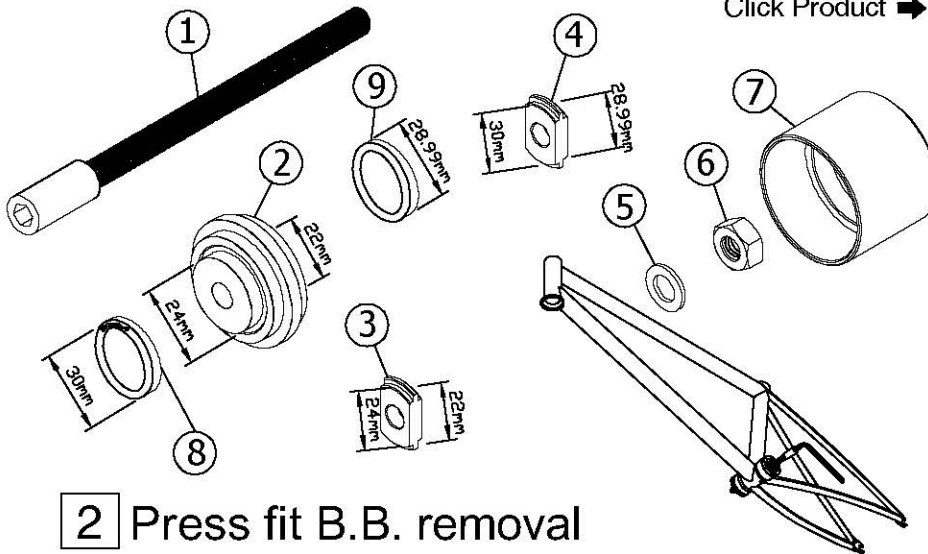


1 Parts description

Visit operation detail at Super B

Website: <http://www.superbiketool.com/>

Click Product → Bottom & Crank tool → 7. → TB-19003

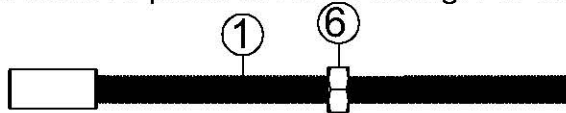


NO.	PART	Q'TY
①	Threaded rod	1
②	Bushing	2
③	22mm+24mm plate	1
④	28.99mm+30mm plate	1
⑤	Washer	1
⑥	M10 nut	2
⑦	Cover	1
⑧	30mm adaptor	2
⑨	28.99mm adaptor	2

⚠ Please prepare : 8mm hex wrench,
17mm open-ended wrench

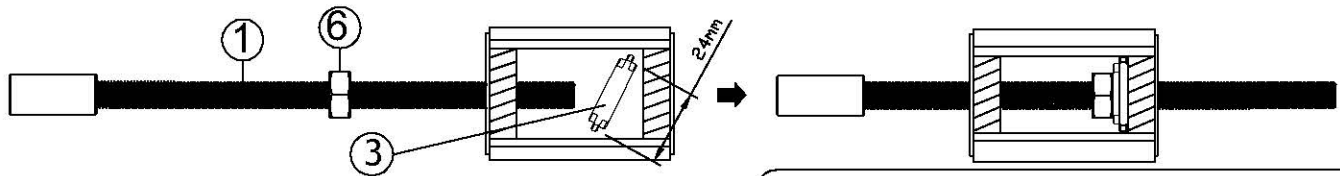
2 Press fit B.B. removal

A. To remove press fit B.B. bearing. For example, 24mm press fit B.B bearing:



(Picture 1)

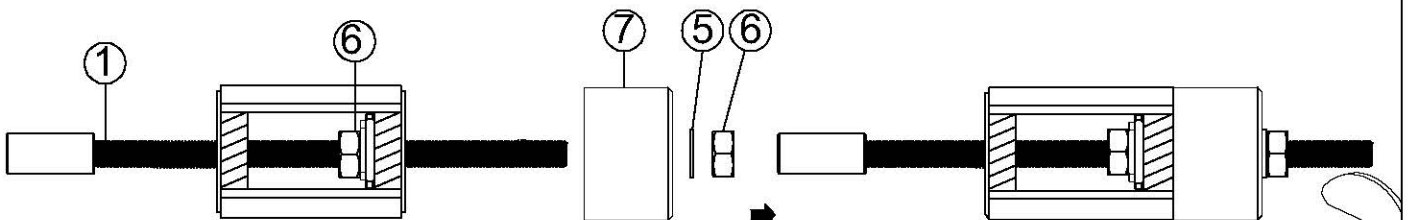
1. Screw the M10 nut ⑥ to threaded rod ① at proper position. (see picture 1)



