

TREK



2023 FUEL EX

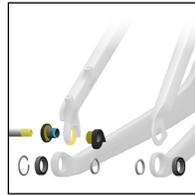
SERVICE MANUAL

Rev 2 October 2023

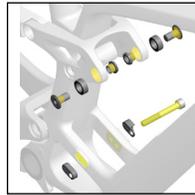
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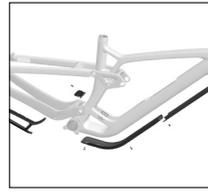
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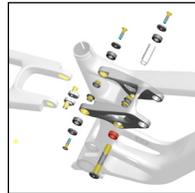
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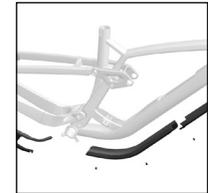
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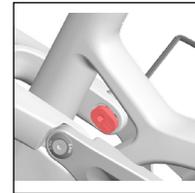
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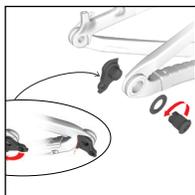
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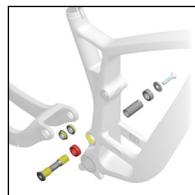
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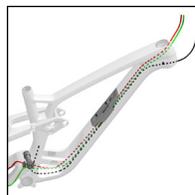
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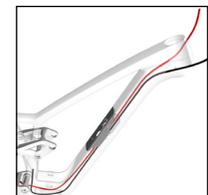
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[Main pivot and chain stay](#)



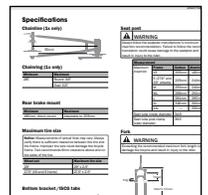
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Safety

WARNING

Tighten hardware properly

Always tighten hardware to the specified torque. Over-tightening hardware could deform or break the hardware or components. Under-tightening hardware could cause hardware or components to become loose. Either situation could damage the bicycle and result in injury to the rider.

WARNING

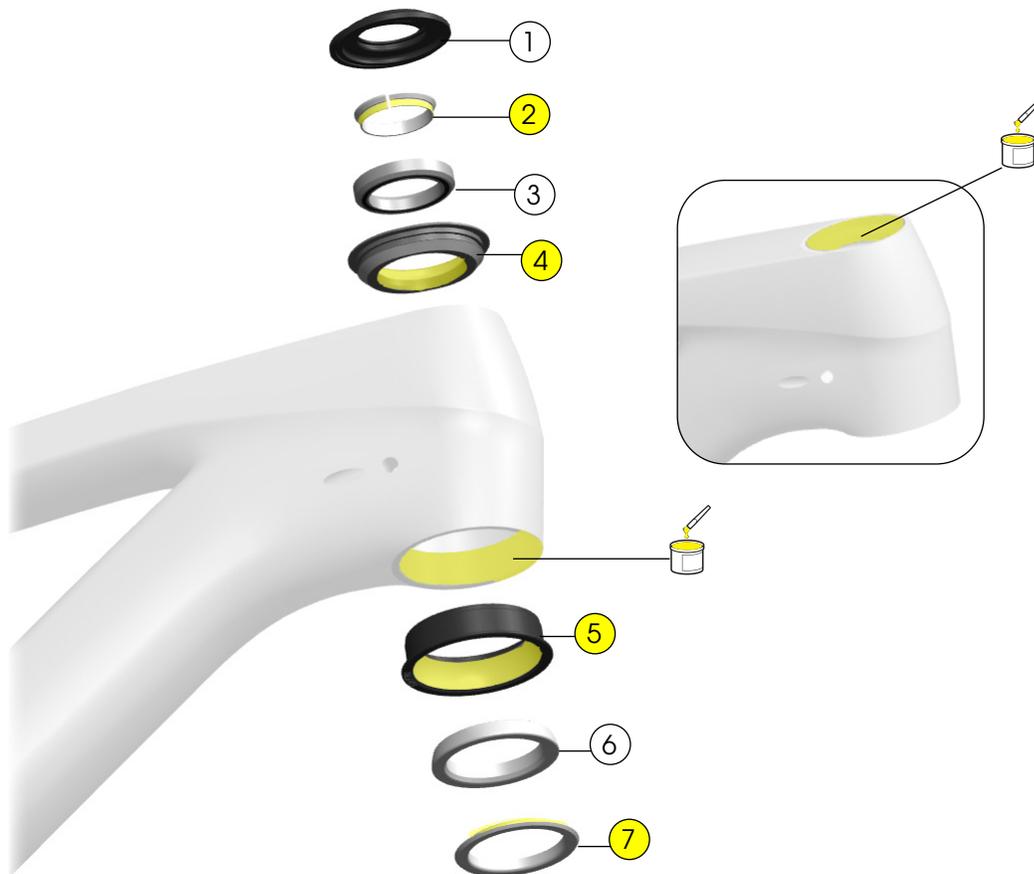
Re-apply threadlocker

All reused-fasteners with a pre-applied threadlocker must be cleaned with isopropyl alcohol and have new threadlocker applied before re-assembly. If a threadlocker is not applied, the fasteners may loosen, which could damage the bicycle and result in injury to the rider.

Legend

- Apply grease
- Do not apply grease
- Apply threadlocker
- Torque
- Hex tool
- Torx tool
- Drift size
- Zip tie

Adjustable headset



① Upper bearing cover - [W5275173](#)

② Compression ring - [W532842](#)

③ Upper bearing - [W531676](#)

④ Upper cup, 0° angle - [5304949](#)

⑤ Press-fit lower cup, 0° angle - [5304949](#)

⑥ Lower bearing - [W532843](#)

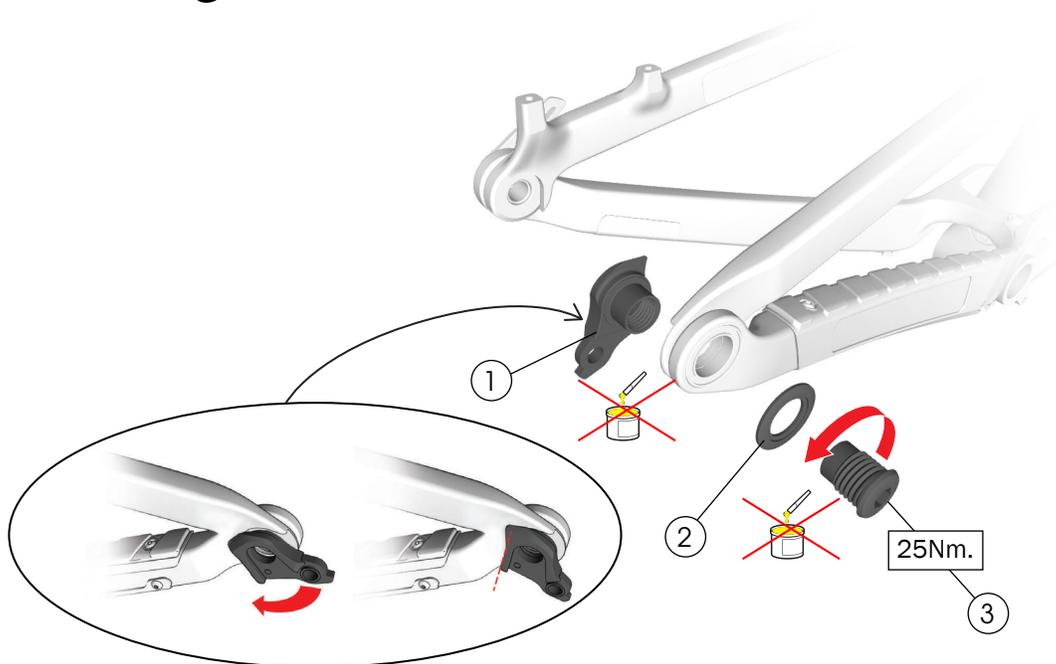
⑦ Crown race - [W532844](#)

- [W5285212](#)

Tools

- Headset press
- Grease

Dérailleur hanger



① Dérailleur hanger

② Washer, 30 mm

③ Bolt

- [W5271425](#)

Tools

- 8mm hex tool
- Torque wrench (left-hand thread) with 8 mm hex bit



WARNING

Do not apply grease to the derailleur hanger or bolt.

