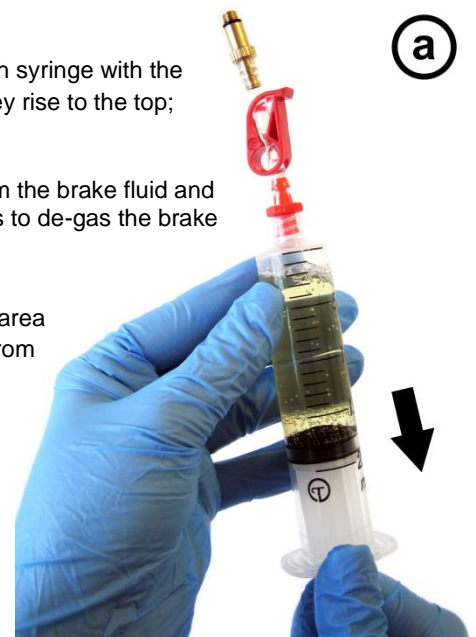
2b Use the bleed block to place between the pistons to prevent them from moving outwards during the bleed process.

3 Use the Torx bit provided to remove the calliper bleed port screw. Take the syringe half full of fluid and thread it into the calliper bleed port.

4 For Avid models with a pad contact adjuster at the lever and a fixed bleed port screw, rotate the adjuster in the direction opposite the arrow until it stops. If your bleed port screw is located on the pad contact adjuster, rotate the adjuster in the direction opposite the arrow until it stops and then rotate back slightly until the screw is facing up - **Fig b.**

5 Use the Torx screwdriver bit to remove the lever bleed port screw and thread in the other syringe. With both syringes held upright, undo the tube clamps and gently push on the calliper syringe to move fluid from the calliper syringe to the lever syringe. Push fluid through until the fluid level in the calliper syringe is roughly one quarter full.

You should see the fluid enter the lever syringe along with any air that was present in the brake system.



6 Close the clamp on the lever syringe. Hold the brake lever to the handlebar with the elastic band provided. Pull out on the calliper syringe plunger to create a vacuum, being careful not to pull to hard - **Fig c**. Then gently push in on the plunger to pressurize the system.

7 Remove the elastic band from the brake lever but keep the lever pulled in with your finger - **Fig d**.

While pushing on the calliper syringe, slowly release the brake lever back to its normal position. Remove the syringe from the calliper and reinstall the bleed port screw.

8 Open the clamp on the lever syringe. Pull back on the plunger to create a vacuum, and then gently push in on the plunger to pressurize the system. Squeeze and release the brake lever several times to dislodge any air trapped within the lever assembly.

9 Once all air bubbles have stopped emerging from the lever, push then release the plunger one last time. Remove the syringe and reinstall the bleed port screw.

10 Clean the brake lever and calliper with water and a lint free rag to remove any DOT fluid. Then remove the bleed block and reinstall the brake pads and retaining screw. Reinstall the wheel.

11 Test the system by squeezing the brake lever several times. Look around the brake system whilst doing this to check for leaks.

The lever should feel firm. If there is excess lever travel, as in **Fig d**, or the lever feels spongy you will need to repeat the bleed process.

If all is well then you're **ready to ride!**



NOTE: DOT brake fluid must be disposed of responsibly. Consult your local council for disposal and recycling guidelines.

IMPORTANT: Prolong the life of your bleed kit by cleaning it after each use. We recommend using isopropyl alcohol wipes, however running water can be used to clean syringes, bleed assemblies are best kept away from water as this can cloud the clear tubing. Never store the bleed kit with the tube clamps in the closed position.

FOR ADDITIONAL SUPPORT, INCLUDING VIDEOS ON THE BLEED PROCESS, PLEASE VISIT OUR WEBSITE

www.epicbleedsolutions.com