

# [PDF] Zinn & The Art Of Mountain Bike Maintenance

Lennard Zinn, Todd Telander - pdf download free book

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## Books Details:

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## Description:

### Review

"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**

"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 Zinnski." —**Ned Overend, World and National Mountain Bike Champion**

"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**

"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**

## **From the Back Cover**

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 Zinnski." —**Ned Overend, World and National Mountain Bike Champion**

## **NOBODY COVERS BIKES LIKE ZINN**

*Zinn & the Art of Mountain Bike Maintenance* is the world's bestselling book on mountain bike care and repair for good reason: it covers everything you need to know about your mountain bike in an easy-to-follow, step-by-step format.

Whether you are an enthusiastic novice or an experienced old hand, you will find complete instructions for basic and advanced repairs, accompanied by hundreds of illustrations, exploded views of how parts go together, time-saving tips, and smart recommendations from Lennard Zinn, America's leading expert on bikes and bike gear.

### **The Basics:**

- Simple instructions for regular maintenance
- How to choose a bike, including fitting and sizing

- Full coverage of cross-country, hardtail, full suspension, downhill, and hybrid bikes old and new

**Advanced repair:**

- Integrated-spindle cranks, clipless pedals, suspension forks, internal headsets, hydraulic brakes, hub and cassette overhaul, and much more
- Problem-solving for frozen parts, stripped threads, missing pieces
- Pro Tips to speed your work

**All about wheels:**

- Tubeless tires, sealant systems, flat repair, tire sizing and choice
- Wheelbuilding and general wheel maintenance and repair

**The latest and greatest:**

- The newest components including BB30, BB92, PF24 cranksets, inertial valve suspension forks, air sleeve rear shocks

**The most complete reference available:**

- Glossary of bike terms, specifications for bolt tightening, gear chart for 26- and 29-inch wheels, and a comprehensive troubleshooting index
- More than 350 illustrations, including exploded views of critical assemblies

**Lennard Zinn** was a member of the U.S. national racing team and has been riding and fixing bikes for nearly 50 years. A professional frame builder and bike designer, Lennard is also the technical writer for *VeloNews* magazine and Singletrack.com and hosts the popular Q&A column on VeloNews.com. His other books include *Zinn & the Art of Road Bike Maintenance*, *Zinn & the Art of Triathlon Bikes*, *Zinn's Cycling Primer*, *The Mountain Bike Performance Handbook*, and *The Mountain Bike Owner's Manual*. He lives and works in Boulder, Colorado.

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