



# BOTTOMFIT

## BBB BOTTOM BRACKET /BBO-78/88

BBB CYCLING.COM  
ROOSEVELTSTRAAT 46, 2321 BM  
LEIDEN, THE NETHERLANDS

EN MANUAL / DE HANDBUCH / FR MANUEL / NL HANDLEIDING / ES MANUAL / PT MANUAL / IT MANUALE / HU HASZNÁLATI UTASÍTÁS / PL PODRECZNIK / CZ UŽIVATELSKÁ PŘÍRUČKA / JP 使用説明書 / RU РУКОВОДСТВО ПОЛЬЗОВАТЕЛЯ / SK MANUÁL / NO HÅNDBOK

### COMPONENTS:

- ① Bottom bracket shell
- ② Non-drive side cup (x1) - 2.5 mm x1
- ③ Drive side cup (x1) - 3 mm x1
- ④ Spacers: - 2 mm x1

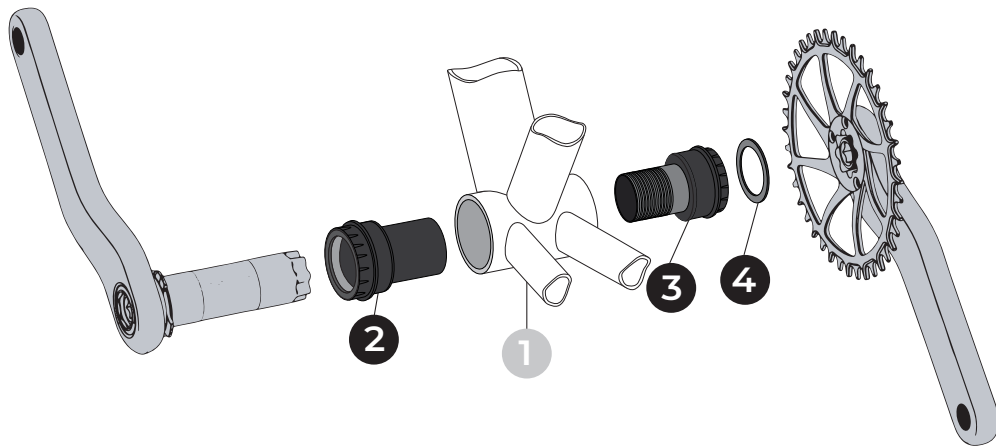
### COMPATIBILITY

BBO-78: PF30-29  
- PF30 (68/73 x Ø46mm) + Ø29mm spindle cranksets

BBO-88: BB30-29  
- BB30 (68/73 x Ø42mm) + Ø29mm spindle cranksets

### RECOMMENDED TOOLS

- BTL-105D BracketPlug x2
- Grease
- (12 notch 46mm cup tool)
- PTFE (for Carbon BB shell)
- Caliper or ruler
- Anti-seize (for Ti BB shell)

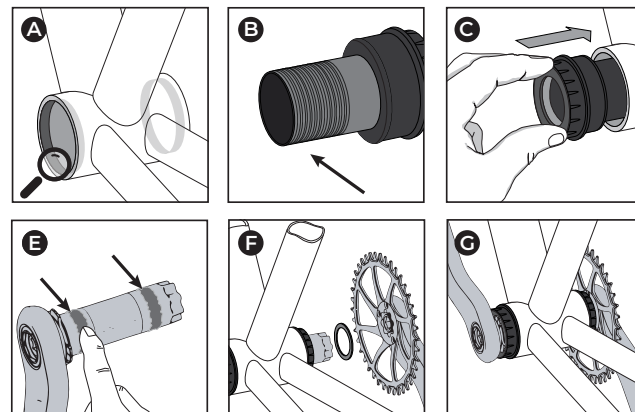


### IMPORTANT:

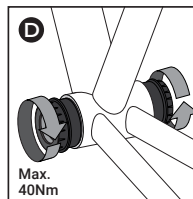
- Before installing ensure the BB shell ① is clean and free of metal chips, dirt and excess paint.
- Inspect the BB shell ① for width, inner diameter, ovalization or anything that could cause bearing mis-alignment.
- Always use a calibrated torque wrench to tighten crank bolts.
- BBB Cycling cannot guarantee compatibility with you frame and/or crank combination.
- consult your manufacturer for compatibility.
- BBB Cycling cannot be held responsible for any damage occurred during assembly.

### INSTALLATION:

- A. After checking BB shell ① carefully, apply a thin layer of grease, PTFE (for Carbon) or anti-seize compound (for Ti) on the inside surface of BB shell ①.
- B. Apply a little bit of grease on the drive side cup thread.  
Do not use PTFE, anti-seize or thread locking compound.
- C. First insert the drive side cup ② then insert non-drive side cup ③ until the threads engage. Make sure you do not cross-threads the cups.
- D. Use the BracketPlug cup tools to tighten until the lip of the cups are flush against the BB shell (Max. 40Nm, for carbon shells lower torque is recommended).
- E. Apply grease to the surfaces of the spindle that will contact the bearings.
- F. Add spacers ④ as noted below. If binding occurs or the crankset gets loose over time, try removing spacers.
- G. Install crankset following manufacturers specifications.



CRANK	BB SHELL WIDTH	NON-DRIVE SIDE SPACER	DRIVE SIDE SPACER
Road	68	0 mm	3 mm
MTB	73	0 mm	4.5 mm (2+2.5)



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### WARNING

Sold only by professional bicycle dealers. For proper installation, ask your BBB dealer. Not following the instructions in this manual may cause damage to the product not covered under warranty, damage to the bicycle, or cause an accident resulting in injury or death.