∅24mm press fit B.B.
(Picture 2)

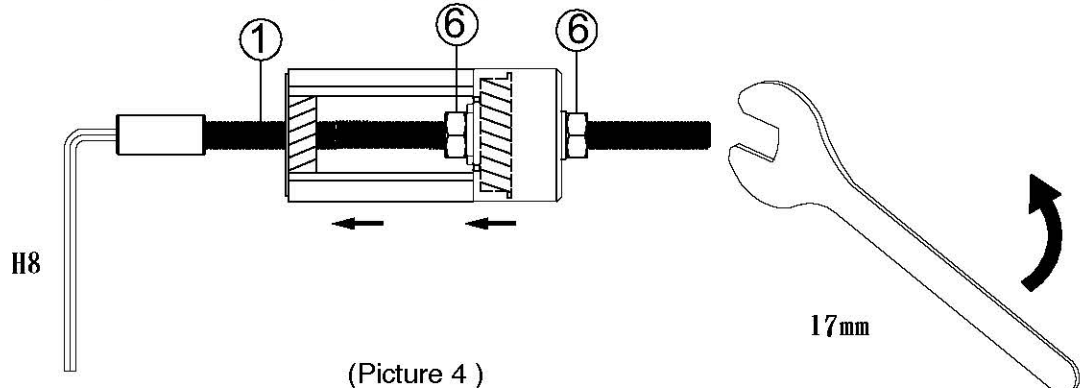
There are 2 sizes on each plate. For instance, to remove 24mm press fit bearings, put 24mm side ③ toward B.B. bearings.

2. Put the 22mm+24mm plate ③ obliquely into the bottom bracket and assemble on the threaded rod ①. Put the 22mm+24mm plate ③ and M10 nut ⑥ against the inner side of the bottom bracket. (see picture 2)



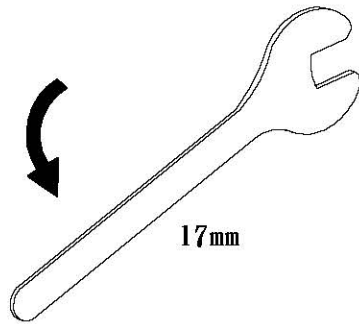
(Picture 3)

3. Place the cover ⑦, washer ⑤ and M10 nut ⑥ into the threaded rod ① in order, then tighten the M10 nut ⑥ with a 17mm open-ended wrench. (see picture 3)

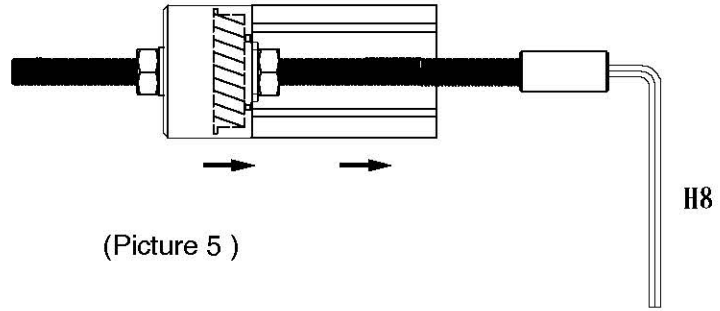


(Picture 4)

4. Fix the threaded rod ① with a 8mm hex wrench, then turn the M10 nut ⑥ with a 17mm open-ended wrench until the bottom bracket bearing is pulled out completely. (see picture 4)



17mm

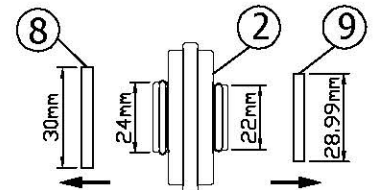


(Picture 5)

5. Take off the removed B.B. bearing from the cover ⑦ and repeat steps 1~4 to remove the other B.B. bearing. (see picture 5)

B. To remove 28.99mm, 30mm press fit B.B. bearing:

1. Change 28.99mm+30mm plate ④ and repeat above steps 1 to 5.

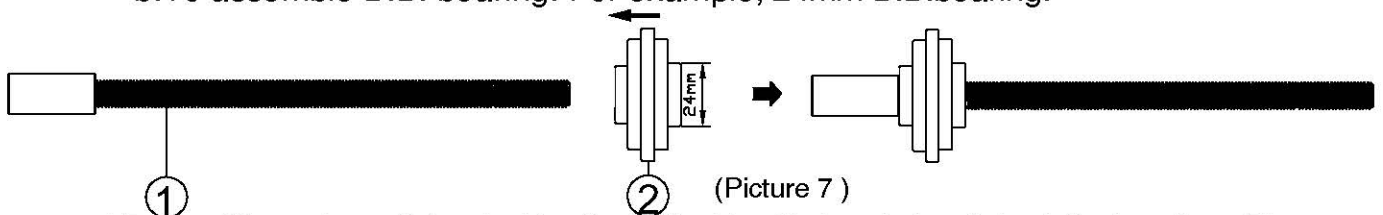


(Picture 6)

