

How to adjust the gear shifter before internal cable routing on the carbon frame

In this article I'll explain how to route housing (and cables) for bicycle shifters and brakes. Is it better to go with sharper bends, but shorter housing, or the other way round? I'll answer this and ...

Guide the magnetic tool along the frame tube with one hand while ...

Properly sized and routed shift cable housing can make a huge difference in your bike's performance. This article will outline the process of sizing and cutting cable housing for derailleur systems.

Fitting a gear cable should be a relatively simple task for most experienced bike mechanics. However, fitting an internally routed inner and outer cable can be a big challenge, ...

This edition of Threaded covers just a few tips, tools, and tricks that I find to be day-savers when dealing with frames with internal cable routing. However your results may vary based ...

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Learn how to replace your Shimano bike shifter in under 30 minutes. Our 2025 guide covers tools, compatibility, and step-by-step installation tips.

When routing the shifter cables of the internal gear mech along the top tube, the cable guide is mounted to the brake boss. Prior to routing the cables, the cable guide must be secured to the left side brake ...

Guide the magnetic tool along the frame tube with one hand while gently feeding the wire through the port. Continue guiding the tool along the frame tube while avoiding any obstructions such ...

Feed the tool with the housing attached to the entry point and guide it toward the exit. Manual routing: If you don't have a tool, thread the housing with a loop at the end through the entry...

Internal cable routing for a mountain bike frame doesn't need to be a thing of mystery. Sam James shows us how to make it simple.

The bar non-easiest way to install new housing is cut a section, thread a tandem shift cable through it, pull the tandem shift cable through the old housing in the frame, and simply pull-to ...



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