



HOW TO CHANGE THE BOTTOM BRACKET

1. WHAT TOOLS DO I NEED?

- Crankarm removal tool
- Bottom bracket tool 16 notch (Shimano Hollowtech)
- Tool for bottom bracket inserts (ISIS)
- Torque wrench
- 2mm hex wrench
- Protective rubber gloves

2. REMOVAL

- 1 Place the bike in the bike stand so you have the access to bottom bracket area.
- 2 Begin by removing both cranks.
- 3 Unscrew the front sprocket counter ring clockwise.
- 4 Remove the front sprocket.
- 5 Unbolt bottom bracket cover with 2mm hex wrench.
- 6 Unplug the battery fuse (15A) disarming the system.
- 7 Disconnect bottom bracket torque sensor cable.
- 8 Insert the bottom bracket tool fully and remove the drive (right-side) cup by turning clockwise, holding the tool firmly to the cup.
- 9 Remove bottom bracket from left side holding the cable.
- 10 Insert the bottom bracket tool fully and remove the non-drive (left-side) cup by turning counterclockwise, holding the tool firmly to the cup.

3. INSTALLATION

- 1 Thread left side clockwise into the shell. Fully secure cup to manufacturer's torque specifications. In this case it is 40Nm.
Insert the bottom bracket into the left side cup. Please note that there is a notch on the bottom bracket that should be inserted into corresponding cutout in the cup.
- 2

- 3 Connect the torque sensor cable.
 - 4 Plug the battery fuse (15A) arming the system.
 - 5 Insert the right bottom bracket cup. Fully secure cup to manufacturer's torque specifications. In this case it is 40Nm.
 - 6 Reduce the play in the bottom bracket bearings (left-side) max 8Nm ISIS.
 - 7 Tighten the counter ring (left-side) max 30Nm.
 - 8 Insert the front sprocket.
 - 9 Secure the front sprocket with counter ring (counterclockwise) max 35Nm.
 - 10 Re-install bottom bracket cover with 2mm hex wrench.
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In case you have further questions, please don't hesitate to contact us. Your contact persons are:

Janosch Nellen

Customer Experience Manager

Mobile: +32 472 084 609

E-mail: support@bzenbikes.com

www.bzenbikes.com

Dariusz Rokomiński

Administration and Sales Assistant

E-mail: support@bzenbikes.com

www.bzenbikes.com