

ONLY FOR FRAME WITH T47 SHELL

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 .

Install Tool:

Standard Shimano

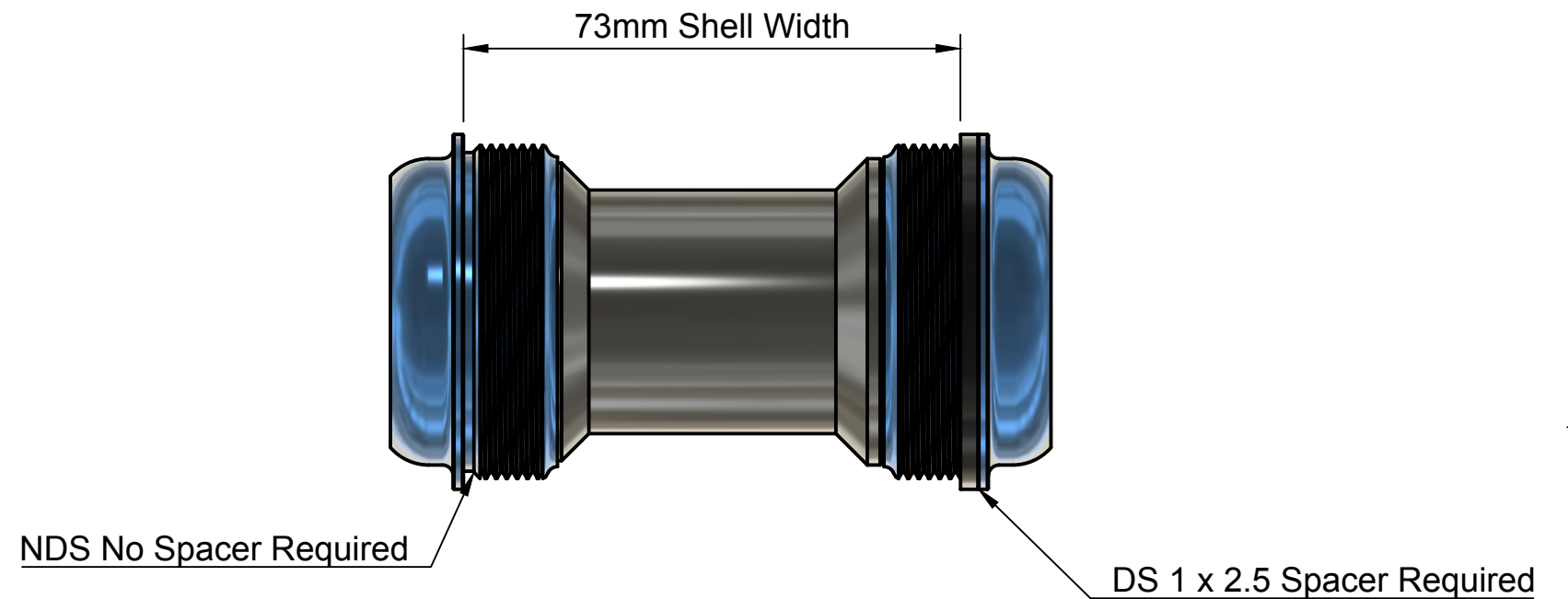
- No Spacers Required
- With threaded bottom bracket shells, it is critical that the shell's threads have been properly chased and the shell faced.
- Grease threads well before install, use high quality grease.
- For titanium BB shells, anti-sieze grease is recommended.
- Tighten cup to 35Nm
- Support 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

Remove cups and middle tube out



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