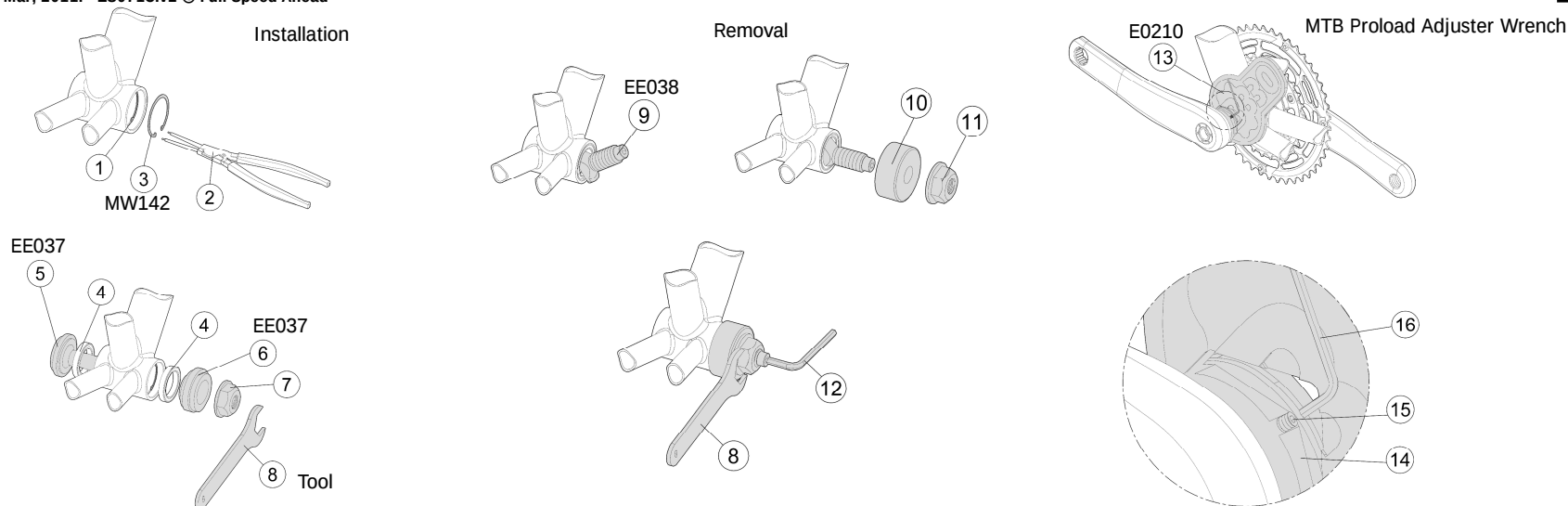




BB30 Bearing Installation and Removal Installation Instructions

Published – Mar, 2011. ZS071C.v2 © Full Speed Ahead



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>

Specification

Item Number / Model Name	EE037 / BB30 Bearing Installation Press
Item Number / Model Name	EE038 / BB30 Bearing Extraction Tool
Item Number / Model Name	E0210 / MTB Proload Adjuster Wrench

Components

Follow the assembly order in the illustration:

① BB circlip groove	⑤ Press Threaded Shaft	⑨ Extraction Threaded Shaft	⑬ MTB Proload Adjuster Wrench
② Circlip Plier	⑥ Press Plate	⑩ Cup Guide	⑭ Proload Nut
③ Circlip	⑦ Press Nut	⑪ Extraction Threaded Nut	⑮ Proload Nut Set Screw
④ Bearing	⑧ 32mm Wrench	⑫ 6mm Allen Tool	⑯ 1.5mm Allen

BB30 Inspection

- I Verify the frame specification is compatible with the BB30 system.
⚠ CAUTION Do not attempt to modify BB30 crankset or bottom bracket to fit into non-BB30 framesets. Attempting to install BB30 cranksets and bottom brackets into non-compatible frames will result in damage to crankset, bottom bracket, and bicycle frame.
- I Ensure that bottom bracket (BB) shell is clean and free of metal chips, dirt, and excess paint.