3 Press fit B.B. installation

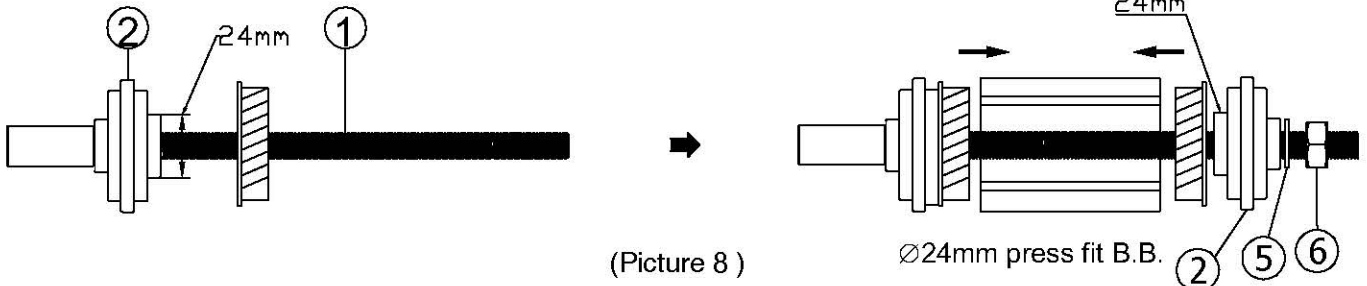
A.a. Remove and assemble 28.99mm adaptor ⑨ and 30mm adaptor ⑧ from bushing ② (see picture 6) according to the different sizes of B.B. bearing.

b. To assemble B.B. bearing. For example, 24mm B.B. bearing:



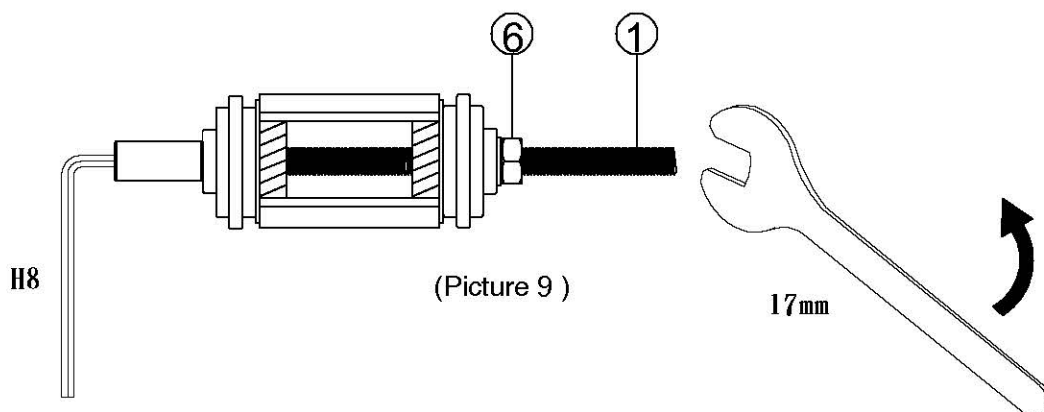
(Picture 7)

1. Remove 30mm adaptor ⑧ from bushing ②, put bushing ② through threaded rod ①. (see picture 7)



(Picture 8)

2. Put one B.B. bearing on threaded rod ①, make threaded rod ① to go through the B.B., then put the other B.B. bearing, bushing ②, washer ⑤ and M10 nut ⑥ to threaded rod ① in order. (see picture 8)



(Picture 9)

3. Fix threaded rod ① by a 8mm hex wrench, then tighten M10 nut ⑥ by 17mm open-ended wrench until both sides of B.B. bearings completely fit in the B.B. (see picture 9)

