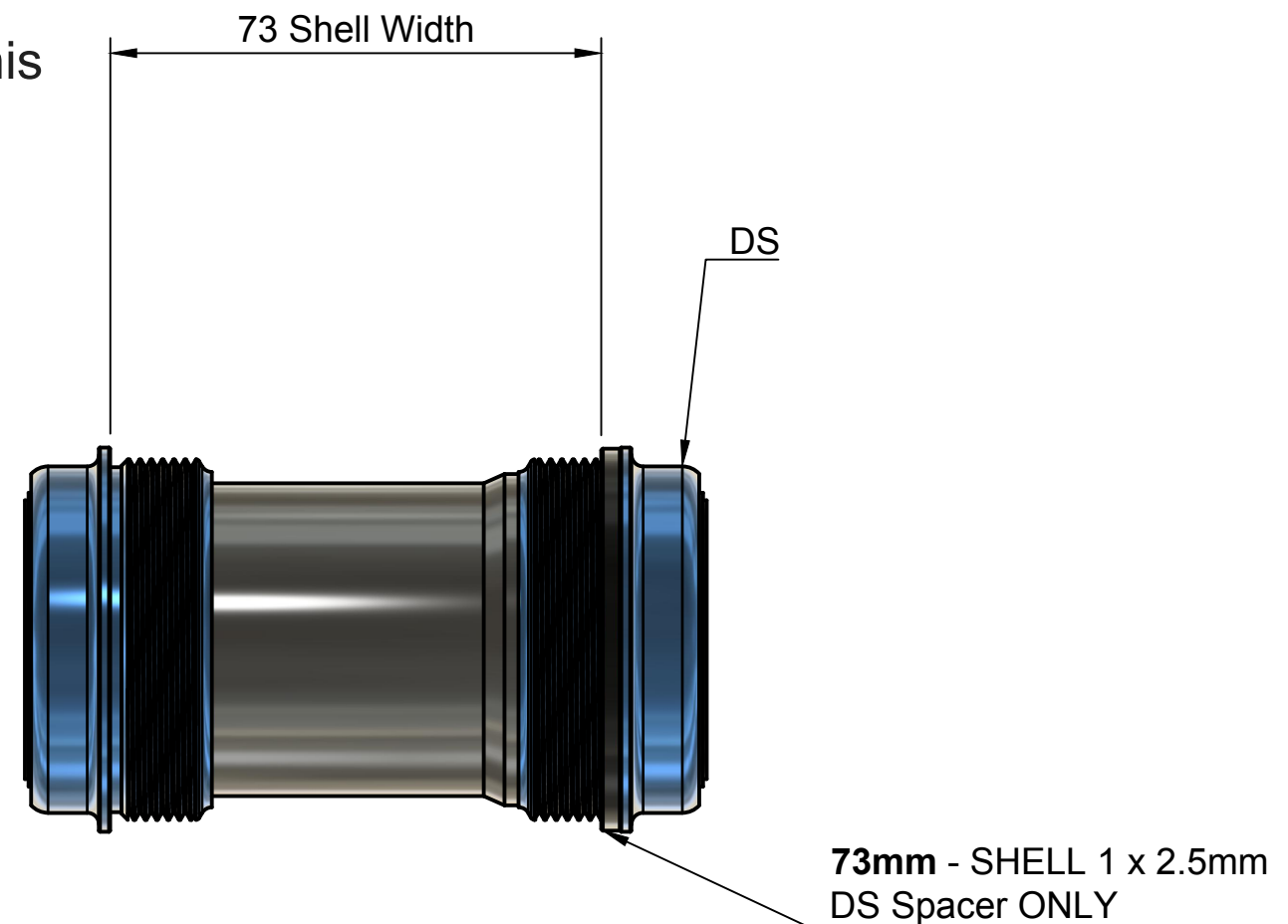


Rideworks use angular contact bearings in our BB's of this type, angular contact (A/C) bearings require some preload,

AC BEARINGS

The torque numbers for A/C bearings should be 3-4 Nm. This is roughly twice the normal radial bearing torque numbers.

This can be achieved by the torque ring or torque nut on a Shimano or similar crank system, or with a light (0.4 mm) wave washer completely flattened after the cranks are torqued onto the spindle to manufacturer specifications




Install Tool:

ParkTool BBT-79 or similar.

Apply a small amount of grease to threads before install.

Support NDS seal when pushing through crank spindle to prevent seal popping out.

Bearing: Enduro 71806 LLB

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