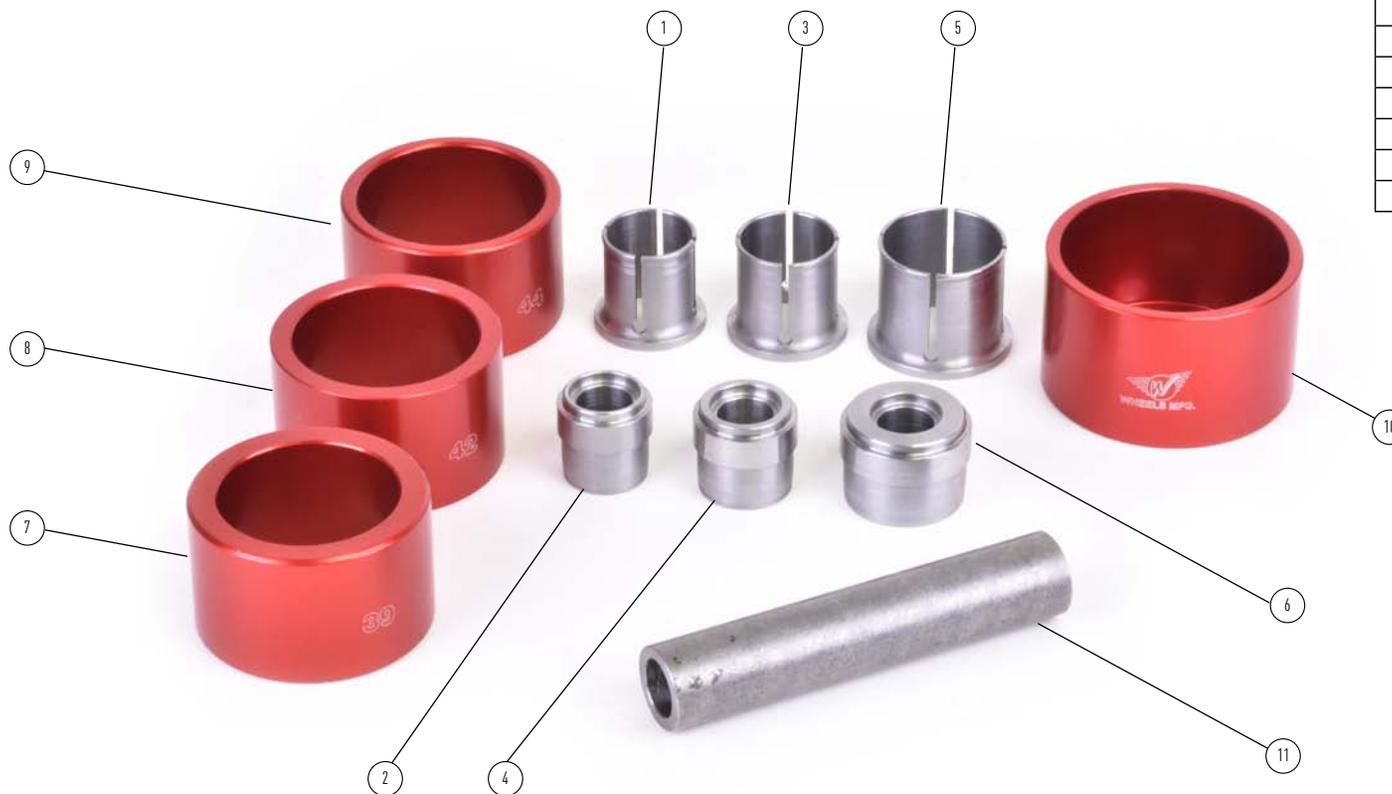


BB-EXT Bottom Bracket Bearing Extractor Set

BB-EXT



Parts Included:



#	Description	Part #	Qty
1	22MM SLOTTED BEARING EXTRACTOR	BE-22MM-A	1
2	22MM INNER ADAPTER	BE-22MM-B	1
3	24MM SLOTTED BEARING EXTRACTOR	BE-24MM-A	1
4	24MM INNER ADAPTER	BE-24MM-B	1
5	30MM SLOTTED BEARING EXTRACTOR	BE-30MM-A	1
6	30MM INNER ADAPTER	BE-30MM-B	1
7	39MM ID CUP SLEEVE	SLEEVE-39	1
8	42MM ID CUP SLEEVE	SLEEVE-42	1
9	44MM ID CUP SLEEVE	SLEEVE-44	1
10	RECEIVER CUP (52MM)	RC-52	1
11	PUSHER FOR BEARING EXTRACTOR	BE-PUSHER	1

Additional Tools Required:



Universal BB Press
[PRESS-7]

OR



Universal BB Press
[PRESS-7-PRO]

Supplemental Parts:

#	Description	Part #	Qty
1	22MM SLOTTED BEARING EXTRACTOR	BE-22MM-A	1
2	22MM INNER ADAPTER	BE-22MM-B	1

Bearing Removal and Replacement:



1. Insert appropriate size extractor into bearing. Push extractor completely in until you feel it snap in place.



2. Slide the bearing extractor pusher onto a Wheels Mfg Universal BB Press [PRESS-7 or PRESS-7-PRO] rod. Next, add the matching adapter with the tapered end of the adapter opposite the pusher.



3. Insert handle, rod, pusher and adapter into the backside of the bearing you are removing.



4. Select a sleeve size that has a larger ID than the bearing's OD. Slide receiver cup + reducer sleeve over the rod and up against cup.



5. Spin on second handle and tighten handles together until you feel the bearing pop out of the cup.



6. Bearing is now removed from cup.



7. Remove handle from press. Remove adapter from extractor. Remove extractor from bearing.



8. Clean and dry bearing bore in cup. Apply thin film of Loctite 603 retaining compound to cup.



9. Slide one BB adapter over the press rod. Match the correct size step on the adapter with the cup or bearing. Insert into bearing or cup opposite the bearing you are installing.



10. Slide new bearing onto second BB adapter, matching up the correct size step on the adapter with the bearing ID. Slide both onto press rod.



11. Spin on second handle and tighten handles together until the bearing is seated in the cup.



12. Remove press handles and adapters from cups. Bearing is now installed.

IMPORTANT:

Angular Contact bearings are direction specific! They must be installed in the bottom bracket cup with red seal facing outwards and black seal facing inwards.

Bearing Service:

IMPORTANT:

- Bearings can be serviced without removing from the cups. However, it is often easier to get a more thorough service completed with bearings removed from cups.
- Angular Contact bearings are direction specific and come with two different color seals! Mark your bearings to note which side takes the black seal.



1. Lift up seal using a utility knife or pick. If servicing bearings outside of BB cups, remove both seals. Clean seals and set aside. For Angular Contact bearings, note which side takes the black seal.



2. Flush out old grease with a de-greaser. Dry bearing to remove any traces of degreaser.



3. Pack bearing with new, clean bearing grease [GR-001].



4. Lightly press seals onto bearing. Seals should sit flush to the outer face of the bearing races.