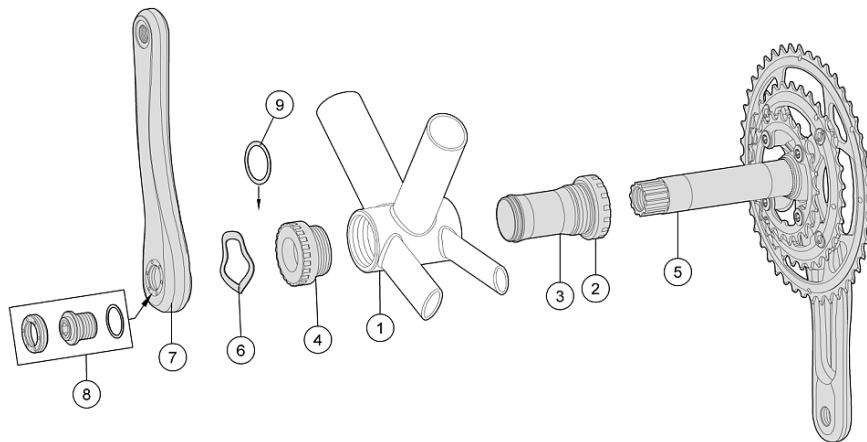


# BB-4000 NBD Ø19 MegaExo Crankset Installation Instructions

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## Introduction

Congratulations on your Full Speed Ahead product. Please read these instructions and follow them for correct use. Failure to follow the warnings and instructions could result in damage to product not covered under warranty, damage to bicycle; or cause an accident resulting in injury or death. Since specific tools and experience are necessary for proper installation, it is recommended that the product be installed by a qualified bicycle technician. FSA & Vision assumes no responsibility for damages or injury related to improperly installed components.

## Warranty

Full Speed Ahead (FSA) warrants all FSA and Vision products to be free from defects in materials or workmanship for a period of two years after original purchase unless otherwise stated in the full warranty policy. The warranty is non-transferable and valid to the original purchaser of the product only. Any attempt to modify the product in any way such as drilling, grinding, and painting will void the warranty. For more information on warranty policy and instructions for completing a warranty claim, check out the Full Warranty Policy found at our website: <https://www.fullspeedahead.com/en/technology>

## Specification

Model Name / Item Number	MegaExo Bottom Bracket for Alloy Road crankset / BB-4000
BB Shell	68mm English (BSC1.37 ")

## Components

Follow the assembly order in the illustration:

- |                            |   |
|----------------------------|---|
| ① Bottom Bracket Shell     | ⑥ MW329A Wave Spring Washer x1              |
| ② Bearing Cup Right x1     | ⑦ Crank (Non-Drive side) x1                 |
| ③ Plastic Center sleeve x1 | ⑧ QR-18 Self-extracting Crank Bolt Assembly |
| ④ Bearing Cup Left x1      | M12 Crank bolt x1                           |
| ⑤ Crank (Drive side) x1    | M27 Retaining Nut x1                        |
|                            | Silver Washer x1                            |
|                            | ⑨ MS319 Spacer x1                           |

## Crankset Installation

1. Ensure that Bottom Bracket (BB) shell ① is clean and free of metal chips, dirt, and excess paint.
2. Install the R. Bearing Cup ② and Plastic sleeve ③ and use the spacer ④ as the above table. Tighten the cup to 400-500 kgf.cm / 40-50 Nm / 355-445 in.lbs. (Use FSA MegaExo cup tool, part no. E0139).
3. Install the L. Bearing Cup ④. Tighten the cup to 400-500 kgf.cm / 40-50 Nm / 355-445 in.lbs.
4. Apply grease to the surfaces of the Spindle that will contact the bearings, gently insert the Crank (Drive side) ⑤ from Drive side through the R. and L. Bearing Cup.

**CAUTION** Take great care not to damage the plastic cover of the left BB cup.

5. Apply light amount of grease on spindle splines of L. Crank ⑦. Install the Wave Washer ⑥ and MS319 Spacer ⑨ onto the axle.
6. Install the L. Crank Arm ⑦ onto the axle (QR-18 crank bolt is pre-installed on crank). Tighten the Crank Bolt M12 ⑧ to 380-410 kgf.cm / 38-41 Nm / 337-363 in.lbs.

**CAUTION** Do not tighten M12 crank bolt over 410 kgf.cm / 41 Nm / 363 in.lbs torque. Do not completely flatten the wave spring washer ⑥. Clearance between non-drive arm and Bearing Cup ④ should be 1.5-2.0mm If the clearance is not within 1.5-2.0mm after applying correct torque, DO NOT tighten the crank bolt further. Recheck installation procedure and order of assembled parts. Ensure correct torque is used.

Note: Always use a calibrated torque wrench to tighten crankbolt. Stripping or breakage due to installing without a torque wrench is NOT covered under manufacturing warranty.

## Contact

If you have questions, please visit our web site technical section: <https://www.fullspeedahead.com/en/support> or contact:



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