This bicycle frame is designed to use a Universal Derailleur Hanger (UDH).

NOTICE: The thru axle must be compatible with a UDH and must be M12x1.0 with a 12.7 mm thread.

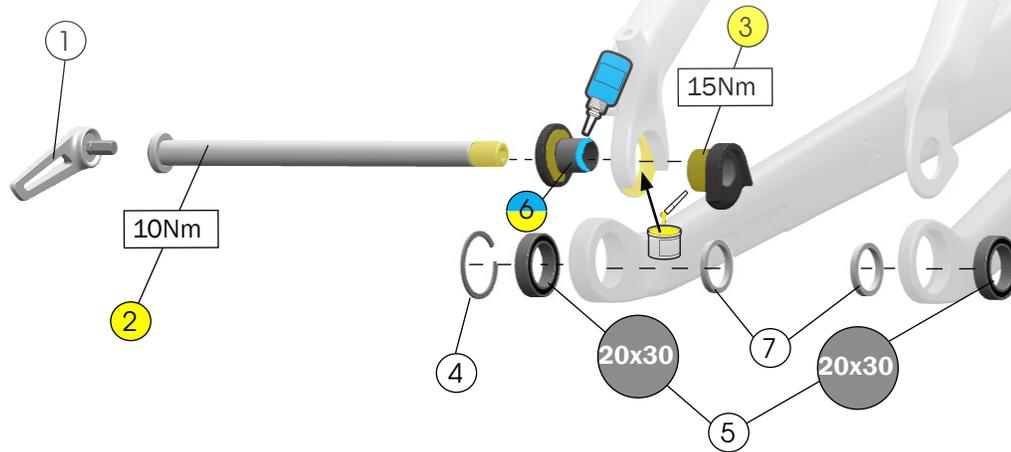
NOTICE: The washer is frame-specific. Install only the washer size specified.

NOTICE: Do not over-tighten. Over-tightening the bolt could cause the hanger to break.

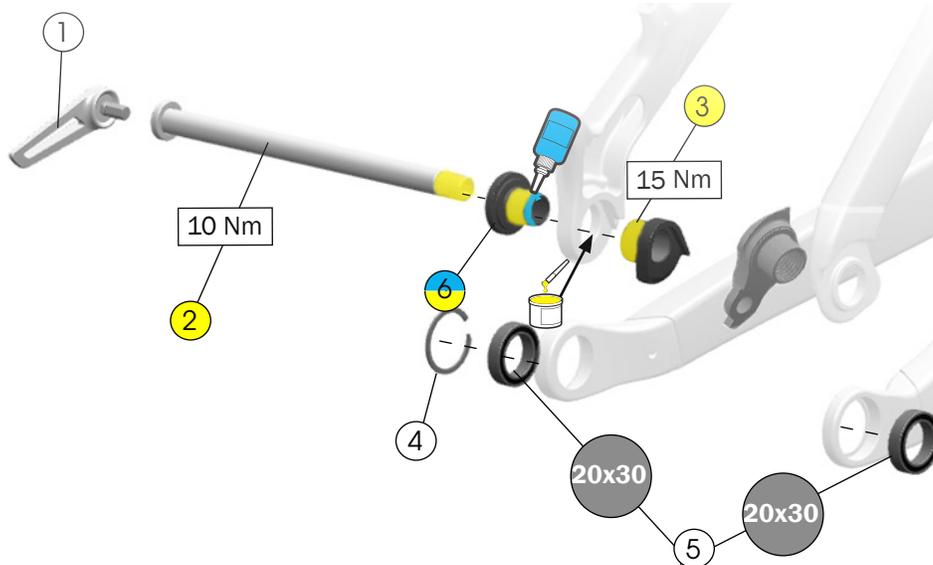
For additional information about the UDH, refer to the SRAM user manual at www.sram.com.

Active Braking Pivot (ABP)

Carbon frame



Aluminium frame



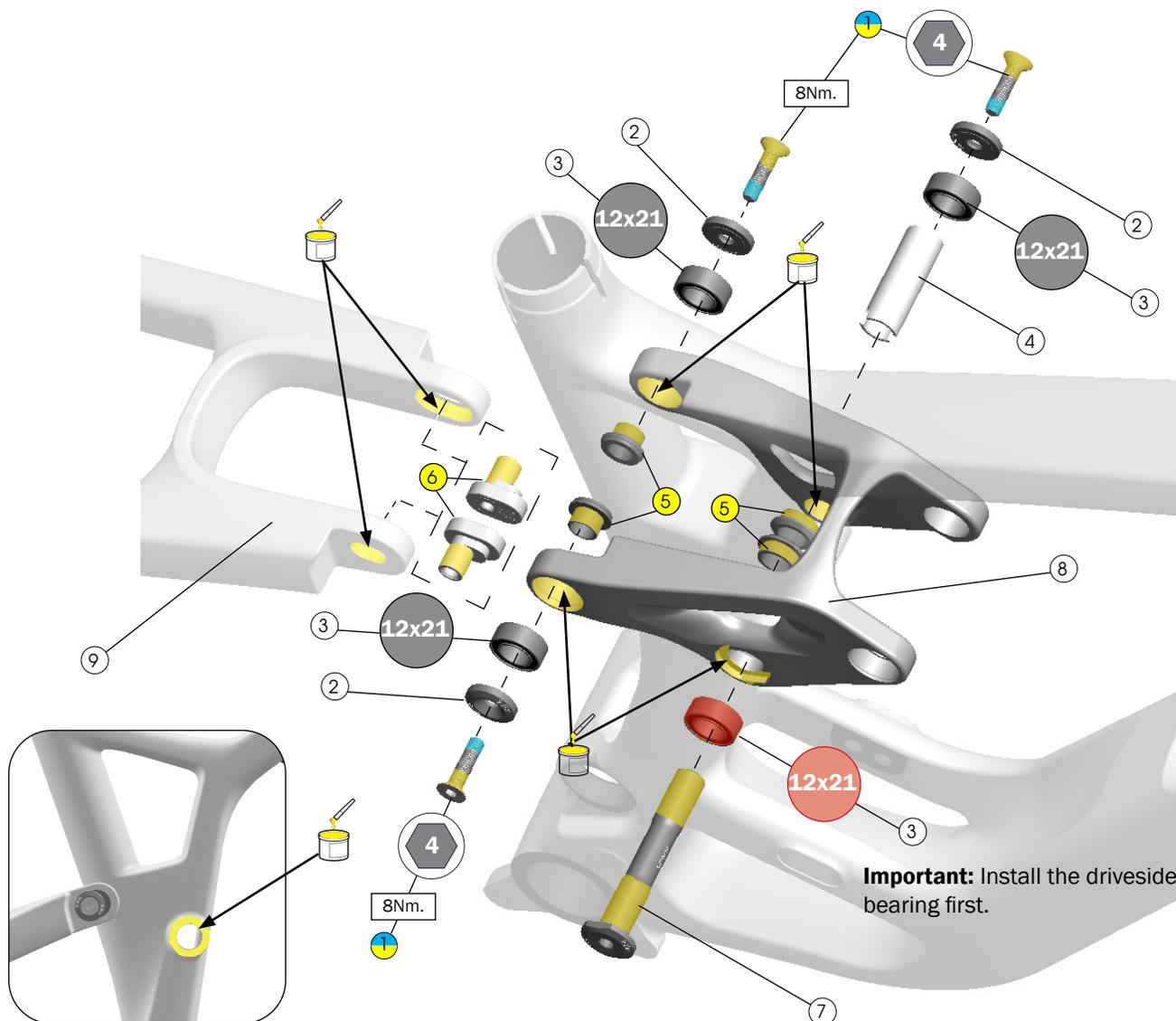
- ① Switch lever - [W573860](#)
- ② Thru axle - [W583469](#)
- ③ Non-driveside ABP drop-out nut guide - [W5269707](#)
- ④ Retaining ring - [W5251279](#)
- ⑤ Bearings - [W5256340](#)
- ⑥ Non-driveside ABP bolt - [W5251141](#)
- ⑦ Spacers - [W583422](#)

