

3

# BOTTOMTHREAD

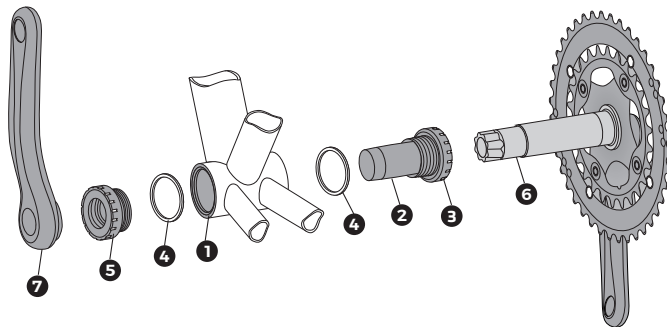
**BBB** BOTTOM BRACKET / **BBO-36**

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 Plastic center sleeve (x1)
- ③ Bearing cup right (x1)
- ④ Spacers (x2)
- ⑤ Bearing cup left (x1)
- ⑥ Crank (drive side) (x1)
- ⑦ Crank (non-drive side) (x1)



## CRANKSET INSTALLATION

1. Ensure that the BB shell ① threads are clean from machining chips, dirt, dust, etc.
  2. Install the right bearing cup ③ and center sleeve ② and use the 2.5mm spacer ④ as the above table. Tighten the cup to 347-418 kgf.cm / 34-41 Nm / 301-363 in.lbs.
  3. Install the left bearing cup ⑤. Tighten the cup to 347-410 kgf.cm / 34-41 Nm / 301-363 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 ⑥ through the right and left bearing cup.
  5. Apply a thin layer of grease on the engagement teeth of the left spindle and inside thread.  
(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 to manufactureres specification. Check the assembly for play by moving the crank arms. If the crank moves tighten until maximum torque is reached.
- CAUTION:** Do not tighten the crank bolt over 550 kgf.cm / 54 Nm / 478 in.lbs. torque. If the crank still moves, remove left crank arm ⑦, apply additional grease and repeat installation.

## HOW TO USE THE SPACER

ROAD BB SHELL	LEFT SIDE (NON-DRIVE)	RIGHT SIDE (DRIVE)
68	0x	0x
MTB BB SHELL	LEFT SIDE (NON-DRIVE)	RIGHT SIDE (DRIVE)
68	1x	1x
73	0x	0x

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.