



BMX Handlebars Replacement

How to replace your BMX handlebars for a safer ride.

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INTRODUCTION

Follow this guide if you need to replace the handlebars on your BMX bike. Handlebars can become loose or bent in a crash or when the bike is bailed during a particularly gnarly trick, necessitating a replacement or adjustment. The rider may also desire to change their handlebars for functional or aesthetic purposes. This guide will show you how to replace or adjust the handlebars on your BMX style bike.

Note that if you just need to adjust the bars, you can loosen but not remove the bolts as shown in Step 2. Then pick back up at Step 7 to seat and tighten your bars in place.

When tightening stem bolts, be sure to tighten in an “X” pattern in order to avoid uneven tension.



TOOLS:

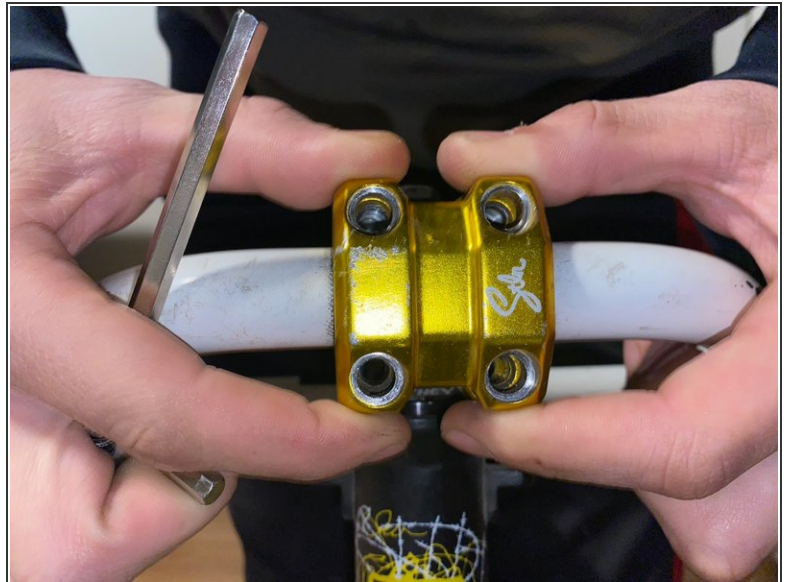
- [6mm Allen Wrench](#) (1)
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Step 1 — BMX Handlebars



- Locate the stem of the bike connecting the handlebars to the steerer tube of the fork.

Step 2



- Remove the four bolts from the face of stem with a 6mm Allen key.
 - ⓘ BMX bolts typically use a 6mm standard, but some equipment may differ.

Step 3



- Remove the faceplate of the stem.

Step 4



- Remove the old handlebars.
- ★ Place the new bars in the curved area of the stem where the old bars were located.

Step 5



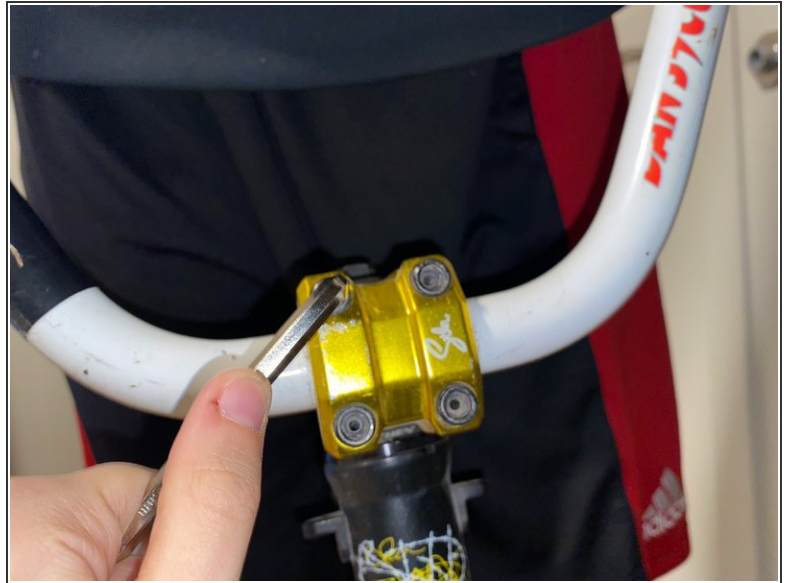
- Place the faceplate of the stem back on and align the screw holes.

Step 6



- Insert the four screws back into the stem and tighten them half way with the 6mm Allen wrench.

Step 7



- Align your handlebars so they are straight, balanced, and to your liking.
- Tighten the bolts in an "X" pattern a half turn at a time.

Step 8



- Pull up on your handlebars and make sure they are tight enough that they do not move.

To reassemble your device, follow these instructions in order.