- W5272776

Tools

- Bearing press
- Cassette lock ring tool
- Grease
- Threadlocker

Rocker pivot and seat stay



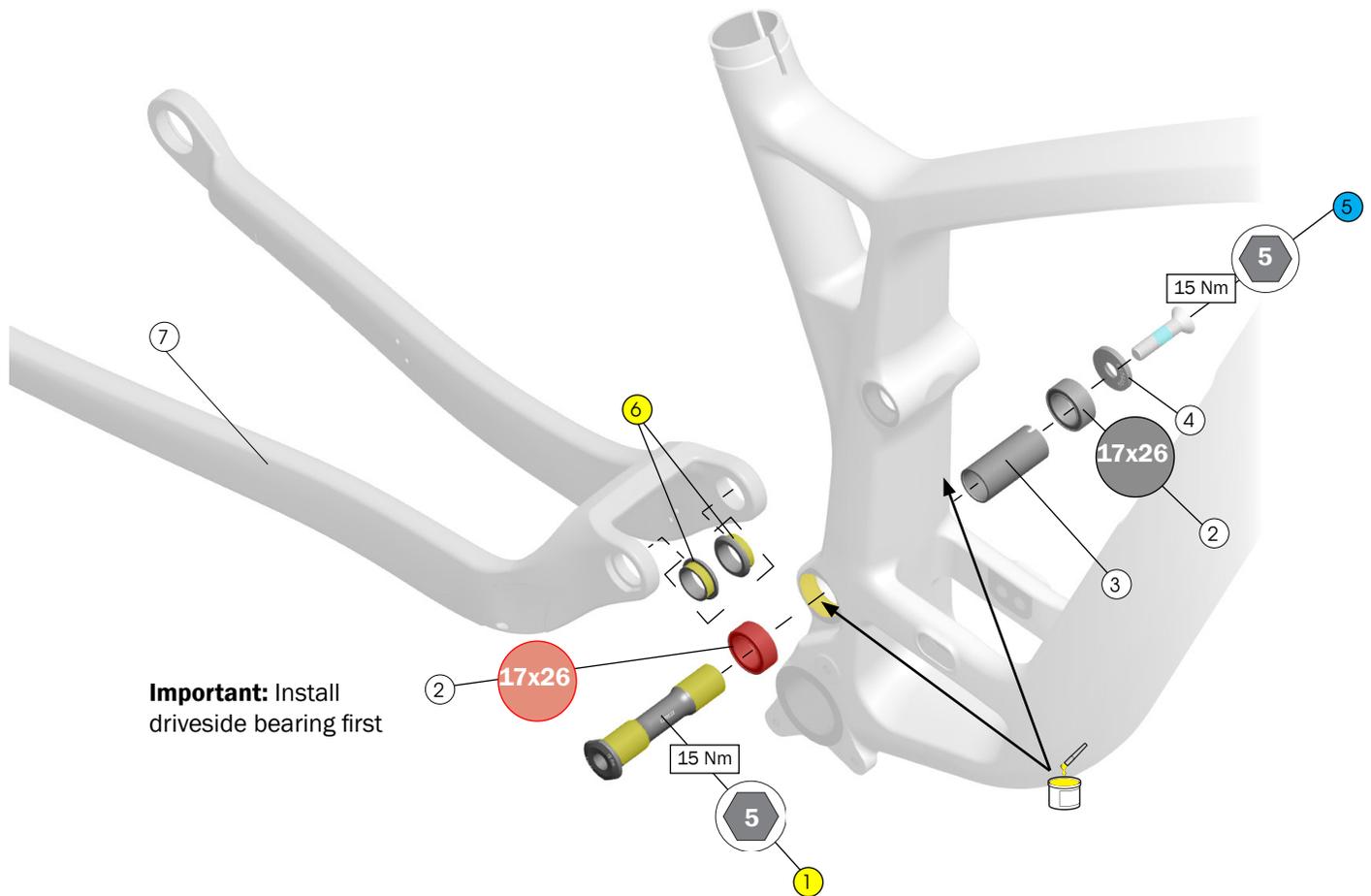
- ① Screws - [W5270150](#)
- ② Concave washers - [W5270027](#)
- ③ Bearings - [W5256341](#)
- ④ Seat tube pivot sleeve - [W310155](#)
- ⑤ Hat style washers - [W5270030](#)
- ⑥ Mino link nuts - [W5270028](#)
- ⑦ Rocker pivot axle - [W5270025](#)

- ⑧ Rocker pivot:
Search for part number listed below on [trekbikes.com](#) to find the colour-matched part for your bike.
Carbon frame - [40783](#)
Aluminium frame - [40780](#)
- ⑨ Seat stay:
Search for part number listed below on [trekbikes.com](#) to find the colour-matched part for your bike.
Carbon frame - [40777](#)
Aluminium frame - [38553](#)

Tools

- Bearing press
- 4 mm hex wrench
- Torque wrench with 4mm hex bit
- Grease
- Threadlocker

Main pivot and chain stay



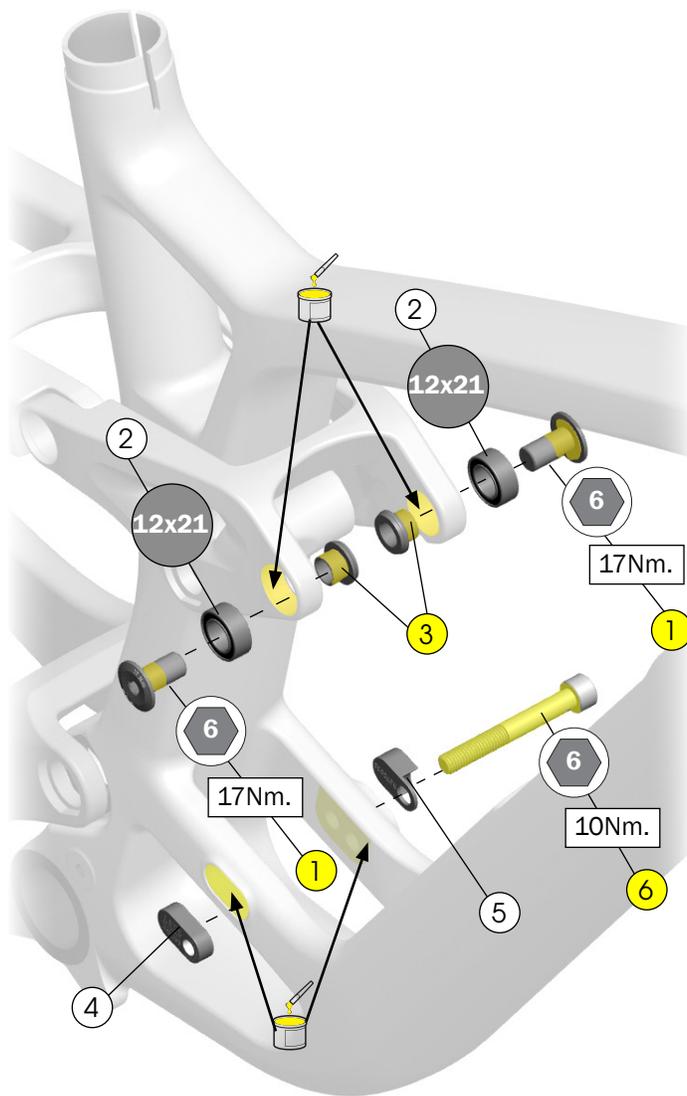
Important: Install driveside bearing first

