

# Bottom Bracket

## Instruction Manual

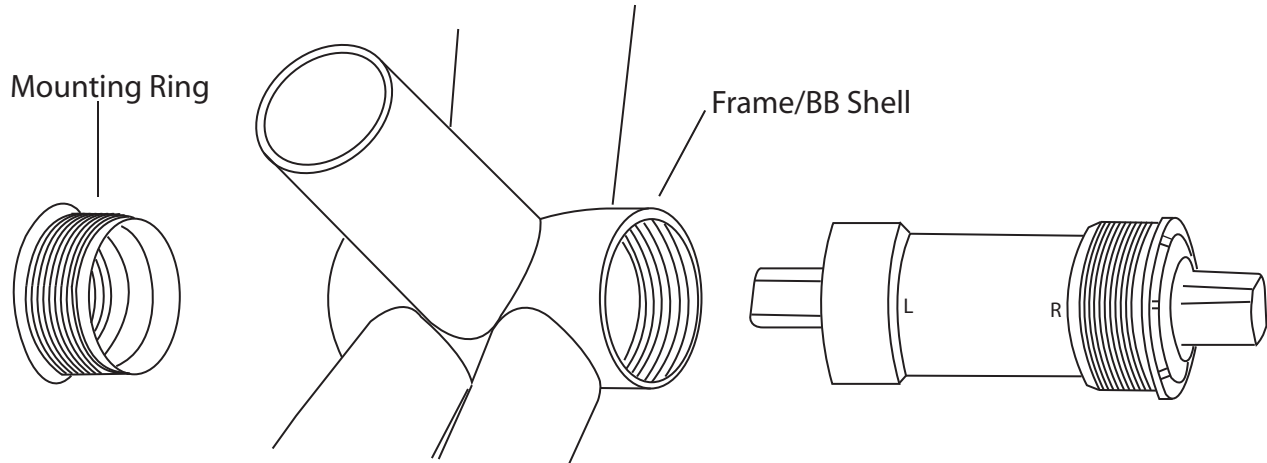
BB002

*Please read all instructions before installing and using your bottom bracket*

*Be sure to install your bottom bracket using the appropriate tools in order to avoid damage to the frame and/or bottom bracket.*

### Warning

Failure to install the bottom bracket properly may result in serious injury/death and or damage to your bicycle.



## Installation/Use

1. Make sure the threads on both sides of the bottom bracket shell are clean and free of any protruding object that may interfere with the cartridge.
2. Apply a generous amount of waterproof grease on the bottom bracket and shell threads.
3. Insert and thread in the bottom bracket on the shell, making sure the "L" marking on the bottom bracket is on the Left side of the frame and the "R" marking is on the Right side of the frame.
4. With the appropriate mounting wrench, tighten the mounting ring to approximately 30 Nm.
5. Follow crankset's manufacturer instructions when installing crank arms.

### Warning

- \* Use the proper bottom bracket tool to thread in and tighten the bottom bracket.
- \* Check for play by pushing and/or pulling the crank arm from side to side once installed.