BB30 Installation

1. Tools:
 - A. Grease
 - B. Circlip pliers
 - C. Headset press
 - D. FSA BB30 bearing installation press (#EE037)
 - E. 32mm wrench
2. Preparation:
 - A. Ensure that bottom bracket (BB) shell is clean and free of metal chips, dirt, and excess paint.
 - B. Apply a thin layer of grease to the inside surface of the bottom bracket shell.
Note: Do not face or machine BB shell. It is not necessary for BB30 system.
3. BB Shell Circlips:
 - A. Apply a thin layer of grease to the BB circlip groove ①.
 - B. Using a circlip plier ②, collapse circlip ③ and insert into machined circlip groove in BB shell. Ensure circlip is fully seated in groove.**⚠ WARNING** Wear eye protection. Circlips may have sharp edges and can cause serious eye injury by springing from BB or tool while installing.
4. Installation of Bearings with FSA BB30 Bearing Installation Press:
 - A. Apply a thin layer of grease to outer bearing surfaces ④.
 - B. FSA bearing installation press (# EE037) ⑤ ⑥ ⑦ has 3 parts. Separate each part of the press.
 - C. Arrange press ⑤ with the threaded shaft segment on outside face of the right or left BB shell (no bearing). Slide bearing over shaft. Slide bearing press plate ⑥ over shaft with step to fit inner diameter (ID) of bearing.
 - D. Press first bearing by threading nut ⑦ onto shaft and turning with 32mm wrench ⑧ while ensuring even pressure is placed on mating surfaces. Press bearing into BB shell until it is butted against the circlip.
 - E. Install opposite side bearing by re-arranging tool so threaded shaft segment is on same side as the installed bearing. Slide bearing over shaft. Slide bearing press plate over shaft with step to fit inner diameter (ID) of bearing.
 - F. Press second bearing by threading nut onto shaft and turning with 32mm wrench while ensuring even pressure is placed on mating surfaces. Press bearing into BB shell until it is butted against the circlip.
 - G. Place alloy bearing shields over bearings with machined grooves facing inward, toward the bearings

BB30 Removal

1. Tools:
 - A. 10mm allen tool
 - B. 32mm wrench
 - C. FSA BB30 bearing extraction tool (#EE038)
 - D. 1.5mm allen
 - E. 6mm allen tool
 - F. Circlip pliers
2. Preparation:
 - A. Using 10mm Allen tool, extract left crank arm from the spindle with self extracting crank bolt.
 - B. Remove crankarms and spindle from the BB.
3. Removing Bearings with FSA BB30 Bearing Extraction Tool:
 - A. The FSA BB30 bearing extraction tool (#EE038) ⑨ ⑩ ⑪ has 3 parts. Separate each part of the extractor.
 - B. Tilt threaded shaft ⑨ segment inward and position on the inside face of the bearing.
 - C. Slide cup guide ⑩ over shaft with mating surface over BB shell.
 - D. Extract bearing by threading nut ⑪ and turning with 32mm wrench.
Note: Extractor may move as one unit when turning 32mm wrench. If needed, insert and hold a 6mm allen tool ⑫ in the end of the shaft to stabilize extractor while simultaneously turning 32mm wrench to extract bearing.
 - E. Repeat extraction for opposite side bearing.
Note: Do not reinstall removed bearings. Always replace with new set.
4. Removing Circlip:
 - A. Removal is reverse of installation. This is an unnecessary step for bearing replacement.

BB30 MTB Proload Adjuster Wrench

1. Adjust preload nut ⑭ with 36mm spanner wrench ⑬ to a torque of 70-90 kgf.cm / 7-9 Nm / 62-80 in.lbs to remove any play between crankset and BB assembly. Tighten preload nut set screw ⑮ with 1.5mm allen ⑯ to secure preload nut.



Contact

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

Full Speed Ahead, USA
12212 Cyrus Way Mukilteo, WA 98275-5702
Tel: 1_425_488_8653 Fax: 1_425_489_1082

Full Speed Ahead, Europe
Via Del Lavoro, 56 20874 Busnago, Milan, Italy
Tel: +39_039_688_5265 Fax: +39_039_682_3336

TH INDUSTRIES / FSA Asia
NO.6, Wu-gong 8th Rd., Wufeng Dist., Taichung City 41353, Taiwan (R.O.C.)
Tel: +886_4_2331_9134 Fax: +886_4_2331_9314

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.

