

JIS / ISIS / PD (PowerDrive) Bottom Bracket 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, Gravity, Vision, Metropolis and RPM 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: <http://www.fullspeedahead.com/techdoc>

Note: Bottom brackets that are damaged due to wear and tear, contamination of dirt and rust, lack of maintenance, and misuse are not covered under warranty even if less than 2 years old.

Specification

Item Number / Model Name **All JIS, ISIS, PD (PowerDrive) Bottom Brackets**

Components

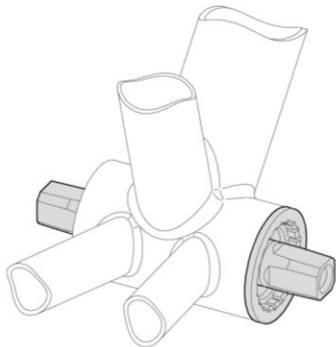
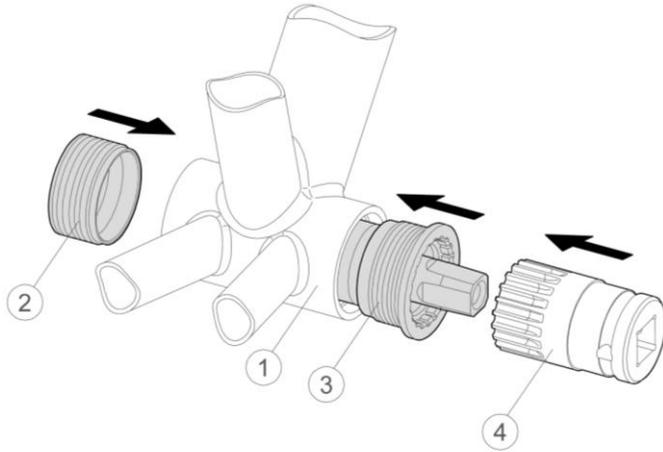
Follow the assembly order in the illustration:

- ① Bottom Bracket Shell
- ② Left BB Cup
- ③ Right BB Cup
- ④ Installation Tool (Not Included)

BB Installation

1. Bottom brackets are available in different thread pitches & widths: English (1.37 x 24T) are available in 68, 73, 83, and 100mm widths. Italian (M36x 24T) are available in 70mm width only. English threaded bottom brackets have a reversed threaded drive side cup (tightens by turning counter-clockwise). Make sure the bottom bracket is correct for the frame before attempting to install it.
2. Ensure that bottom bracket shell ① is clean and free of metal chips, dirt, and excess paint. Face the bottom bracket shell and chase the bottom bracket shell threads before installing the BB.
3. Apply a thin layer of grease to the threads inside the bottom bracket shell, to prevent seizing.
4. Thread the L side cup ② into the bottom bracket shell a few turns by hand.
5. For installation of chain guides and bottom bracket mounted front derailleurs on E-type bottom brackets, refer to chain guide or derailleur manufacturer's instructions before proceeding to the next step.
6. Thread R side cup ③ into BB shell by hand, then use tool ④ and tighten cup to torque of 400-500 kgf.cm / 40-50 Nm / 355-445 in.lbs.
7. Tighten down the L side cup until to a torque of 400-500 kgf.cm / 40-50 Nm / 355-445 in.lbs.

Note: Due to the grease and contaminant resistant seals, there may be some excess friction on newly installed bottom brackets. The friction will be less significant while pedaling and will lessen as the bottom bracket is ridden.



Contact

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

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Notes: Specifications of product may be changed or improved for performance. Please refer to website periodically for technical updates and revised instructions. Printed in Taiwan.

