

One Piece BB Cupset

Instruction Manual

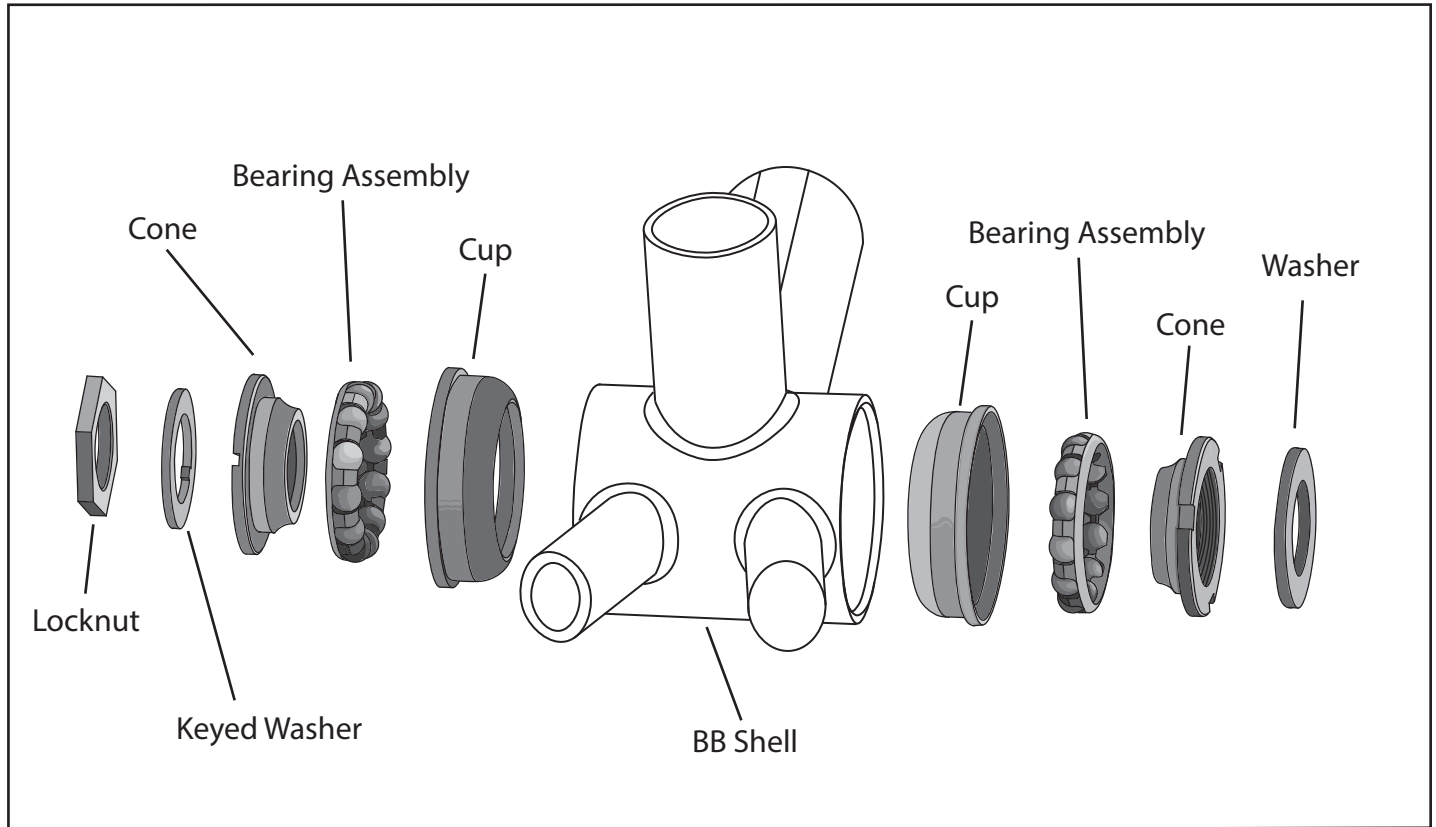
BB003

Warning

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

Please read all instructions before installing and using your bottom bracket.

These instructions are for installing 1 piece cranks, 3 piece BMX applications differ slightly, although a similar process may be followed.



Installation

1. Begin by installing the cups in the frame using an applicable Bottom Bracket press.
2. Install the Drive side cone and washer to axle. Use of thread lock is recommended for cone threads.
3. Pack bearings fully with grease (not included).
4. Place one bearing assembly on drive side cone - Ball bearing side faces the cone, retainer side sits in the cup. Thread entire assembly through BB shell
5. Place remaining bearing assembly onto the axle so that it sits inside the non drive cup.
6. Install non drive side cone over axle and tighten.
7. Place keyed washer and locknut over the axle and tighten. Check for play in the bearings and crank. If there is play in the crank, loosen locknut and tighten adjustment cone until contact with the bearing, then turn back 1/4 rotation. Re-tighten locknut and check for play. Repeat as necessary. Bearing should be as loose as possible without causing play in the system.

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