Bicycle Tire Inner Tube Replacement

Changing an inner tube in a bike tire.

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INTRODUCTION

This guide will show you how to remove an inner tube from a bicycle tire. The process is the same for both front and rear wheels, even though this guide demonstrates the process on the rear wheel. While some components on your bicycle may be different than those shown here, the process will be the same.
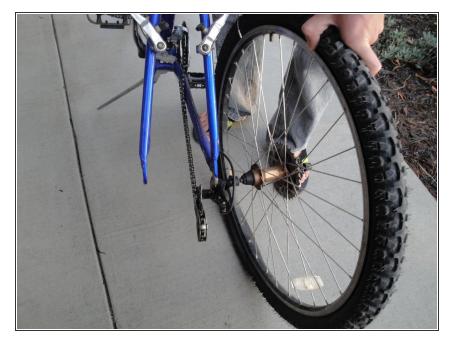
TOOLS:

- Tire Levers (1)

Step 1 — Rear Wheel
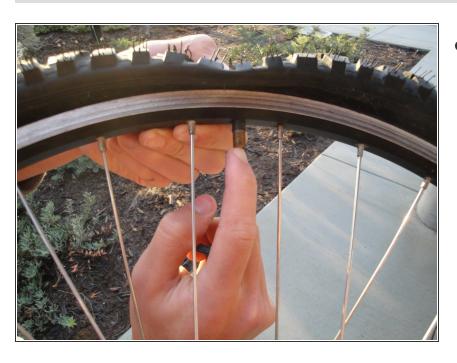

- Flip the quick release lever on the wheel.

Step 2

- Squeeze the brake arms together and lift the brake cable from the caliper arms.

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Step 3

- Hold the wheel to the ground, and pull the bike frame up and away to remove the wheel from the bike.

Step 4 — Inner Tube

- Press the valve core while applying pressure to the tire to deflate the tire.

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Step 5

- Insert the flat part of a tire lever under the tire coping. Apply pressure to the other end of the lever to lift the tire up and out of the wheel.

- Slide the lever around the circumference of the wheel to completely remove the tire.

  - ⓘ Alternatively, if you have multiple tire levers, see if you can clip the first lever to a spoke to keep it in place. Then insert the second lever a few inches away. Clip it to a spoke. Insert the third lever a few more inches along. Take out the second lever and insert it it a few inches past the third. Work along the rim until the tire pops off.

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Step 6

- Remove the tube by pushing the valve through the hole in the rim and pulling the tube out from under the tire.

- Check the outside and inside of the tire, visually and with your fingers, to find and remove any objects or debris that may have caused the flat.
- Re-insert the tube into the tire, and align the stem with the hole in the rim. Re-seat one side of the tire bead into the rim, then, using the plastic tire levers, work to re-seat the other side onto the rim.
- When inflating the tire, proceed slowly, ensuring that the bead is seated properly on the rim.

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