1	2	3	4	5	6	

Rideworks use angular contact bearings in our BB's of this type, angular contact (A/C) bearings require some preload,

Use the provided light wave washer ensure it is completely flattened against seal face after the cranks are torqued .

В

С

D

Ε

Install Tool:

- ParkTool BBT-79 or similar.
- BSA 30/DUB DOES NOT COME WITH MIDDLE
 TUBE

• With threaded bottom bracket shells, it is critical that the shell's threads have been properly chased and the shell faced.

• Grease threads well before install, use high quality grease.

• For titanium BB shells, anti-sieze grease is recommended.

- Tighten cup to 35Nm
- Support NDS seal when pushing through crank spindle to prevent seal popping out.

To remove.

Rotate drive side cup clockwise

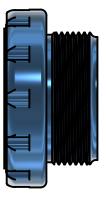
And non drive side cup anti clockwise

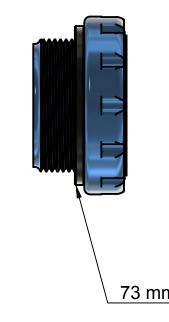
2

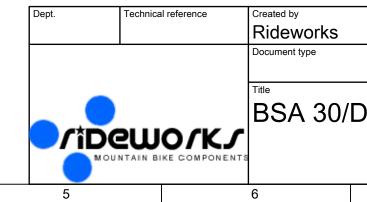
3

NON DRIVE SIDE

DRIVE SIDE







8

А

В

С

D

Е

MTB 73 Shell BSA 30/DUB BB

73 mm Shell Requires 1 x 2.5 Spacer

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