

Rideworks use a **Standard Radial** bearings in this type of BB

TORQUE CRANK TO
MANUFACTURERS SPEC

Use 2.5 spacer on drive side cup

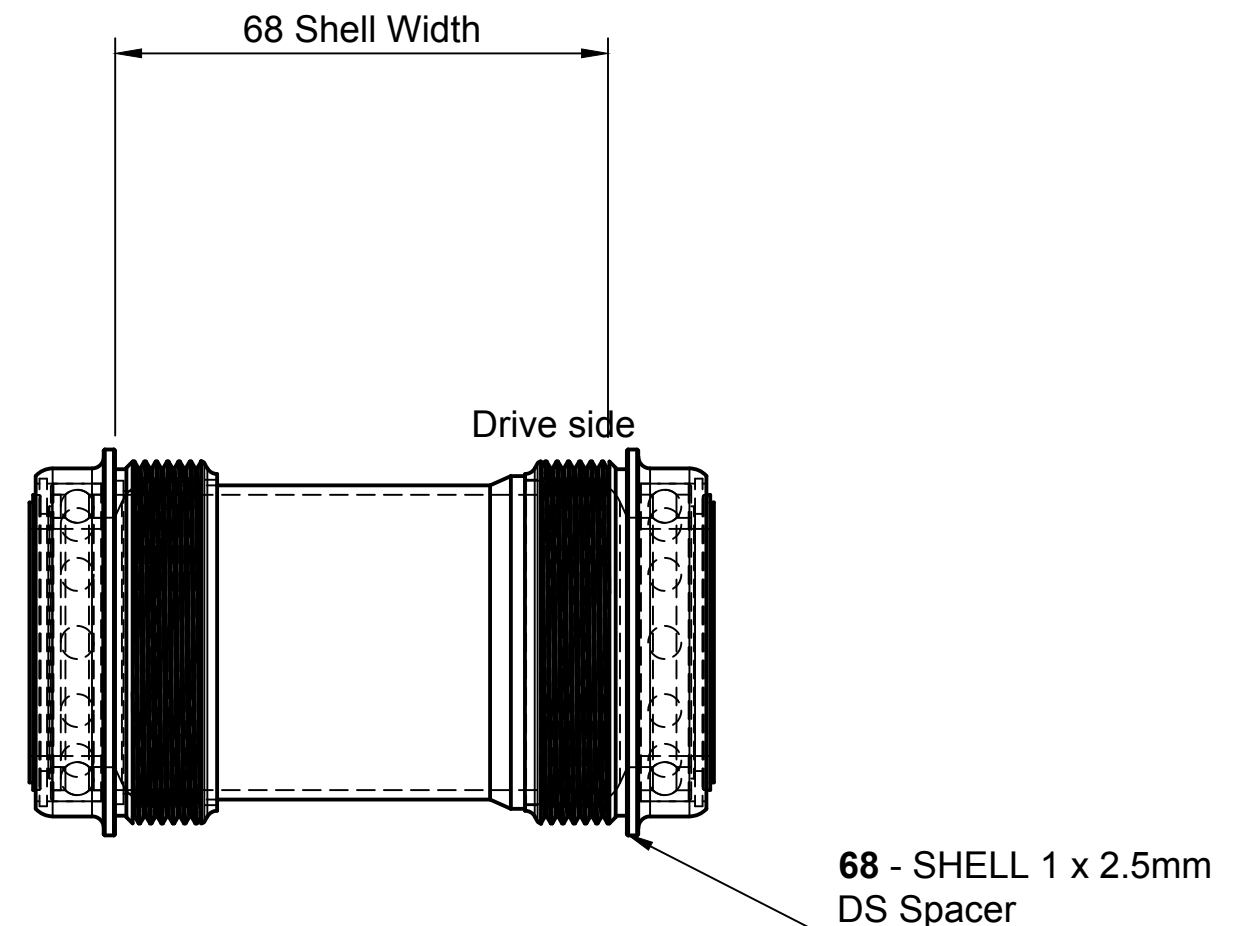
Two part middle tube to aid
assembly


Install Tool:
ParkTool BBT-79.

- 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 compound is recommended.
- Tighten cup to 35Nm
- Support NDS seal when pushing through crank spindle to prevent seal popping out.
- 2.5mm spacer required on drive side

To remove.

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



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