



7. If reusing the original chain, service it as required, then connect it to the old chain and pull it around the front sprocket. Disconnect the chains.

8. Install by reversing the preceding removal steps while noting the following:

- a. On an O-ring chain, install the four O-rings onto the master link as shown in Figure 41, typical.



- b. If assembling the chain using a press fit master link, refer to *Press Fit Master Link* in this section to press the side plate onto the connecting link.
- c. Install the spring clip onto the master link so the closed end of the clip faces the direction of chain travel (Figure 42).
- d. Lubricate and adjust the drive chain as described in Chapter Three.

#### Press Fit Master Link

##### CAUTION

*Attempting to install a press-fit master link without the proper tools can damage the master link and parts of the chain.*

##### NOTE

*Most commercial press-fit chain tools are designed to press the side plate onto the connecting link to its correct depth. If the side plate is pressed on too far, it will bind the chain where it is joined at the master link. If the side plate is not pressed on far enough, the spring clip cannot be installed correctly and will probably come off. Properly installed, the side plate is flush with both pin seating grooves in the connecting link.*

Many drive chains are equipped with a master link side plate that is pressed into place. To install this type of master link, a press-fit chain tool is required; Figure 43 illustrates one type of chain press tool. To disconnect the chain, first remove the outer clip from the master link, then use a chain breaker to separate the side plate from the connecting link.

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web la dieta paleo o dieta paleolitica consiste nel mangiare solo carne pesce frutta e verdura ovvero gli unici cibi esistenti nell'era paleolitica raramente si possono bere alcolici e invece sono concessi caffè e tè quindi cereali e tutti i suoi derivati come pasta e pane non sono ammessi

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web si bien no hay una forma única de seguir la dieta paleo la idea básica es evitar los alimentos procesados y centrarse en cambio en alimentos integrales y saludables los alimentos paleo amigables incluyen carne pescado huevos semillas nueces frutas y verduras junto con grasas y aceites saludables