- ① Main pivot axle – [W5270022](#)
- ② Bearings – [W5256338](#)
- ③ Main pivot sleeve – [W600642](#)
- ④ Concave washer – [W5270024](#)
- ⑤ Screw – [W5270149](#)
- ⑥ Hat style washers – [W5270023](#)
- ⑦ Chainstay:
Search [trekbikes.com](#) to find the colour-matched part for your bike.
Carbon frame – [40776](#)
Aluminium frame – [38552](#)

Tools

- Bearing press
- 5mm hex tool
- Torque wrench with 8mm hex bit
- Grease
- Threadlocker

Rear shock hardware and dimensions



Shock Dimensions

Eye-to Eye-length: 185 mm

Stroke length: 55 mm

Upper width: 54 mm x 10 mm

Lower width: 40 mm x 8 mm

- ① Upper bolts, M10 x 1 x 19 mm - [W5270031](#)
- ② Bearings - [W5256341](#)
- ③ Hat-style washers - [W5270030](#)
- ④ Lower shock Mino nut - [5303333](#)
- ⑤ Lower shock Mino washer - [5303333](#)
- ⑥ Lower bolt, M8 x 1 x 60 mm - [W5274968](#)

Tools

- Bearing press
- 6 mm hex wrenches
- Torque wrench with 6 mm bits
- Grease

Set-up

Refer to the suspension set-up card included with your bike or the suspension calculator at trekbikes.com/suspension-calculator.

For recommended rebound settings, refer to the suspension calculator at trekbikes.com/suspension-calculator.

Adjust the progression

The shock Mino links can be flipped to fine tune the shock performance for the terrain or rider preference.

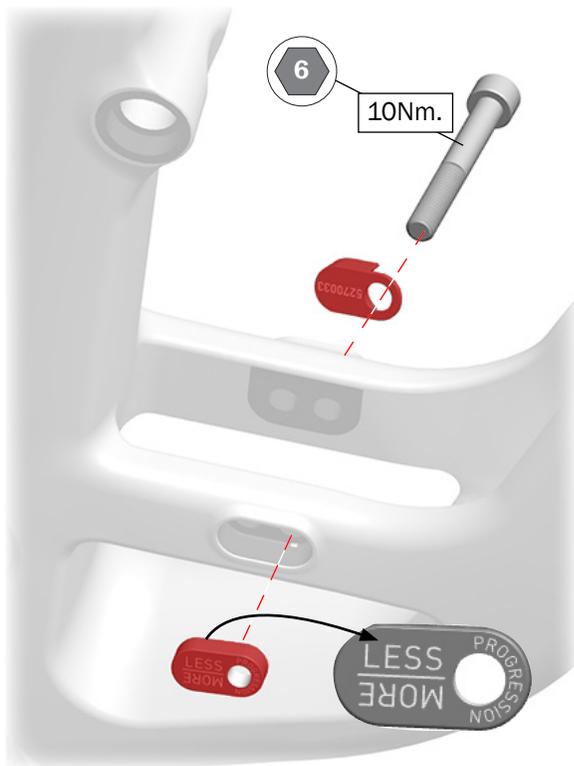
Tools

- 6mm hex tool
- Torque wrench with 6 mm hex bit

1. Remove the lower shock mount bolt.
2. Flip the Mino link nut and washer to the desired positions.
3. Re-insert the shock bolt and torque to 10 Nm.

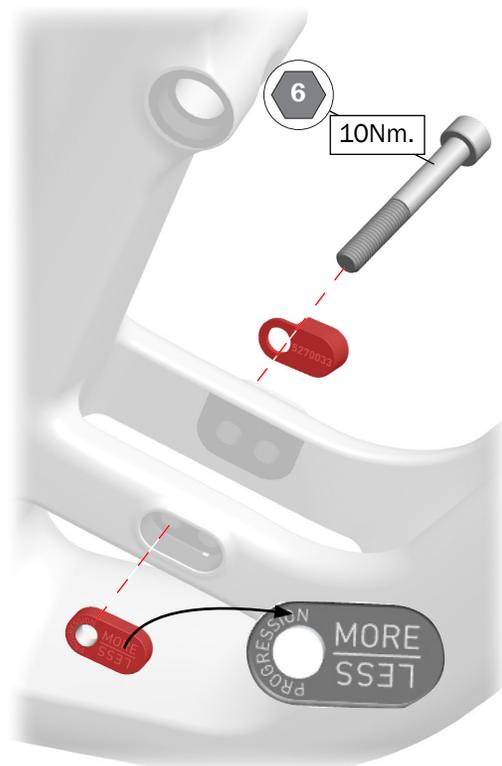
Less progression

More reactive to repeated fast mid-size bumps and square-edge hits.

