



BOTTOMBEAR BOTTOM BREAKET BEARINGS

BBB CYCLING®
ROOSEVELTSTRAAT 46, 2321 BW LEIDEN
THE NETHERLANDS

BBBCYCLING.COM

EN Manual	HU Használati utasítás
DE Handbuch	PL Podręcznik
FR Manuel	CZ Uživatelská příručka
NL Handleiding	JP 使用説明書
ES Manual	RU Руководство пользователя
PT Manual	SK Manuál
IT Manuale	NO Håndbok
	BBO-26

BB SHELL

CRANKSET

INNER Ø						
WIDTH						
TYPE	PF30	BB386 EVO	BB30	BB86 - 89,5 - 92	BB90 - 95	THREADED
BIKE	ROAD MTB	ROAD	ROAD MTB	ROAD MTB	ROAD MTB	ROAD MTB
- SHIMANO Hollowtech II	BBO-01 BBO-05	BBO-01	BBO-11 BBO-15	BBO-21 BBO-25	BBO-26	BBO-31 BBO-35
- FSA Mega Exo	BBO-16 BBO-16	BBO-17	BBO-16 BBO-16			
- RACE FACE X-Type						
- ROTOR 3D - Agilla						
Spindle dia = 24mm						
- FSA BB30	BBO-01 BBO-05		BBO-11 BBO-15			
- SRAM BB30						
Spindle dia = 30mm						
- FSA BB386 EVO		BBO-01				
Spindle dia = 30mm						

MORE BOTTOM BRACKETS

CAMPAGNOLO: Ultra Torque - BBO-41
Power Torque - BBO-42

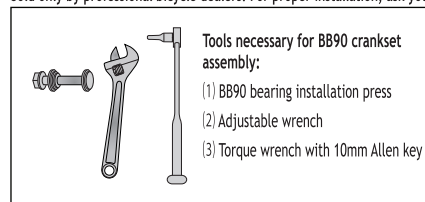
SQUARE TAPERED JIS: 113mm - BBO-51
Shimano 115mm - BBO-52
Ritchey 118mm - BBO-53
Specialized 122.5mm - BBO-54

ISIS DRIVE: BBO-61
Bontrager (Truvativ) Truvativ
FSA

ENGLISH

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.



CRANKSET INSTALLATION:

Before installing bearings, use a reaming tool to ensure that the bottom bracket (BB) shell 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.

1. Install bearings using the BB90 bearing installation press (1) and the adjustable wrench (2). Press the bearings (2) into the BB shell until they are butted against the circlip. Note: Right and Left bearings are the same.
2. Apply a layer of grease on the outer edge of the bearing (2) to reduce friction between the bearing and the bearing shield, as well as improve protection from water and other contaminants.
3. Apply grease to the machined surfaces of the spindle that will contact the bearings after crank installation (as shown in the illustration).
4. Install the bearing seal (3) on the right bearing, with the flange (machined grooves on alloy covers) toward the bearing.
5. Insert the right crank arm and spindle through the both BB90 bearings. Position the non-drive side bearing seal (3) over the left bearings with flange inward, toward the bearings. (as shown in photo)
6. Position the wave spring washer (4) on the spindle on non-drive side.
7. The self-extracting crank bolt assembly (5) and preload nut are pre-installed from factory. Install the left crank by engaging the spindle hole of the crank to the spindle. Thread the self-extracting crank bolt into the spindle using a torque wrench with 10mm Allen key (3). Check your crank set manual for the appropriate torque. Always use a calibrated torque wrench to tighten the crank bolt. Stripping or breakage due to installing without a torque wrench is NOT covered under manufacturing warranty.

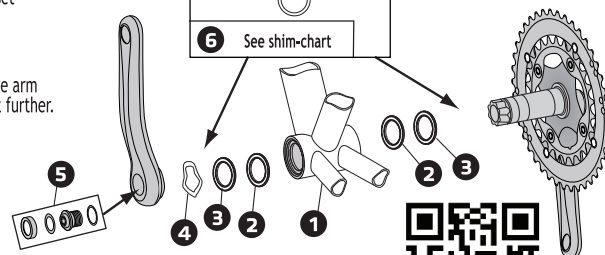
Caution: Do NOT tighten crank bolt over appropriate torque. Do NOT completely flatten the wave spring washer (4). Clearance between non-drive arm and bearing seal (4) should be 1.5-2.0mm. If the clearance is not within 1.5-2.0mm after applying correct torque. Do NOT tighten the crank bolt further. Recheck installation procedure and order of assembled parts. Ensure correct torque is used.

COMPONENTS:

Follow the assembly order in the illustration:

- | | | |
|---------------------------|--|---|
| 1 Bottom bracket shell | 5 Self-extracting crank bolt assembly: | 6 BB90 shims, see the chart below for the appropriate shims |
| 2 BB90 bearings (x2) | - Washer (x1) | |
| 3 Bearing seal (x2) | - M25 BB90 crank bolt (x1) | |
| 4 Wave spring washer (x1) | - Washer (x1) | |
| | - M18 retaining nut (x1) | |

	BB WIDTH	NON-DRIVE SIDE	DRIVE SIDE
ROAD	90	X	X
MTB	90	MW21	MW20
	95	X	MW049



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