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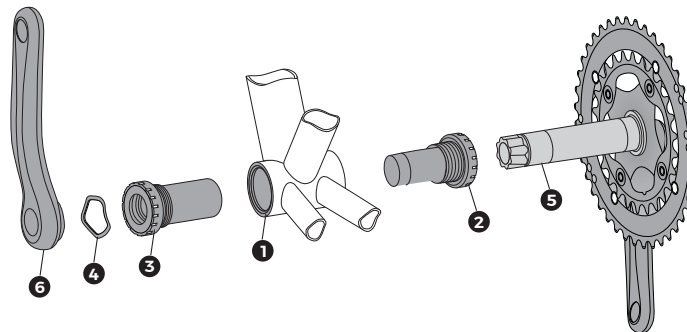
COMPONENTS:

- | | |
|--------------------------|-------------------------------|
| ❶ Bottom bracket shell | ❷ Wave spring washer (x1) |
| ❸ Bearing cup right (x1) | ❸ Crank (drive side) (x1) |
| ❹ Bearing cup left (x1) | ❹ Crank (non-drive side) (x1) |

BOTTOMTHREAD

BBB BOTTOM BRACKET
/BB0-31

 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 HÅNDBOK
**CRANKSET INSTALLATION**

1. Ensure that the BB shell ❶ threads are clean from machining chips, dirt, dust, etc.
2. Install the right bearing cup ❷. Tighten the cup to 400-500 kgf.cm / 40-50 Nm / 355-445 in.lbs.
3. Install the left bearing cup ❸. Tighten the cup to 400-500 kgf.cm / 40-50 Nm / 355-445 in.lbs.
4. Apply grease to the machined surfaces of the spindle that will contact the bearings after crank installation. Gently insert the right crank ❸ through the right and left bearing cup.
 CAUTION: Take care not to damage the plastic cover of right BB cup ❷ during the right crank installation. Lightly grease the plastic cover of BB cups to ease installation.
5. Apply a thin layer of grease on the engagement teeth of the left spindle. Insert the wave spring washer ❹ onto the left side of the spindle. (Note: Engagement teeth should be fully exposed on the left, non-drive side of the bottom bracket).
6. Install the left crank arm ❹ onto the axle. Tighten the crank bolt following manufacturers specification.
 CAUTION: Try to avoid completely flattening the wave spring washer ❹. Clearance between the non-drive arm and the bearing seal should be 1.5 - 2.2mm.

 FIND YOUR TRANSLATION
 ON 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.