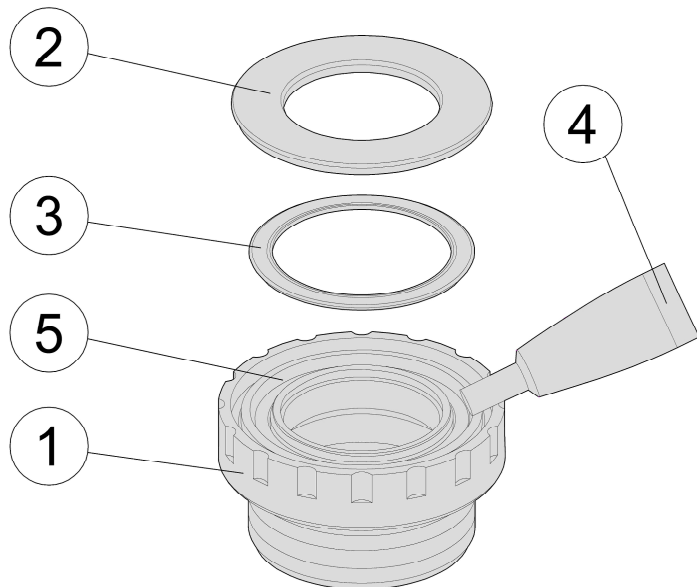


Ceramic BB Grease Bearing Installation Instructions

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Grease bearing Installation

1. Use the correct tools to carefully remove the crank arms from bottom bracket assembly. Follow the below steps to grease the ceramic bearings ⑤.
2. Carefully remove bearing cover ② from bearing using a flat blade.
3. Carefully remove bearing seal ③ from bearing using a flat blade.
4. Use silicon grease plastic tube ④ to apply grease over the balls of the bearing ⑤. Ensure bearing is clean and free of debris.
Note: Approximately one loop of grease will fill the bearing completely.
5. Rotate the bearing to allow the grease to settle in between the bearings.
6. Carefully reinstall bearing seal ③ to original position. Ensure the seal is flat and evenly placed between bearing races.
7. Carefully press bearing cover ② to original position.

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

Silicon Grease plastic tube (ME179) apply to Ceramic Bearings Bottom Brackets as below models:

Item Number / Model Name **BB-8010, 8200 / Road MegaExo Ceramic BB Bearings**

Item Number / Model Name **BB-9010, 9200 / MTB MegaExo Ceramic BB Bearings**

Components

Follow the assembly order in the illustration:

- ① Bottom Bracket (BB) cup
- ② Bearing Cover
- ③ Bearing Seal
- ④ Silicon Grease plastic tube
- ⑤ Ceramic Bearing



Contact

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

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