

3pc Conversion Bottom Bracket

Instruction Manual

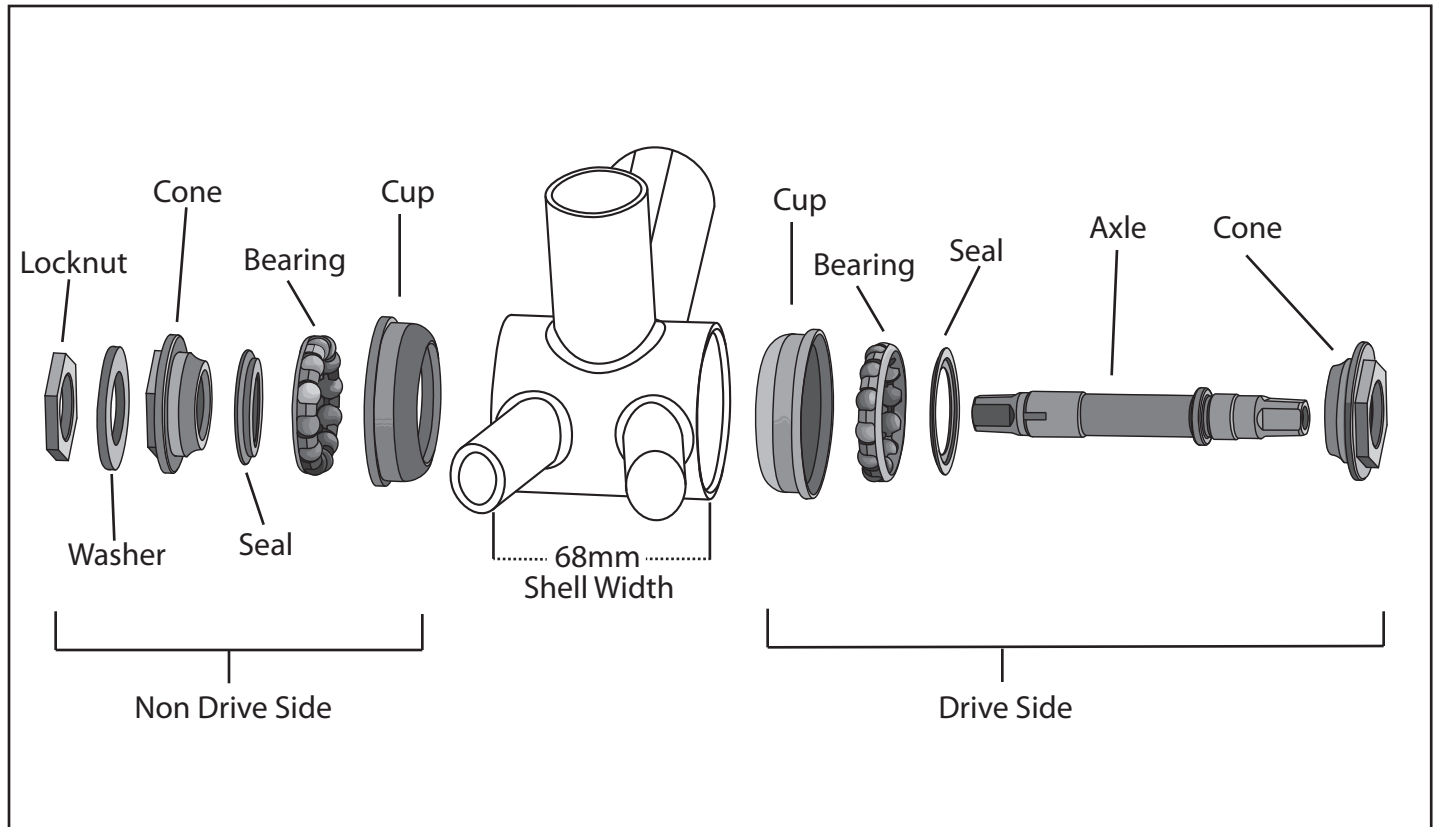
BB006

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

This bottom bracket kit is intended for converting a 1 piece crank in 68mm American frames.

Warning

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



Installation

1. Remove all pieces from the axle by removing lock nut and sliding the remaining pieces off.
2. Press cups into BB shell with appropriate tool making sure they are fully seated.
3. Tighten drive side cone to axle by hand.
4. Grease bearings liberally ensuring the cage is fully packed.
5. Insert seal and bearing onto axle taking note that the ball side of the bearing faces toward the cup, and the words on the seal face outward.
6. Insert the axle through the BB shell and install non drive bearing, seal, and cone.
7. Tighten cones to 34-44Nm or frame manufacturers' specification.
8. Slide washer onto axle and check that it is able to sit flush against the cone.
9. Install locknut behind washer and torque to 34-44Nm.
10. Double check all interfaces are flush and bearings roll smoothly.

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