

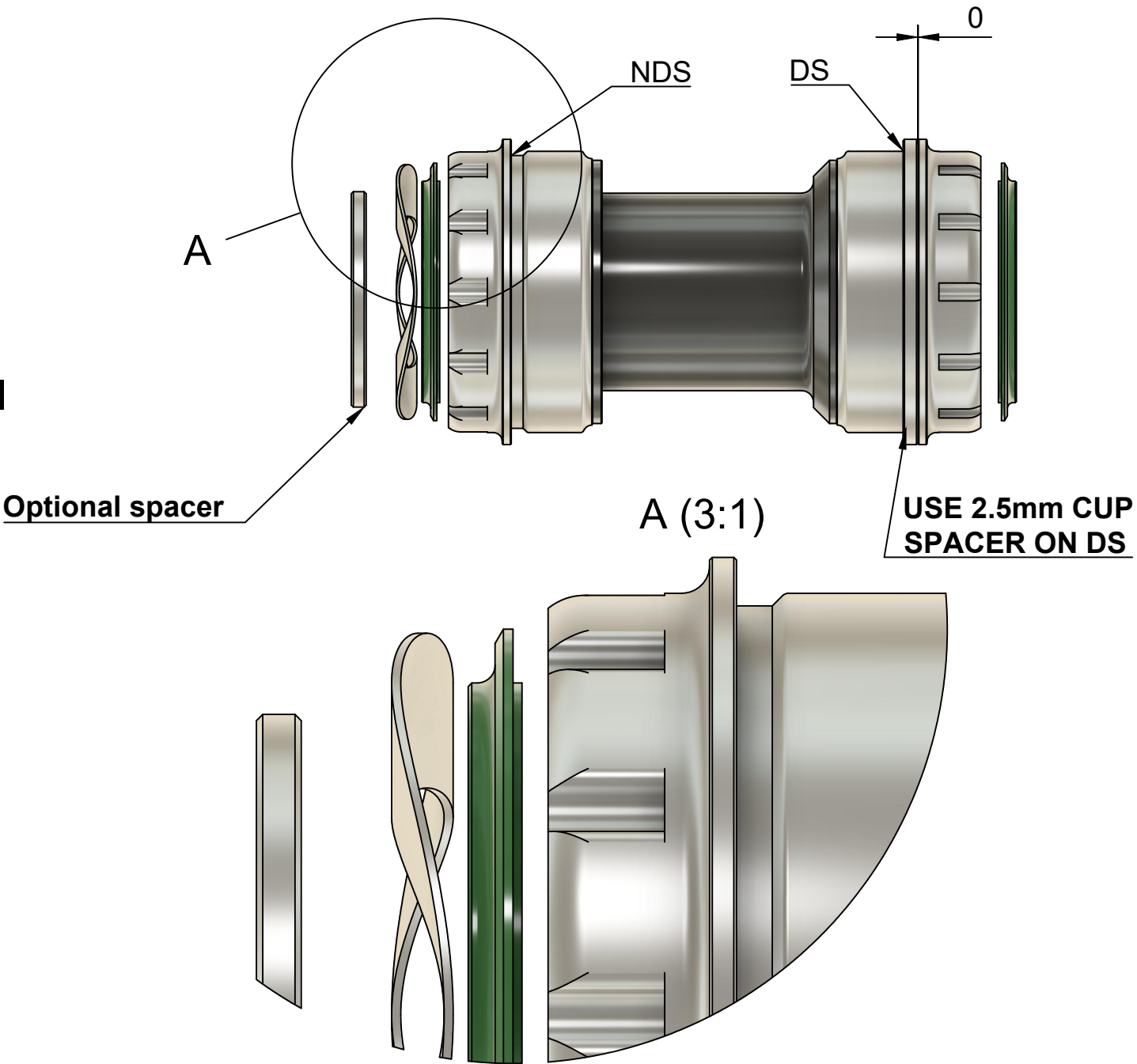
Rideworks use angular contact bearings in our BB's of this type, angular contact (A/C) bearings require some preload,


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

Install Tool:

- PARK TOOL BBT79
- Use 2.5 CUP spacer on DRIVE SIDE
- 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
- Apply Grease to front of bearing face
- Pace bearing covers like Fig 'A'

To remove.  
Rotate drive side cup clockwise  
And non drive side cup anti clockwise  
Remove cups and middle tube out



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