



# BOTTOMBEAR

## BBB BOTTOM BRACKET BEARINGS /BB0-11

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

### IMPORTANT

- Before installing the bearings, use a reaming tool to ensure the bottom bracket (BB) shell ① is clean and free of metal chips, dirt and excess paint.
- Inspect the BB shell for ID, ovalization or anything that could cause bearing mis-alignment.
- Wear eye protection while installing or removing circlips to prevent injury.
- Always use a calibrated torque wrench to tighten crank bolts.
- The wave spring washer should not be completely compressed for proper use.

FIND YOUR TRANSLATION  
ON [BBBCYCLING.COM](http://BBBCYCLING.COM)



### 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:

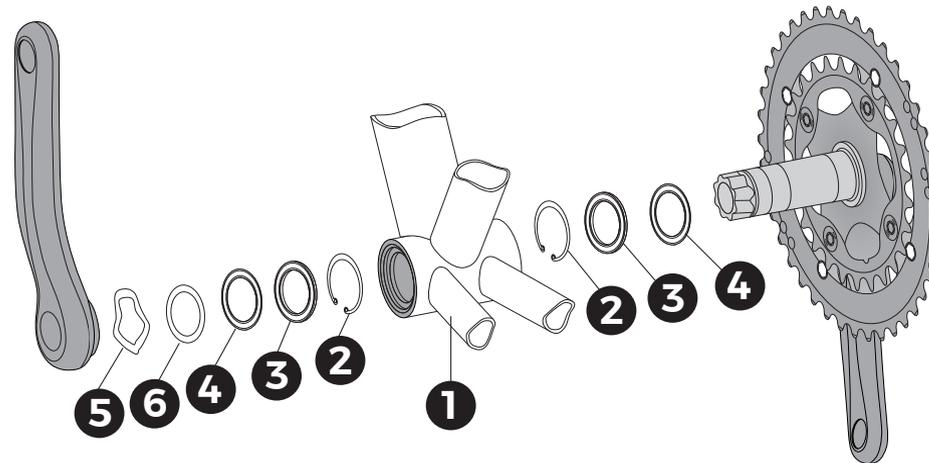
- |                        |                           |
|------------------------|---------------------------|
| ① Bottom bracket shell | ④ Bearing shield (x2)     |
| ② Circlip (x2)         | ⑤ Wave spring washer (x1) |
| ③ BB30 bearings (x2)   | ⑥ MS188 BB30 Shim (x1)    |

### COMPATIBILITY

- BB0-11 is designed to fit BB30 specific Road cranksets in a 68mm wide bottom bracket shell ①.
- Make sure your frame and crank are compatible.

### RECOMMENDED TOOLS

- BTL-95 BracketKit
- Grease
- Adjustable wrench
- PTFE (Carbon BB shell)
- Circlip pliers
- Anti-seize (Ti BB shell)
- Torque wrench



### INSTALLATION:

1. Use circlip pliers, collapse the circlip ② and insert into machined circlip groove in each side of the BB shell.
2. Install bearings using the BTL-95 BracketKit. Press the bearings ③ into the BB shell until they are butted against the circlip.
3. Apply a layer of grease on the outer edge of the bearing ③ to reduce friction between the bearing and the bearing shield, as well as improve protection from contamination.
4. Apply grease to the surfaces of the spindle that will contact the bearings.
5. Install the bearing seal ④ on the drive side bearing, with the alloy frame towards the bearing.
6. Insert the drive side crank arm and spindle through both bearings. Position the non-drive side bearing seal ④ over the left bearings with the alloy frame towards the bearings.
7. Position the wave spring washer ⑤ on the non-drive side.
8. Install the left crank arm and tighten to manufacturer specifications. If necessary, install the MS188 preload shim ⑥ to take up any play.
9. Clearance between non-drive arm and bearing seal should be 1.5 - 2.2mm after tightening. If there is still play, DO NOT tighten even more, inspect BB shell for proper tolerances and re-install BB and crankset.

