Saved from manuals.plus.
Open the live page for links to other documents and user manuals.

SHIMANO IRDRX400

Shimano GRX RD-RX400 10-Speed Rear Derailleur User Manual

Model: RD-RX400 | Brand: SHIMANO

Introduction

This manual provides essential information for the proper installation, operation, and maintenance of your Shimano GRX RD-RX400 10-Speed Rear Derailleur. Please read this manual thoroughly before use to ensure safe and optimal performance of your bicycle's drivetrain system. The Shimano GRX RD-RX400 is designed for gravel and road cycling, offering reliable and precise shifting performance for 10-speed double chainring setups.

Safety Information

Always prioritize safety. Improper installation or maintenance can lead to serious injury. If you are unsure about any procedure, consult a professional bicycle mechanic.

- Ensure all bolts are tightened to the specified torque values.
- Regularly inspect the derailleur for damage, wear, or loose components.
- Keep hands and clothing clear of moving parts during operation.
- Wear appropriate safety gear when working on your bicycle.

Product Overview

The Shimano GRX RD-RX400 is a 10-speed rear derailleur featuring Shadow+ technology, designed for double chainring setups. It provides quiet and smooth shifting, even on uneven terrain, and includes an adjustable chain stabilizer to prevent chain jumping.



Image: Shimano GRX RD-RX400 10-Speed Rear Derailleur. This image displays the complete rear derailleur unit, highlighting its compact design and the Shadow+ mechanism. Key components visible include the derailleur body, pulley cage, and adjustment screws.

Key Features:

- **Shadow+ Technology:** Reduces chain slap and improves chain retention.
- **Adjustable Chain Stabilizer:** Prevents chain jumping on rough terrain.
- **Smooth and Reliable Shifting:** Ensures consistent performance in various conditions.
- **Material:** Constructed with durable materials, including Aluminium for the case.
- **Compatibility:** Designed for 10-speed drivetrains with double chainrings.

Setup and Installation

Proper installation is crucial for optimal performance. If you are not confident in performing this procedure, seek assistance from a qualified bicycle mechanic.

Tools Required:

- Hex wrenches (various sizes)
- Torque wrench
- Cable cutters
- Grease

Installation Steps:

1. **Mounting the Derailleur:**

   Attach the derailleur to the derailleur hanger on your bicycle frame. Ensure it is seated correctly and tighten the mounting bolt to the manufacturer's specified torque (typically 8-10 Nm). The mounting type is Braze-On Mount.

2. **Cable Routing:**

   Route the shift cable from your shifter through the frame and into the derailleur's cable fixing bolt. Ensure the cable housing is cut cleanly and properly seated.

3. **B-Tension Adjustment:**

   With the chain on the smallest cog and smallest chainring, adjust the B-tension screw so that the upper guide pulley clears the largest cog by approximately 5-6mm. This ensures proper chain wrap and shifting performance.

4. **Limit Screw Adjustment (High and Low):**

   Adjust the high (H) limit screw to prevent the chain from shifting beyond the smallest cog. Adjust the low (L) limit screw to prevent the chain from shifting beyond the largest cog. These adjustments are critical for preventing the chain from falling off the cassette or into the spokes.

5. **Indexing Adjustment:**

   With the chain on the second smallest cog, fine-tune the cable tension using the barrel adjuster on the shifter or derailleur until shifting is smooth and precise across all cogs.

Operating Instructions

The Shimano GRX RD-RX400 derailleur is designed for intuitive and reliable shifting. Always shift smoothly and avoid excessive force.

- **Shifting Up (to larger cogs):** Use the appropriate lever on your shifter to move the chain to larger cogs for easier pedaling.
- **Shifting Down (to smaller cogs):** Use the appropriate lever to move the chain to smaller cogs for harder pedaling and higher speeds.
- **Anticipate Shifts:** Shift before encountering steep climbs or descents to maintain momentum and reduce stress on the drivetrain.
- **Avoid Cross-Chaining:** While the GRX system is robust, avoid extreme gear combinations (e.g., largest chainring with largest cog, or smallest chainring with smallest cog) to prolong component life and reduce noise.

Maintenance

Regular maintenance will extend the life of your derailleur and ensure consistent performance.

- **Cleaning:** Regularly clean the derailleur, especially the pulleys, to remove dirt and grime. Use a degreaser and brush, then rinse and dry.
- **Lubrication:** Apply a suitable bicycle chain lubricant to the chain and occasionally to the pivot points of the derailleur. Avoid over-lubrication.
- **Inspection:** Periodically check for bent derailleur hangers, worn pulley wheels, loose bolts, or damaged cables/housing. Replace worn parts promptly.

- **Chain Stabilizer:** If the chain stabilizer (clutch) tension feels too loose or too tight, refer to Shimano's official technical documents for adjustment procedures.

Troubleshooting

Problem	Possible Cause	Solution
Difficulty shifting to larger cogs	Insufficient cable tension, bent derailleur hanger, dirty cable/housing	Increase cable tension with barrel adjuster, check/straighten hanger, clean/replace cable and housing
Difficulty shifting to smaller cogs	Excessive cable tension, sticky pivots, dirty components	Decrease cable tension with barrel adjuster, clean and lubricate pivots, clean derailleur
Chain jumping or dropping	Incorrect limit screw adjustment, worn chain/cassette, chain stabilizer off/loose	Adjust limit screws, inspect/replace chain/cassette, engage/adjust chain stabilizer
Noisy shifting	Misaligned derailleur, dry chain, worn pulleys	Check alignment, lubricate chain, replace worn pulleys

Specifications

Attribute	Detail
Model Name	C8C075 (Part Number: IRDRX400)
Brand	SHIMANO
Series	GRX
Speed	10-Speed
Compatibility	For Double Chainring Setups
Technology	Shadow+
Mounting Type	Braze-On Mount
Material	Aluminium (Case Material)
Color	Black
Item Weight	0.02 Ounces (approx. 0.57 grams)
Package Dimensions	7.4 x 4.92 x 3.74 inches
Model Year	2019

Warranty and Support

The Shimano GRX RD-RX400 Rear Derailleur comes with a **2 Year Manufacturer Warranty**. For warranty claims or technical support, please contact SHIMANO customer service or visit their official website.
For additional resources and product information, you may visit the official SHIMANO Store on Amazon.

© 2025 SHIMANO. All rights reserved.

Ask a question about this manual

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page's manual context to help answer it.

Name

Anonymous

Email

you@example.com

After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. Privacy details.

Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question

Open the live page

https://manuals.plus/asin/B07RVXQWKV

More documents and user manuals: **https://manuals.plus/**