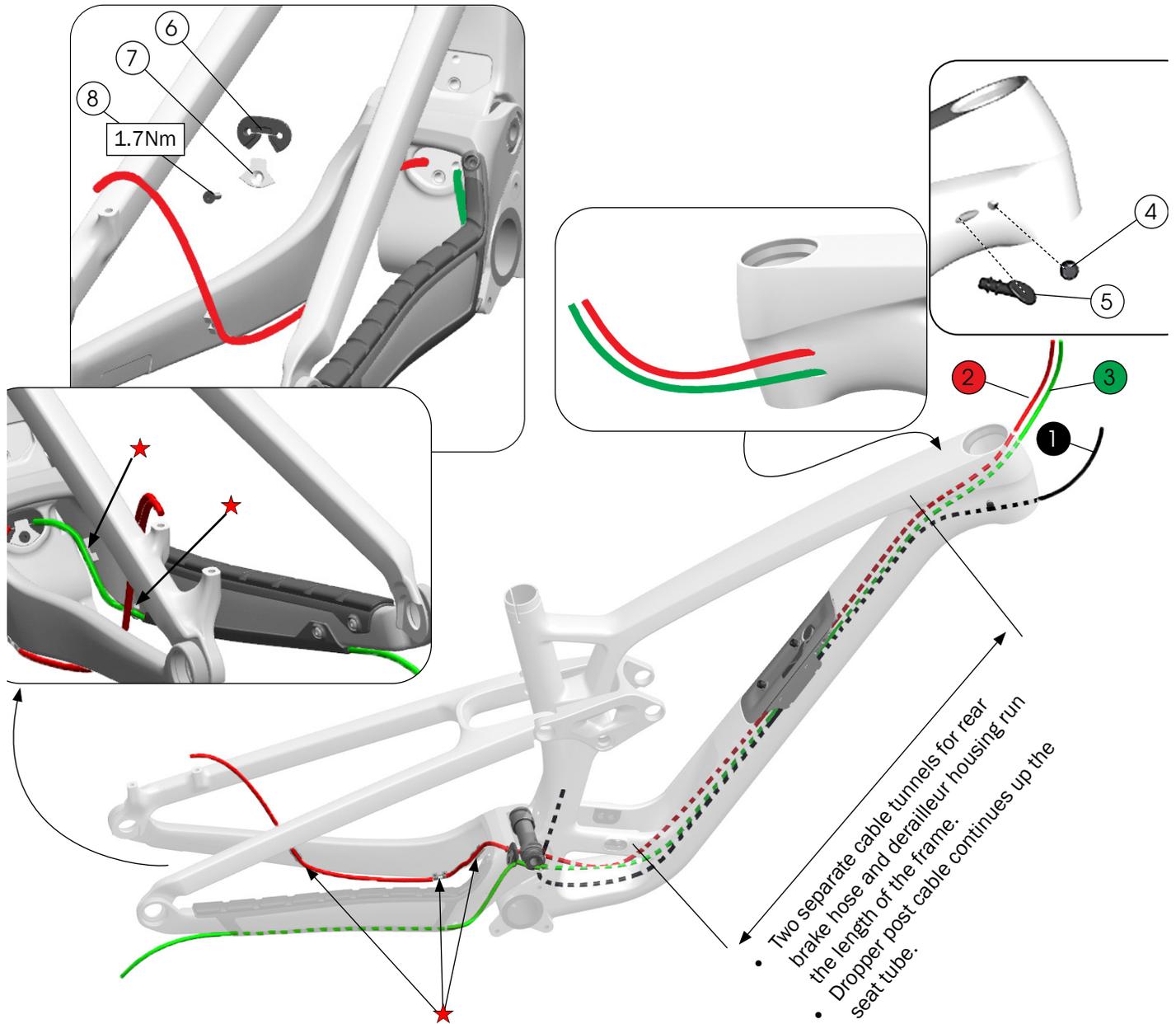


More progression

More bottom out resistance over big hits and drops



Routing with mechanical shift



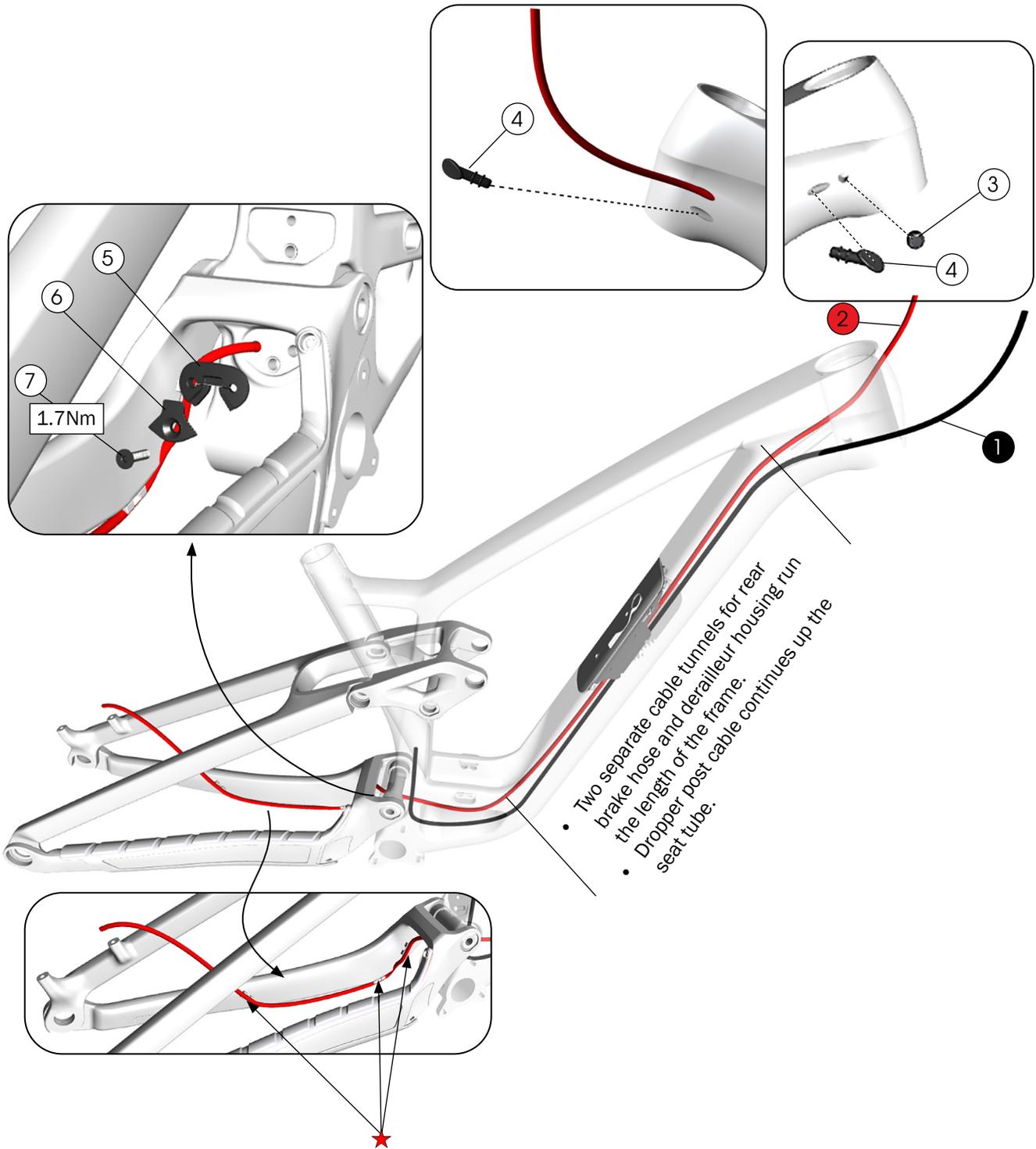
- ① Dropper cable
- ② Rear brake hose
- ③ Derailleur housing
- ④ Plug - [W5275264](#)

- ⑤ Plug - [W5309144](#)
- ⑥ Rubber housing guide
- ⑦ Exit guide
- ⑧ Bolt - [W532763](#)

★ Zip tie

- [5275988](#)

