

A

ONLY FOR FRAME WITH T47 SHELL

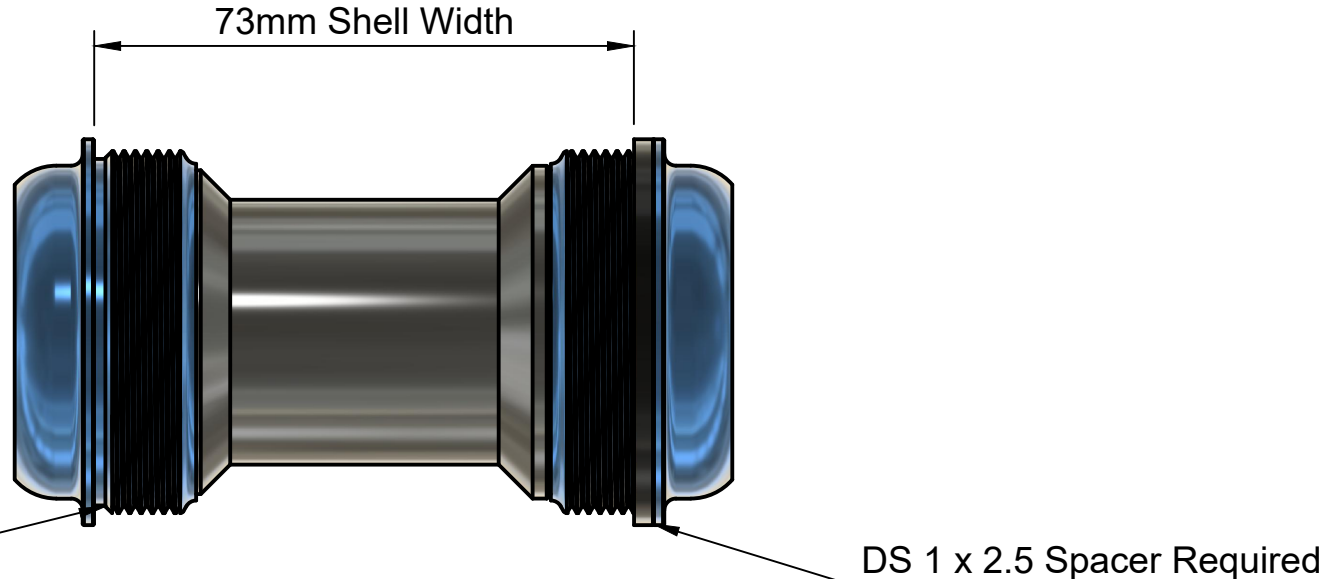
Rideworks use angular contact bearings in our BB's of this type, angular contact (A/C) bearings require some preload,

The torque numbers for A/C bearings should be 12-26 inch lbs, or 1.2 - 3 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

B

C




D

Install Tool:
 Standard Shimano Type
 Apply a small amount of grease to threads before install.

E

F

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