

Cable routing frame threading techniques



AI Overview

Effective cable routing through a frame relies on proper tools, guiding techniques, and patience to ensure smooth internal threading without damaging cables or the frame.

Key Techniques for Internal Cable Routing

- Using a Cable Liner or Old Cable as a Guide** Start by leaving an existing or broken cable in the frame. Slide a liner, such as a Jagwire housing liner, over the old cable to guide the new cable through the frame. This method ensures the new cable follows the correct path and avoids snags inside the frame tubes. Once the new cable is in place, remove the liner for reuse in future installations.
- Magnetic or Puller Tools** Specialized tools like the Park Tool IR-1.3 or magnetic cable feeders can simplify threading through tight or complex frame geometries. Insert the metal-tipped end into the entry port, use a magnetic tool to connect, and carefully guide it along the frame to the exit port. This technique is particularly useful for frames with small or obstructed ports.
- Barbed Connectors for Brake Hoses and Housing** For hydraulic hoses or shift housing, barbed connectors can attach a short piece of old housing to the new cable or hose. Pull the assembly through the frame while gently feeding the new line, ensuring the barbed fitting exits cleanly at the opposite port.
- Fish Tape and Lubrication** For non-ferrous frames or complex bends, fish tape can help guide cables through tight spaces. Applying a small amount of lubricant can reduce friction and prevent the cable from catching on internal edges or bosses.

Practical Tips

- Port Access:** Remove port covers if available to make threading easier.
- Avoid Obstructions:** Watch for bottle bosses or internal welds that may block the cable path.
- Gentle Handling:** Avoid forcing cables, which can damage housing or frame finish.
- Stepwise Feeding:** Feed the cable gradually, adjusting the guide tool as needed to maintain alignment.
- Tool Selection:** Use the right tool for the cable type—liners for shift cables, barbed connectors for hoses, and magnetic feeders for tight or long runs.

Summary Successful cable routing requires...

Article Content

How to thread cables quickly || Construction techniques

Route cables through conduits or trays – Follow the designed layout. Adjust tension – Avoid over-tightening or leaving cables too loose. Final inspection – Ensure no cracks, bends, or damage.

Internal Cable on Any Bike Frame

Internal Cable on Any Bike Frame: I bought this bike for 40 bucks, which is next to nothing, so I decided to personalize it: 1. Reproduction of the spoke lock key, which I described here: Reproduce spoke

Internal Cable Routing NIGHTMARE?

Internal Cable Routing: Tools, Techniques, and Troubleshooting for a Flawless Finish:

- ☐☐ Internal Cable Routing ⚙ Preparing Ins...

How to thread internal brake and gear cables – video

Threading an internal cable through your road or mountain bike frame can appear to be a fiddly and time consuming job, but it's easy when you know

FLY_H Bicycle Internal Cable Routing Tool Kit,Bicycle

FLY_H Bicycle Internal Cable Routing Tool Kit The Size Of The Guiding Main Magnet
FLY_H Bicycle Internal Cable Routing Tool Kit The Size Of The Guiding Main Magnet
Applicable:

How To Thread Internal Cables

Hack replacing internal cables on your road bike.Follow GCN on for more: internal cables isn't the easiest mechanical ...

Internal Cable Management

Is bike ownership simply an unfortunate necessity to you? Or a hobby? Because if it's a hobby, two tasks will drive you crazy if you can't wrestle them

Tricks for Internal Cable Replacement

Bicycle cable routing made easy My 1975 René Herse has internal brake and shift cables. What's impressive about how Herse did it is that there are separate small threading wire through bike frame

In this article, we will explore the step-by-step process, tools required, and tips for successfully threading wire through your bike frame, ensuring that you can enjoy a smooth and safe ride.

TIPS AND TRICKS FOR INSTALLING INTERNALLY

Internally routed cables seem to be the norm and not the exception in the mountain bike world now, especially if you're looking at carbon frame models.

Huawei Technical Support

Find detailed instructions for cable routing and bundling in Huawei's technical support documentation.

How to Thread Cables Through an Internal Routing Frame?

After removing the cable core, secure and tighten the frame hole pin cover. Then, thread the cable core into the rear derailleur cable slot, tighten it, and adjust the rear derailleur position accordingly.

Internal Cable Routing Tool (Laser Tools Racing Bicycle

Internal cable routing tool kit, used for threading both inner gear & brake cables through the frame using magnets. Magnets steer & drag the cable end through

Threaded #14: an easier route to internal cable routing

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.

Cable routing | Tips for proper cabling | Simply explained

In this guide, you can find out about appropriate practices and installation tips for cable management and everything else you need to know about cable management. Firstly, we will focus on the different

How I Finally Mastered Internal Cable Routing on My Carbon Fiber ...

Proper cable routing bike techniques ensure safe internal cable installation on carbon frames, preventing damage and ensuring optimal function with specialized tools offering precision guidance and reduced

What is Cable routing? | Instrumentation and Control

What is cable routing? Cable routing is a structure used to protect the cable from mechanical stress and harsh situation such as abrasion which might

How to thread internal brake and gear cables – video | BikeRadar

How to replace internal brake and gear cables – video - BikeRadar / Immediate Media
You can use some thin piping to help route the new cable through the frame -
BikeRadar / Immediate

Tricks for Internal Cable Replacement

Known as internal cable routing, this feature is helping to create some of the cleanest looking rigs ever, and it also reduces wind drag significantly according

Routing brake and shifter housing and cables | Bike

How to route housing and cables for bicycle shifters and brakes, so that it all works smoothly, precisely with as little friction as possible.

INTERNAL ROUTING THE EASY WAY

INTERNAL ROUTING THE EASY WAY Internal cable and hose routing is great until you have to work on it. The clean, sleek lines are all but

What are the best practices for cable routing and installation?

Discover the best practices for cable routing and installation to ensure efficient and reliable network cabling infrastructure. Tips, examples, and more from CMW.

How To Thread Internal Brake & Gear Cables

Threading an internal brake or gear cable through your road or mountain bike frame can appear to be a fiddly and time consuming job, but it's easy when you know how.

Contact Us

For more information, pricing, or custom solutions, please contact us:

Website: <https://adicor.eu>

Email: info@adicor.eu

Phone: +33 6 48 37 92 15

Address: 12 Rue de la Paix, 75002 Paris, France

This document is for informational purposes only. Specifications subject to change without notice.