Routing with AXS shift

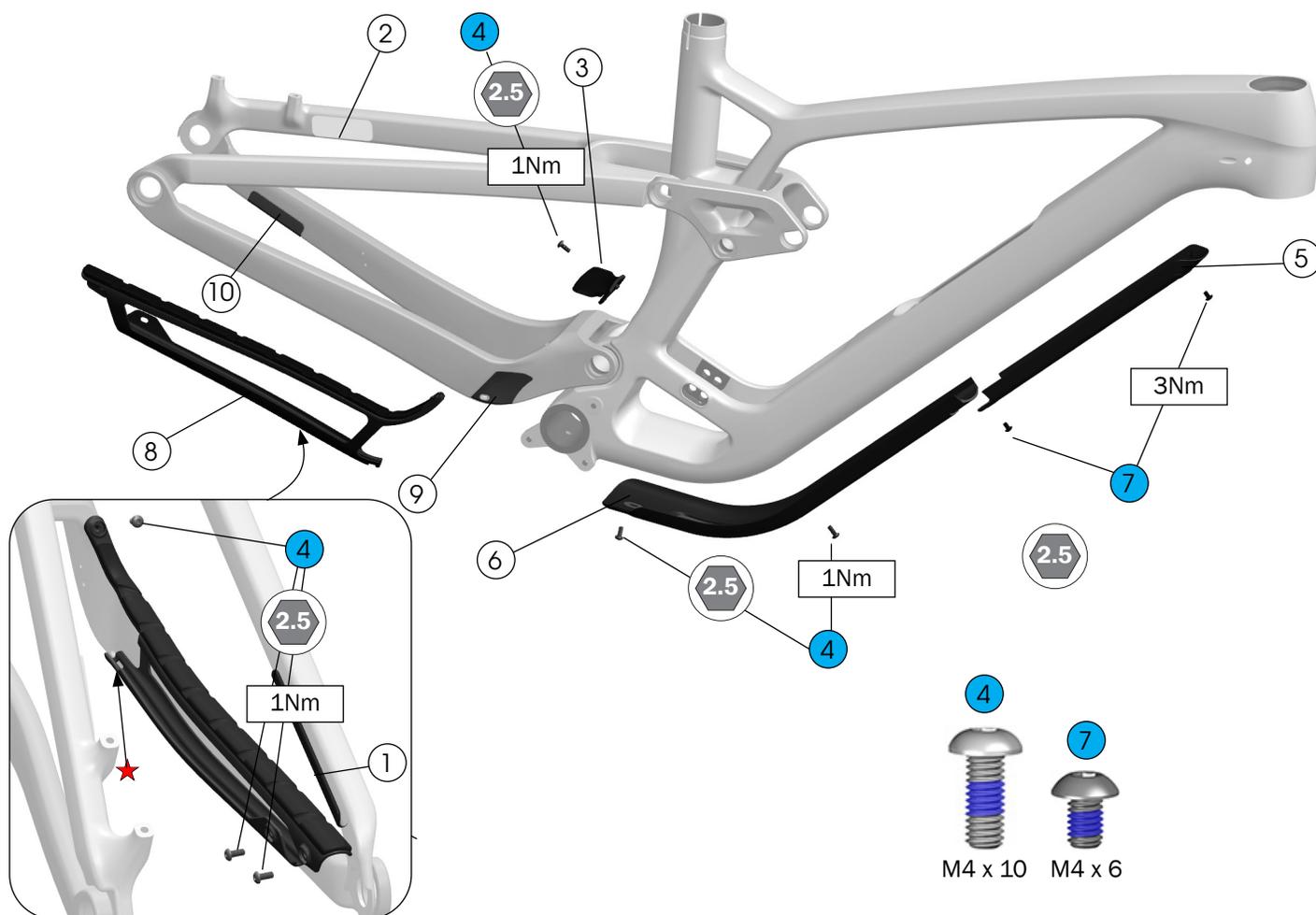


- ① Dropper cable
- ② Rear brake hose
- ③ Plug – [W5275264](#)
- ④ Plug – [W5309144](#)

- ⑤ Rubber housing guide
- ⑥ Exit guide
- ⑦ Bolt – [W532763](#)
- ★ Zip tie

— [5275988](#)

Frame guards - carbon frame



- ① Seat stay adhesive guard - [W5271371](#)
- ② Brake hose adhesive guard - [W326986](#)
- ④ Main pivot mud flap - [W5275234](#)
- ④ Button head screws - [W1052364](#)
- ⑤ Upper down tube guard:
XS - ML frames - [W5283184](#)
L - XL frames - [W5283185](#)
- ⑥ Lower down tube guard:
XS and S frames - [W5283181](#)
M - XL frames - [W5283182](#)
- ⑦ Button head screws - [W575056](#)
- ⑧ Chainstay guard - [W5273604](#)
- ⑨ Chainstay strike guard - [W5273260](#)

- ⑩ Rotor guard - [W580881](#)

Adhesive Guards ① ②

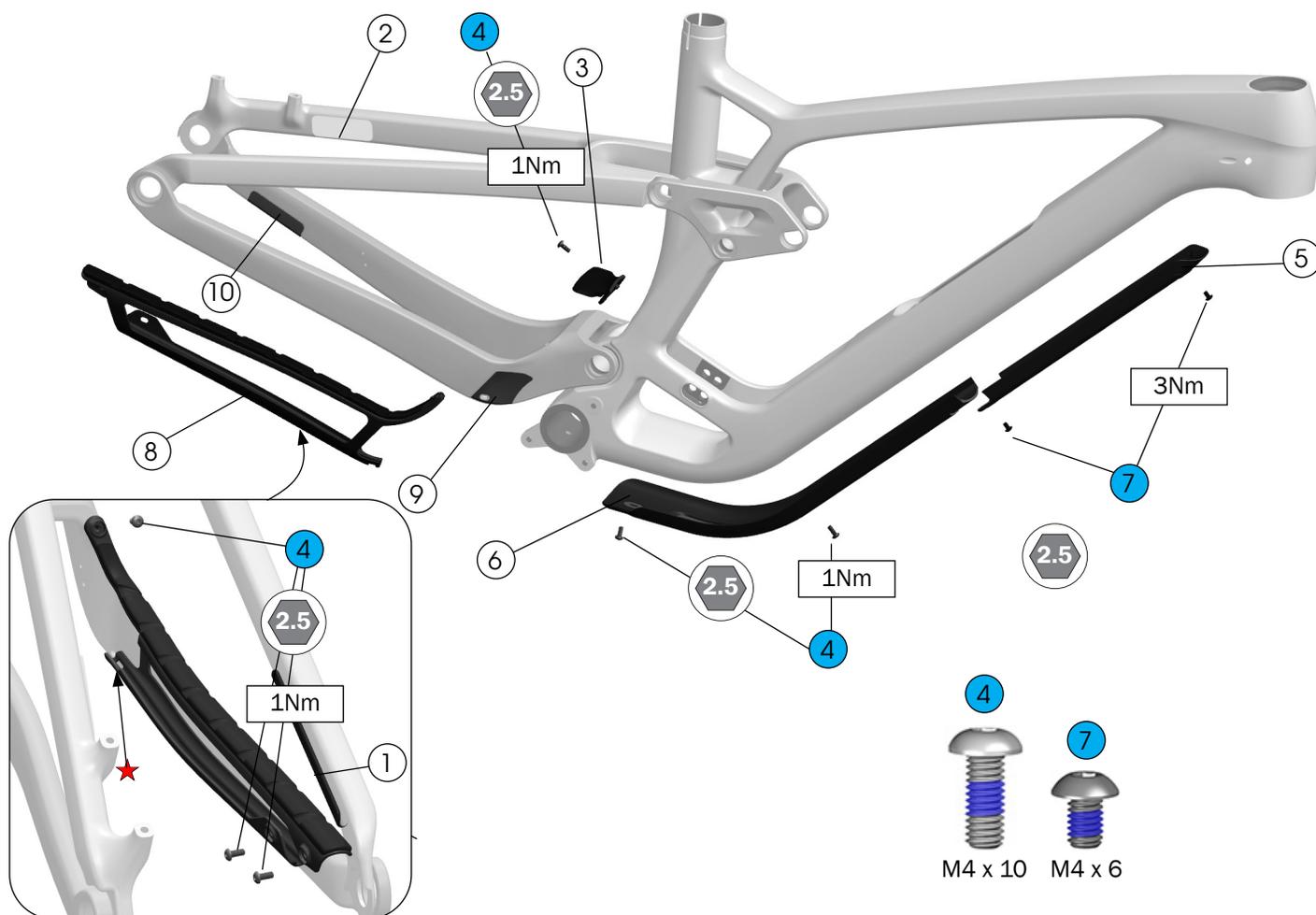
Use isopropyl alcohol to clean the frame surface where the guard is attached. Wait for the alcohol to dry before applying the guard.

Notice: Do not clean the entire frame with isopropyl alcohol. Isopropyl alcohol could damage the paint.

Brazed Guards ⑨ ⑩

1. To improve adhesion, use sandpaper to roughen the backside of the guard and the area of the frame where epoxy will be applied.
2. Attach the guard with a two-part epoxy.
3. Allow the guard and epoxy to cure for 24 hours.

Frame guards — aluminium frame



- ① Brake hose adhesive guard - [W326986](#)

Use isopropyl alcohol to clean the frame surface where the guard is attached. Wait for the alcohol to dry before applying the guard.

Notice: Do not clean the entire frame with isopropyl alcohol. Isopropyl alcohol could damage the paint.

