

Replacing the Bottom Bracket (Part#21)

Tools needed:

8mm wrench

Shimano/ISIS Bottom Bracket removal tool

Allen Wrench or a flat screwdriver



Step 1: Using the 8mm wrench remove the 3 Hex Screws (part#39).
Once the screws are removed, remove the Bottom Bracket Locking
Plate (part#38).

NOTE: Repeat this step on the right side of the machine once you have removed the Chain Guard (part#20) and the Chain Wheel (part#19).



Step 2: Using the Allen wrench or the flat screwdriver tap the Bottom Bracket Lock ring **counter clockwise**.



Step 3: After the Bottom Bracket Lock ring is removed install the Shimano/ISIS Bottom Bracket removal tool. Once the tool is installed rotate the Bottom Bracket shell **counter clockwise** until it comes off.



Step 4: On the right side of the machine install the Shimano/ISIS Bottom Bracket removal tool. Once the tool is installed rotate the Bottom Bracket shell **clockwise** to remove.

Step 5: Install the new Bottom Bracket (part#21) using the Shimano/ISIS Bottom Bracket removal tool. Turn the Bottom Bracket **counter clockwise** to secure. Once installed replace the Bottom Bracket Locking Plate (part#38) and using the 8mm wrench reinstall the 3 Hex Screws (part#39).

Step 6: On the left side of the machine install the left side bottom bracket shell. Using the Shimano/ISIS Bottom Bracket removal tool secure the Bottom Bracket shell by rotating it **clockwise** until it is secure. **NOTE:** when installed properly the bottom bracket will have no excess play or movement when rotating the axle.

Step 7: Re-install the Bottom Bracket Lock ring by rotating it **clockwise**.

Then using the Allen wrench or the flat screwdriver tap the Bottom Bracket Lock ring **clockwise** until it is secured and quite tight.

Step 8: After the Bottom Bracket Lock ring is installed replace the Bottom Bracket Locking Plate (part#38) and using the 8mm wrench reinstall the 3 Hex Screws (part#39).

Install is done!

Tip: Tighten the Pedals (part#15, part#16) regularly.

Double check all four of the Crank Fixing Bolts (part#42) regularly.