**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**

BB Shell

68mm English (BSC1.37")

**Components**

Follow the assembly order in the illustration:

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

**Crankset Installation**

1. Ensure that Bottom Bracket (BB) shell is clean and free of metal chips, dirt, and excess paint.
2. Install the R. Bearing Cup and Plastic sleeve and use the spacer 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. 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) from Drive side through the R. and L. Bearing Cup.
5. Apply light amount of grease on spindle splines of L. Crank. Install the Wave Washer and MS319 Spacer onto the axle.
6. Install the L. Crank Arm onto the axle (QR-18 crank bolt is pre-installed on crank). Tighten the Crank Bolt M12 to 380-410 kgf.cm / 38-41 Nm / 337-363 in.lbs.

**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.