- ② Upper down tube guard:

XS - S (27.5" wheels) frames - [W5284323](#)

S (29" wheels) - ML frames - [W5279933](#)

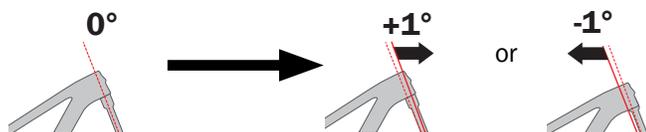
L - XXL frames - [W5283420](#)

- ③ Lower down tube guard - [W5279934](#)

- ④ Button head screws - [W575056](#)

- ⑤ Chainstay guard - [W5271370](#)

Adjust the geometry - headset angle



Tools

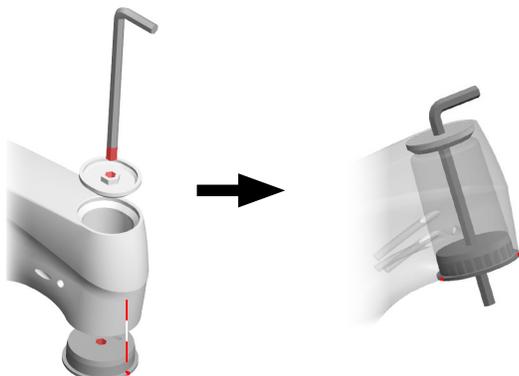
- Upper angled cup:
 - XS - L frames - [W5295319](#)
 - XL - XXL frames - [W5295274](#)
- Lower angled cup - [W5294449](#)
- Adjustable headset alignment tool - [5310000](#)
- Headset cup removal tool
- 8 mm hex tool (150 mm minimum length for XL frame)
- Headset cup press
- Painter's tape
- Grease

Remove components

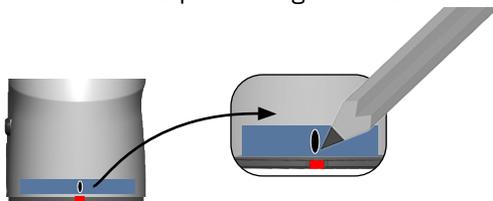
1. Remove the fork.
2. Remove the upper headset assembly.
3. Use the headset cup removal tool to remove the lower headset cup.

Install the alignment tool

Use the alignment tool to mark the centreline to which you will align the lower cup.



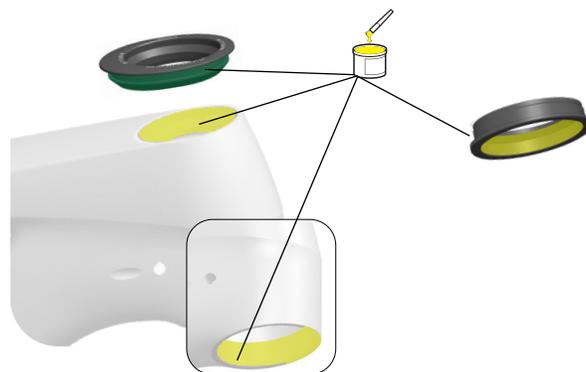
1. Thread the hex tool through the upper alignment tool. Insert the tools into the upper head tube.
2. Position the lower alignment tool with the notches to the front and back of the head tube.
3. Thread the lower alignment tool over the hex tool. The hex tool will keep the notches aligned as you insert the alignment tool.
4. Place a piece of painter's tape on the head tube, then draw a line on the tape that aligns with the notch.



5. Remove both pieces of the alignment tool.

Install the angled cups

1. Grease the cups and head tube bores.



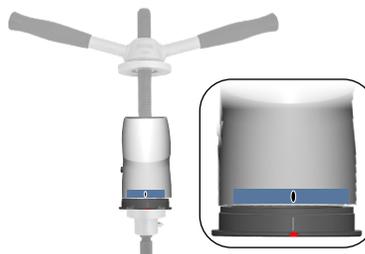
2. Position the upper cup and insert it into the head tube.



3. Position the lower cup to match the angle of the upper cup.



4. Align the notch on the cup with the line on the painter's tape.
5. Press in the lower cup. **Note:** position the press with the handle above the head tube.



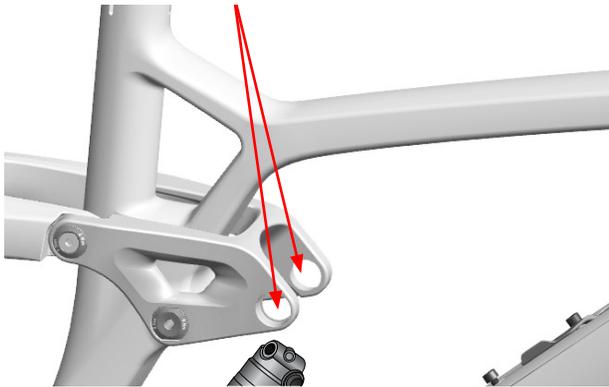
6. Remove the press and verify that the notch on the lower cup is aligned with the line on the tape. If it is not, remove the cup and reinstall in the correct position.
7. Remove the painter's tape.

Adjust the geometry - seat stay Mino link

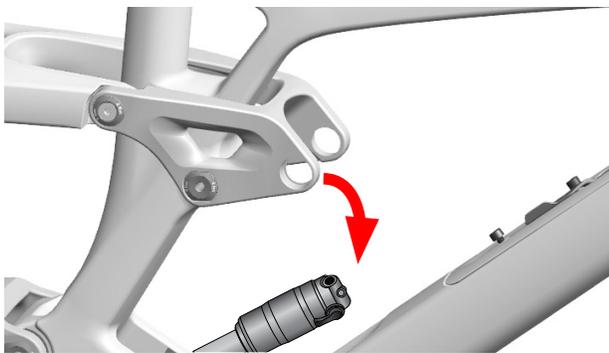
Tools

- 4 mm and 6 mm hex tools
- Torque wrench with 4 mm and 6 mm bits
- Small clean towel or cloth

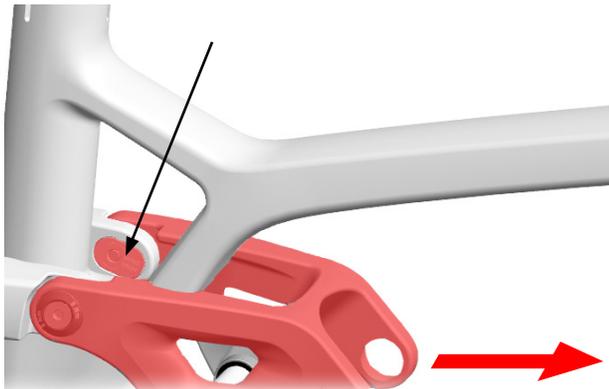
1. Remove the rear wheel.
2. Place a small clean towel or cloth over the down tube to protect the paint.
3. Remove the upper shock mount hardware. Use the 6 mm hex tool to remove the bolts.



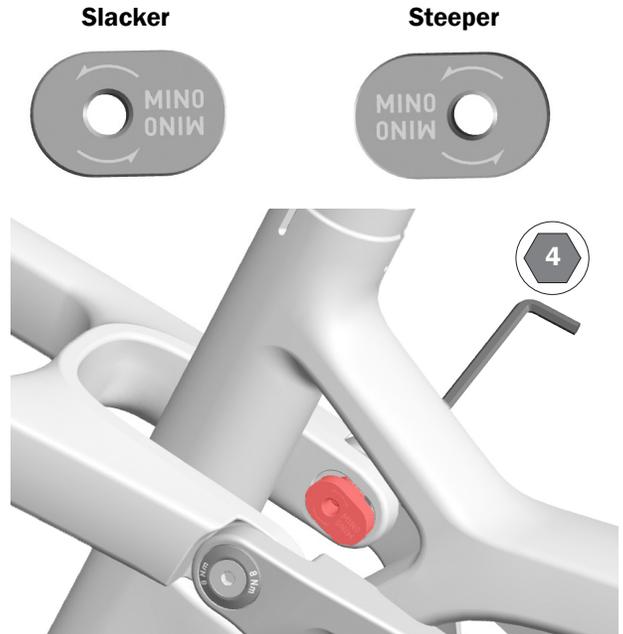
4. Lower the shock and rest it on the towel or cloth covering the down tube.



