SHIMANO SF-1200

Shimano SF-1200 Single Speed Freewheel Instruction Manual

This manual provides detailed instructions for the installation, operation, and maintenance of the Shimano SF-1200 Single Speed Freewheel.

1. Introduction

The Shimano SF-1200 is a durable single-speed freewheel designed for standard threaded bicycle hubs. It features hardened steel construction for longevity and reliable performance, allowing for smooth coasting on single-speed bicycles.

2. Product Features

- Designed for standard threaded hubs.
- Constructed from hardened steel for enhanced durability.
- Shimano Reference Number: SF-1200.

3. Technical Specifications

Specification	Detail
Brand	SHIMANO
Material	Alloy Steel
Color	Silver
Item Weight	0.01 Ounces
Maximum Weight Recommendation	166 Grams
Item Type Name	Single Speed Freewheel
UPC	022255323659

GTIN	00022255323659

4. Installation Guide

Before installation, ensure your bicycle hub is compatible with a standard threaded freewheel. This freewheel is designed for 1/8" chains.

Tools Required:

- Shimano-compatible 2-prong freewheel remover tool (e.g., Park Tool FR-2 or similar)
- Adjustable wrench
- Bicycle grease

Installation Steps:

1. Clean the threads on your bicycle hub thoroughly to remove any dirt or old grease.
2. Apply a thin, even layer of bicycle grease to the hub threads. This helps prevent seizing and facilitates future removal.
3. Carefully thread the Shimano SF-1200 freewheel onto the hub by hand. Ensure it is not cross-threaded. Turn clockwise until it is snug.
4. The freewheel will self-tighten further during initial riding. No special tool is required for initial tightening beyond hand-snug.
5. Install your bicycle chain, ensuring it is the correct size (1/8" for this freewheel) and properly tensioned.



Figure 1: Shimano SF-1200 Single Speed Freewheel. This image displays the freewheel component, ready for installation onto a threaded bicycle hub.

5. Operation

The Shimano SF-1200 freewheel functions as a one-way clutch mechanism, allowing the rear wheel to rotate independently of the pedals when the rider stops pedaling. This enables coasting.

- **Pedaling:** When you pedal forward, the internal pawls engage, transferring power from the chain to the freewheel, which then drives the rear wheel.
- **Coasting:** When you stop pedaling or pedal backward, the pawls disengage, allowing the wheel to spin freely

without moving the pedals. The SF-1200 is known for its quiet coasting operation.

6. Maintenance

Regular maintenance is crucial for ensuring optimal performance, quiet operation, and extending the lifespan of your freewheel.

- **Cleaning:** Periodically clean the freewheel and surrounding drivetrain components (chain, chainring) to remove accumulated dirt, grime, and old lubricant. Use a bicycle-specific degreaser and a stiff brush. Rinse thoroughly.
- **Lubrication:** After cleaning and drying, apply a light bicycle chain lubricant to the chain. Ensure some lubricant penetrates the freewheel's internal mechanism. Avoid excessive lubrication, as this can attract more dirt.
- **Inspection:** Regularly inspect the freewheel teeth for signs of wear, such as sharpening or hooking. Worn teeth can lead to poor chain engagement, skipping, and reduced efficiency. Also, check for any unusual play or looseness.

7. Troubleshooting Common Issues

Freewheel is noisy or clicking excessively

- **Cause:** Lack of lubrication, dirt accumulation, or internal wear.
- **Solution:** Clean and lubricate the freewheel and chain as described in the Maintenance section. If the noise persists after proper cleaning and lubrication, it may indicate internal wear, and replacement might be necessary.

Difficulty removing the freewheel

- **Cause:** Freewheels self-tighten during use, making them very secure. The Shimano SF-1200 requires a specific 2-prong removal tool.
- **Solution:** Use a Shimano-compatible 2-prong freewheel remover tool (e.g., Park Tool FR-2 or similar) with a large adjustable wrench or bench vise. Apply firm, steady pressure in a counter-clockwise direction. If removal is still difficult, professional assistance from a bicycle shop is recommended to avoid damaging the hub or freewheel.

8. Warranty and Support

Warranty Information

This Shimano product comes with a Limited Warranty. For specific warranty terms, conditions, and duration, please refer to the official SHIMANO website or the documentation provided with your purchase. Keep your proof of purchase for warranty claims.

Customer Support

For further assistance, technical support, or warranty claims, please visit the official SHIMANO website or contact their customer service department through the contact information provided on their website.

Visit the Official SHIMANO Store

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