



How to install threaded bottom brackets

Make sure your BB gets properly installed for long life and quiet performance.

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**TOOLS:**

- 10mm hex bit for torque wrench (1)
- BB tapping and facing set (1)
- e.13 bottom bracket tool (1)
- Torque wrench (1)

**PARTS:**

- grease (1)
- e.13 bottom bracket (1)

Step 1 — How to install threaded bottom brackets



- Before installing any threaded bottom bracket (BB) it is vital that the bottom bracket shell is faced and the threads are chased by a professional bicycle mechanic
- Debris in the threads can damage both the frame and BB
- A misaligned BB shell will lead to premature bearing wear
- A BB shell that is too wide can cause damage to the crank and BB. Even a BB shell that is only 0.5mm too wide can cause problems
- Most good bike shops will have these tools and understand that this is an important part of frame prep

Step 2



BB SPACER CHART BSA

Crankset	BB shell width	Non-drive side	Drive side
TRS/XCX	68	1x2.5mm	2x2.5mm
TRS/XCX	73	No Spacer	1x2.5mm
TRS/XCX	100	1x2.5mm	2x2.5mm
LG1	68	1x2.5mm	2x2.5mm
LG1	73	No Spacer	1x2.5mm
LG1	83	1x2.5mm	2x2.5mm

- Now that the BB shell is prepared, measure it to ensure that it is in spec and to determine the number of spacers needed under the BB
- BB shells should measure exactly or slightly under 68mm, 73mm, 83mm or 100mm depending on your frame, check with your local shop if your measurements are off before proceeding
- Determine the number of BB spacers needed using the chart

Step 3



- Lightly grease frame and BB threads
 - Install the center tube into one side of the BB before installing
 - Install prescribed spacers on BB cup and thread into the frame
 - The drive side cup will be reverse (left hand) thread
 - The non-drive cup will be a standard (right hand) thread
- i** *If you are installing a BB mounted chainguide or an E-type derailleur it will replace one of the 2.5mm drive side spacers. When greasing the BB shell, be sure that the BB face and the guide mounting hole are free of grease. This will keep the guide from twisting.*

Step 4



- Install the non-drive side BB cup making sure the center tube is properly aligned

Step 5



- Using the e*thirteen BB tool in conjunction with a 10mm hex bit and torque wrench, tighten the BB cup to 34-41nm

Step 6**SPINDLE SPACER TABLE* BSA**

Crankset	Spindle length	BB shell width	Non-drive side spindle spacer	Drive side spindle spacer
TRS and XCX	113mm	68 or 73mm	none	none
2015+ LG1*	113mm	68 or 73mm	none	none
2014 and earlier LG1*	113mm	68 or 73mm	1mm	3.5mm
LG1	123mm	83mm	none	none
TRS Fatbike (73mm offset)	145mm	100mm	none	none
TRS Fatbike (78mm offset)	155mm	100mm	5mm	5mm

*Cranksets with "1 deg" marked on them are 2015+.

- Determine the number of spindle spacers to use by referencing your crank model and BB shell width using the chart
- [How to install current cranks using the APS adjuster](#)
- [How to install legacy cranks using the wave washer and spindle spacer preload system](#)

Thanks for reading, now get out there and ride!