

INSTALLATION

Tight right side cup counterclockwise (20Nm) on BB shell with Shimano TL-UN70 tool.

Tight left side cup clockwise (20Nm) on BB shell with Shimano TL-UN70 tool.

Snap left & right BB bearings into cups by hand.

Grease threads, bearings contact areas and Hexagonal cone.

Insert right crank axle through bearings.

Fully turn in (counterclockwise) bearing preloader (FIRM direction) by hand, then loose it (clockwise) 1/4 to 1/2 turn. Insert Locking OR on axle.

Align left crank on axle, grease bolt head contact area and tight it (15Nm).

Check bearing preload (see next page).

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EXTRALITE

BEARINGS PRELOAD

Bearing preloader allows you to adjust axial preloading. Use supplied tool to adjust preloader after complete crank assembling.

Use it as follows:

<-- FIRM to correct axial play.

 $\ensuremath{\mathsf{LOOSE}}\xspace$ --> to increase rolling smoothness.



Shake crank-end to check BB play. Optimal tuning cancels axial play without adding any rolling resistance.

WARNING: incorrect bearing preload may seriously damage bearings/parts and decreases performance.

REMOVAL

To disassemble crankset proceed as follows: Unscrew axle bolt. Remove left crank using ISIS type extractor only. **WARNNG: JIS extractors may damage axle thread!** Fully unscrew (clockwise) Beairng preloader (Loose direction). Extract right crank and axle.

