



BOTTOMTHREAD

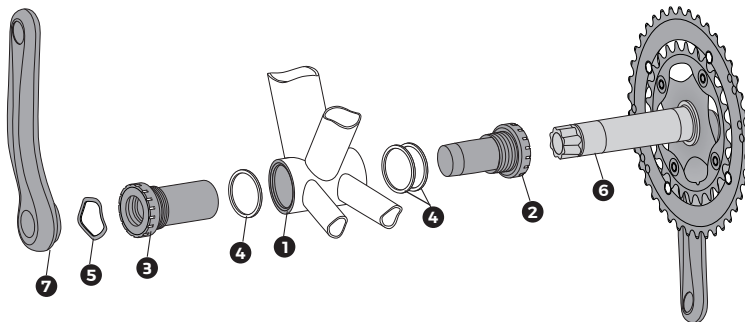
BBB BOTTOM BRACKET /BB0-35

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 HÅNBOK

COMPONENTS:

- ① Bottom bracket shell
- ② Bearing cup right (x1)
- ③ Bearing cup left (x1)
- ④ Spacers (x3)
- ⑤ Wave spring washer (x1)
- ⑥ Crank (drive side) (x1)
- ⑦ Crank (non-drive side) (x1)



CRANKSET INSTALLATION

1. Ensure that bottom bracket (BB) shell ① is clean and free of metal chips, dirt, and excess paint.
2. Install the right bearing cup ② and use the 2.5mm spacer(s) ④ as noted in the table.
Tighten the cup to 400-500 kgf.cm / 40-50 Nm / 355-445 in.lbs.
3. Install the left bearing cup ③ and 2.5mm spacer ④ as stated in the table.
Tighten the cup to 400-500 kgf.cm / 40-50 Nm / 355-445 in.lbs.
4. Apply grease to the surfaces of the spindle that will contact the bearings, gently insert the crank (drive side) ⑥ from drive side through the right and left bearing cup.
CAUTION: Take great care not to damage the plastic cover of the left BB cup.
5. Apply a light amount of grease on the spindle splines of the right crank. Install the wave washer ⑤ onto the axle. (Note: Engagement teeth should be fully exposed on the left, non-drive side of the bottom bracket).
6. Install the left crank arm ⑦ onto the axle. Tighten the crank bolt following manufacturers specification.
CAUTION: Try to avoid completely flattening the wave spring washer ⑤. Clearance between the non-drive side arm and the bearing shield should be 1.5 - 2.2mm.

HOW TO USE THE SPACER

MTB BB SHELL	E-TYPE DERAILLEUR OR CHAINGUARD	LEFT SIDE (NON-DRIVE)	RIGHT SIDE (DRIVE)
68	no	1x	2x
68e	yes	1x	1x
73	no	0x	1x
73e	yes	0x	0x
83	no	0x	1x

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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.