5. Rotate the rocker pivot forward to pull the Mino links into the window in front of the seat tube.



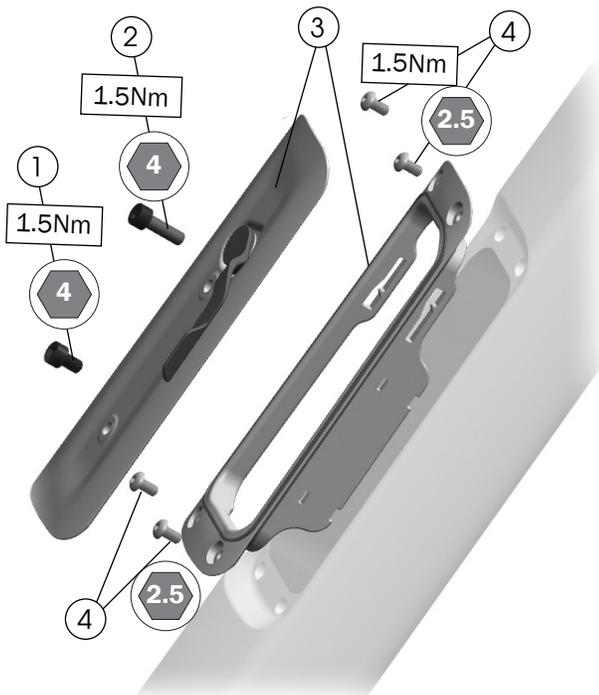
6. Use a 4 mm hex tool to turn the screw in the Mino link to flip the link to either the slacker or steeper position. Repeat this process with the other Mino link.



7. Torque the screws to 8 Nm.
8. Re-install the upper shock hardware and torque the bolts to 8 Nm.

Down tube storage

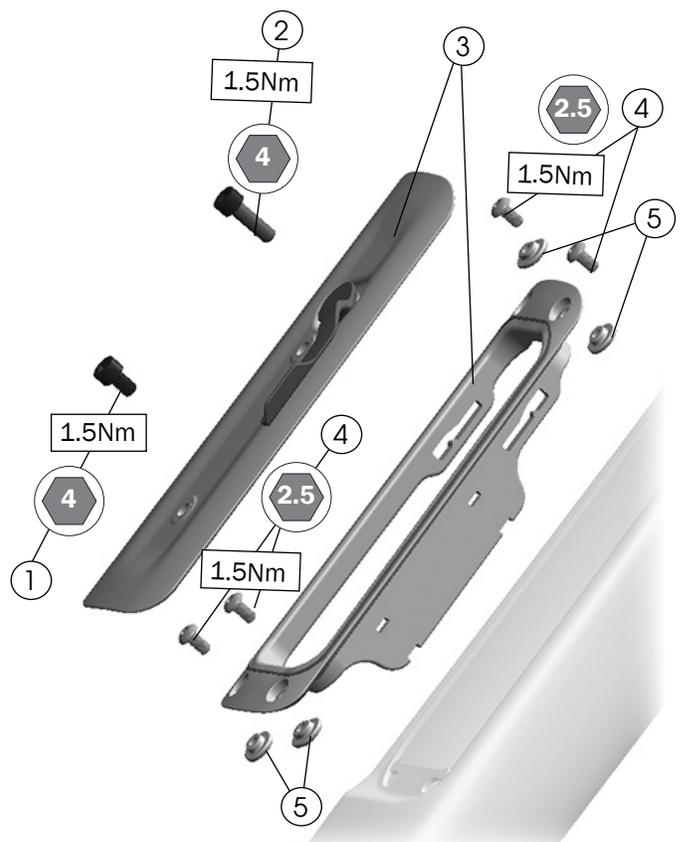
Carbon frame



- ① Water bottle cage bolt, 8 mm long
- ② Water bottle cage bolt, 16 mm long
- ③ Storage door
- ④ Button head screws - [W575056](#) (includes nuts, not used on carbon frames)

- [W5257590](#)

Aluminium frame



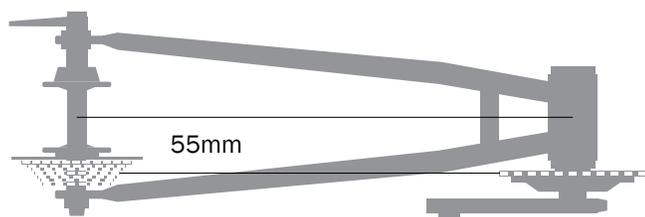
- ① Water bottle cage bolt, 8 mm long
- ② Water bottle cage bolt, 16 mm long
- ③ Storage door
- ④ Button head screws
- ⑤ Nuts

- [W583862](#)

- [1042535](#)

Specifications

Chain line (1x only)



Chain ring (1x only)

Minimum	Maximum
28T	Round: 34T
	Oval: 32T

Rear brake mount

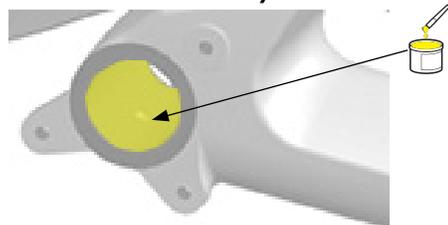
Minimum	Maximum
180 mm, direct mount	Adaptable to 203 mm

Maximum tyre size

Notice: Measurements of actual tyres may vary. Always verify that there is sufficient clearance between the tyre and the frame. Improper tyre size could damage the bicycle frame. Trek recommends 6 mm clearance above and on the sides of the tyre.

Wheel set	Maximum tyre size
2.9 cm/29"	29" x 2.5"
27.5" (XS and S frame)	27.5" x 2.5"

Bottom bracket/ISCG tabs



Bottom bracket	ISCG tabs
BSA 73	ISCG 05, 3 bolt

Seat post



WARNING

Always follow the seat post manufacturer's minimum insertion recommendation. Failure to follow the recommendation could cause damage to the seat post and result in injury to the rider.

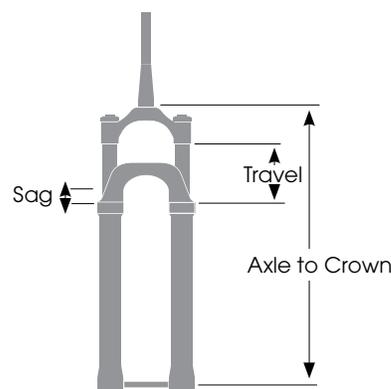
Measurement			
Maximum insertion	Frame	Carbon	Aluminium
	XS	205 mm	180 mm
	S (27.9" and 29" wheels)	225 mm	210 mm
	M	255 mm	240 mm
	ML	266 mm	250 mm
	L	281 mm	265 mm
	XL	316 mm	300 mm
	XXL	—	330 mm
Seat tube inside diameter		34.9	
Seat tube post clamp outer diameter		39.5	

Fork



WARNING

Exceeding the recommended maximum fork length could damage the bicycle and result in injury to the rider.



Frame/ Wheel Size	Axle to Race (mm)		Travel (mm)
XS and S 27.5" wheels	Recommended	534	140
	Maximum	550	150
S, M, ML, L, XL, XXL 29" wheels	Recommended	562	150
	Maximum	578	160

Refer to the suspension set-up card included with your bike or the suspension calculator at trekbikes.com/suspension-calculator.