B. To assemble 30mm B.B. bearing:

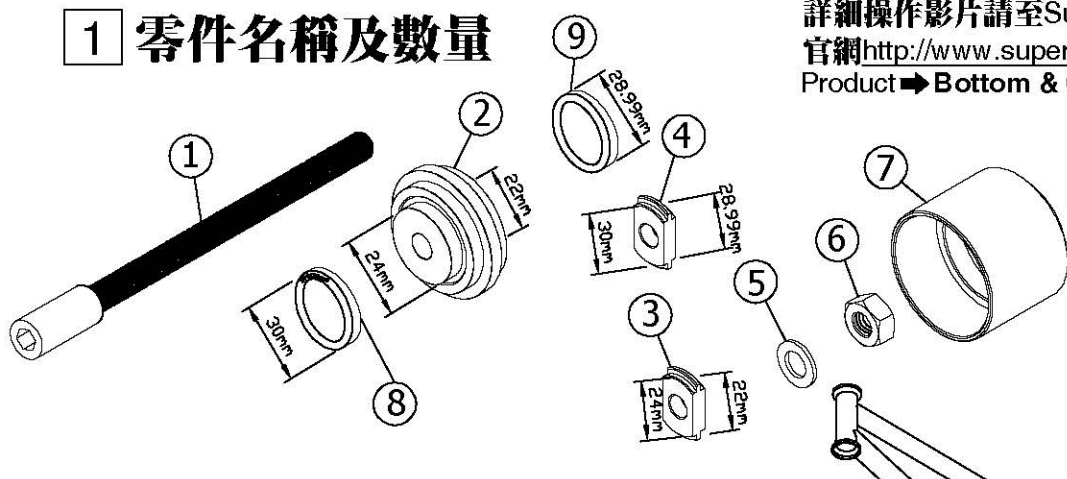
1. Assemble 30mm adaptor ⑧ on the 24mm side of bushing ②, 30mm side faces toward to B.B. shell and repeat above steps 1-3.

1 零件名稱及數量

詳細操作影片請至Super B

官網<http://www.superbiketool.com/>觀看，點擊

Product → Bottom & Crank tool → 7. → TB-19003

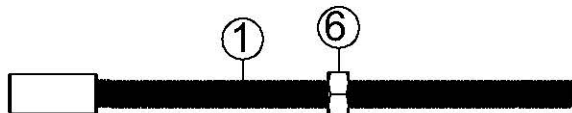


項次	名稱	數量
①	牙棒	1
②	無牙壓塊	2
③	22mm+24mm推片	1
④	28.99mm+30mm推片	1
⑤	華司	1
⑥	M10螺帽	2
⑦	擋塊	1
⑧	30mm套環	2
⑨	28.99mm套環	2

△自備品項：8mm六角扳手，17mm開口扳手

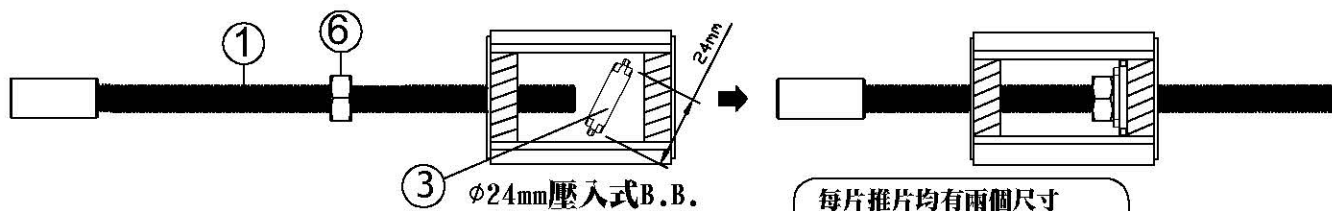
2 壓入式五通培林拆卸使用說明

A. 拆卸五通培林，以24mm為例：



(圖一)

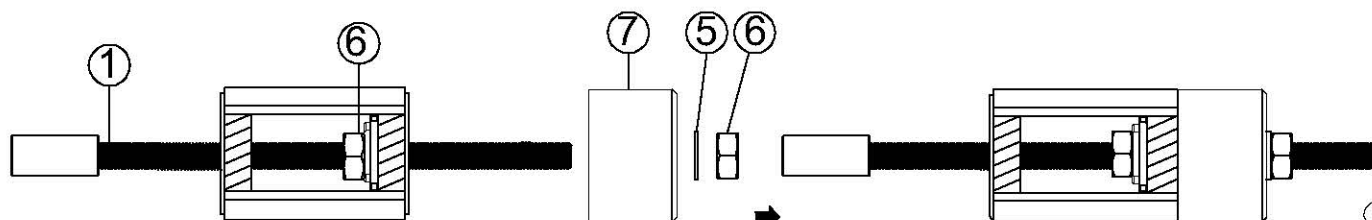
1. 取一M10螺帽⑥旋入牙棒①至適當位置。(如圖一)



(圖二)

