

The way I like to bleed brakes is reverse bleeding. I get a large syringe (6"x3/4" or so) from a farm supply store and a foot or so of small rubber hose. Ziptie the tube to the end of syringe. Push the caliper against the rotor to bottom out the caliper piston. If you have the wheel off, clamp the pads against the piston with a C clamp to hold the piston compressed. I really recommend the C clamp method, BTW. This has yielded me the most consistent bleeds.

Fill the syringe up with brake fluid. I like Motul 5.1 but 4.0 and 3.0 will work as well. Slowly squeeze the plunger as you attach the hose to the closed bleeder to minimize air bubbles. A small ziptie around the hose/bleeder junction helps, too. Unbolt the resevoir and let it hang over a pan.

Make sure the MC plunger is not engaging the piston as that will make it hard to force the fluid up the line. Open the bleeder and start squeezing. You may have to use a fair amount of force but don't overdo it. When the syringe is about 80% empty, tip the resevoir up and push the rest of the fluid in. Tighten the bleeder while still pushing.

Take the ziptie off, top off the resevoir, and pump up the brakes. Now bleed it traditionally for one or two times just to make sure you didn't leave an air bubble in the caliper. Do the same after you remove the C clamp, if you used one.