



BOTTOMBEAR

BBB BOTTOM BRACKET BEARINGS BBB /BB0-05

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 PODRĘCZNIK / CZ UŽIVATELSKÁ PŘÍRUČKA
/ JP 使用説明書 / RU РУКОВОДСТВО ПОЛЬЗОВАТЕЛЯ / SK MANUÁL / NO HANDBOK

PRESS FIT BOTTOM BRACKET INSTALLATION, ILLUSTRATIONS A AND B :

1. Ensure that bottom bracket (BB) shell ① is clean and free of metal chips, dirt and excess paint.
2. Install only bearing cup ③ in the BB shell at a time to avoid damage to the plastic center sleeve ②.
3. Place bearing cup ③ with half of plastic sleeve ② on the press tool ④ (illustration A). Note: right and left bearing cups are the same. Apply threadlocker on bearing cup "A" before installing.
4. Slide the press tool ④ through the bottom bracket shell ①.
5. Use the press tool ④ to press the bearing cup ③ with sleeve ② into the BB shell. Tighten until the thrust face of the bearing cup ③ is flush with the outer face of the bottom bracket shell ①.
6. Repeat steps 4 through 6 to install remaining bearing cup with sleeve. Be certain that the center sleeve halves are aligned properly to avoid damage. One side of the center sleeve should easily fit over the other (illustration B). **Note:** be certain that the veering cups and tool faces are aligned and square otherwise damage to the plastic covers and bottom bracket shell may occur.
7. When bottom bracket is completely installed, unscrew the press tool and carefully remove from the bottom bracket.
8. Check bearings for rotational smoothness. If bearings feel rough, it may be an indication the cups are not perfectly aligned in the bottom bracket shell. It may be necessary to carefully remove and reinstall the bearings to be assured the bearing alignment in the bottom bracket shell is correct. **Note:** the plastic cups used for PF30 may be damaged if removed after installation. If damage occurs the cups should be replaced.

CRANKSET INSTALLATION, ILLUSTRATION C :

1. Measure the BB shell ①. For BB shells measuring 68mm, place the 2.5mm spacer ④ on the spindle of the drive arm, and then place the drive side bearing seal ③ with machined grooves facing the PF30 bottom bracket ②. And insert the spindle through PF30 bottom bracket completely through the BB shell. For BB shells measuring 73mm, slide ONLY the drive side bearing seal onto the spindle before inserting through the bottom bracket. Do not use 2.5mm spacer ④ on 73mm BB shells. **Note:** the 2.5mm spacer has no grooves; do not confuse 2.5mm spacer with the non-drive bearing seal. Apply grease between the bearing shield and the PF30 bearing to reduce friction and add water resistance.
2. Before installing the left arm, turn preload nut ⑦ on the arm so that it is completely threaded onto arm ⑥ (make sure the set screw ⑧ is loosened before turning the preload nut).
3. For 68mm BB shells, install the non-drive bearing shield ⑤ onto spindle with machined grooves facing the PF30 bottom bracket. For 73mm BB shells, do not use the non-drive bearing seal. **Note:** Apply grease to the outside of the PF30 bearing to decrease friction and add resistance to water and contamination.
4. Engage the left arm to the spindle and tighten the crankbolt ⑨ using a torque wrench and 10mm Allen key. Tighten the crank bolt to a torque of 380-410 kgf.cm / 38-41 Nm / 337-363 in.lbs. Always use a calibrated torque wrench to tighten the crankbolt. Stripping or breakage due to installing without a torque wrench is not covered under warranty.
5. Adjust preload nut ⑦ with 36mm spanner wrench to remove any side play between the crankset and the BB assembly. Do not tighten the preload nut higher than maximum torque of 70-90 kgf.cm / 7-9 Nm / 62-80 in.lbs. Tighten the preload nut set screw ⑧ with the 1.5mm Allen to a torque of 4-5 kgf.cm / 0.4-0.5 Nm / 3.5-4.4 in.lbs to secure the preload nut.

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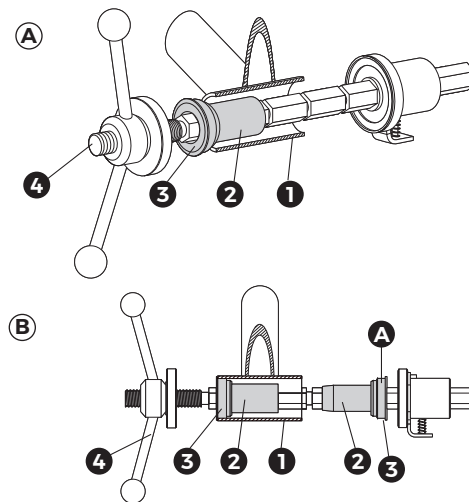


WARNING

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.

COMPONENTS:

- ① Bottom bracket shell
- ② Plastic center sleeve (x 1)
- ③ Bearing cup (x 2)
- ④ Headset Press Tool (not included)



COMPONENTS:

- ① Bottom bracket shell
- ② PF30 bottom bracket x2 (already installed)
- ③ Drive side bearing shield 5mm x1
- ④ 2.5mm spacer (use on 68mm shell only) x1
- ⑤ Non-drive bearing shield (for 68mm shell only) x1
- ⑥ Non-drive crankarm x1
- ⑦ Preload nut x1 (installed on non-drive arm)
- ⑧ Preload nut set screw x1 (installed on preload nut)
- ⑨ Self-extracting crank bolt assembly
- 1.75mm washer x1
- BB30 crank bolt x1
- 3mm washer x1
- M27 retaining nut x1

