

Bottom Bracket

Instruction Manual

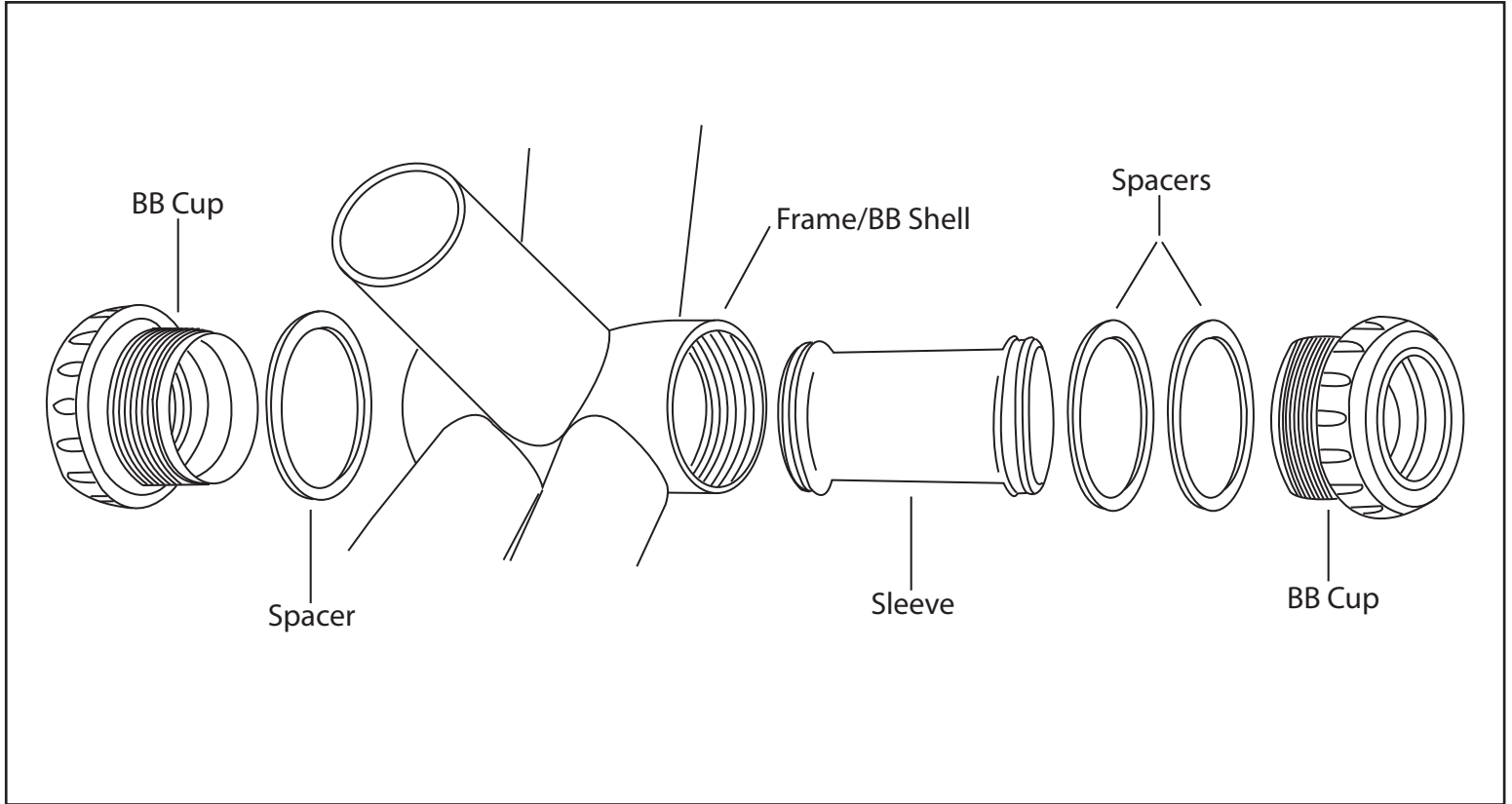
BB001

Please read all instructions before installing and using your bottom bracket

Be sure to install your bottom bracket using the appropriate tools in order to avoid damage to the frame and/or bottom bracket.

Warning

Failure to install the bottom bracket properly may result in serious injury/death and or damage to your bicycle.



Installation/Use

1. Follow the crankset's manufacturer instructions to determine proper spacer orientation.
2. Apply a generous amount of waterproof grease on the bottom bracket cup and shell threads.
3. Insert bottom bracket sleeve into the frame's bottom bracket shell.
4. With the proper spacers installed on the bottom bracket cups, thread the cups into the bottom bracket shell and torque to 35-40 Nm.
5. Follow crankset's manufacturer instructions when installing crank arms to ensure proper bottom bracket bearing preload.

Warning

- * Use the proper bottom bracket tool to thread in and tighten the bottom bracket cups.
- * Check for bearing play by pushing and/or pulling the crank arm from side to side once installed.
- * If play exists, make sure the right amount of spacers is being used.