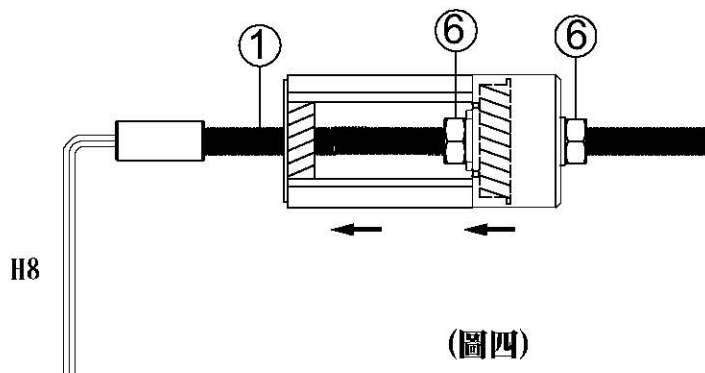
2. 依圖示方向將22mm+24mm推片③斜放入五通中並裝上牙棒①後，將22mm+24mm推片③與M10螺帽⑥抵住欲拆卸之五通培林內側。(如圖二)

每片推片均有兩個尺寸
若現在要拆卸的培林是右邊
請將24mm推片尺寸朝向右邊



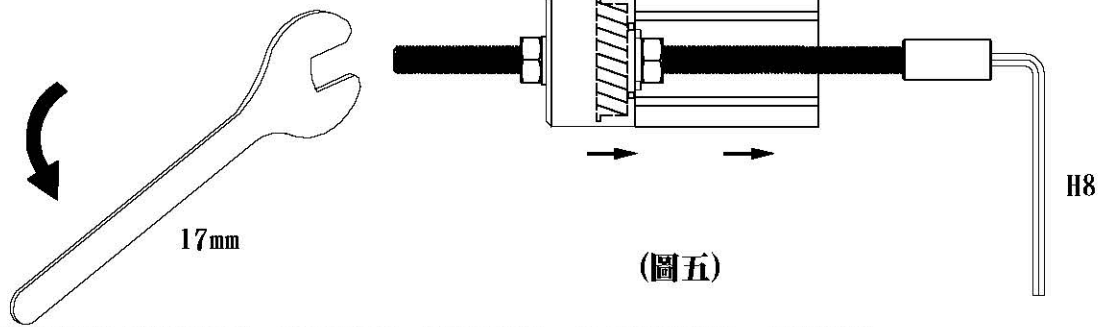
(圖三)

3. 依圖示方向依序將擋塊⑦、華司⑤及M10螺帽⑥裝上牙棒①，並以自備17mm開口扳手將M10螺帽⑥旋緊。(如圖三)



(圖四)

4. 以自備8mm六角扳手固定牙棒①後，以自備17mm開口扳手轉動M10螺帽⑥直至五通培林完全退出五通，即完成單邊五通培林拆卸。(如圖四)



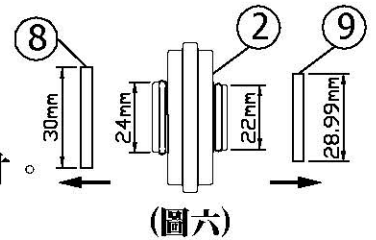
(圖五)

5. 取下推出之五通培林，重覆步驟1~4以推出另一邊之五通培林。(如圖五)

B. 拆28.99mm、30mm五通培林改用28.99mm+30mm推片④，重覆以上步驟1~5。

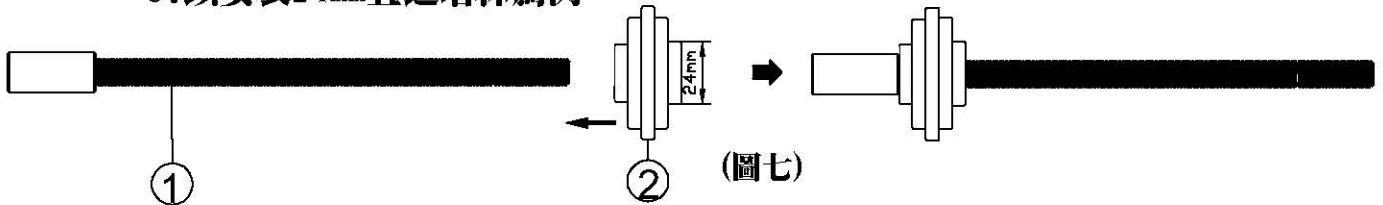
3 壓入式五通培林安裝使用說明

A. a. 請視不同尺寸五通培林，拆裝無牙壓塊上②之28.99mm⑨與30mm套環⑧(如圖六)，選擇適當的尺寸。



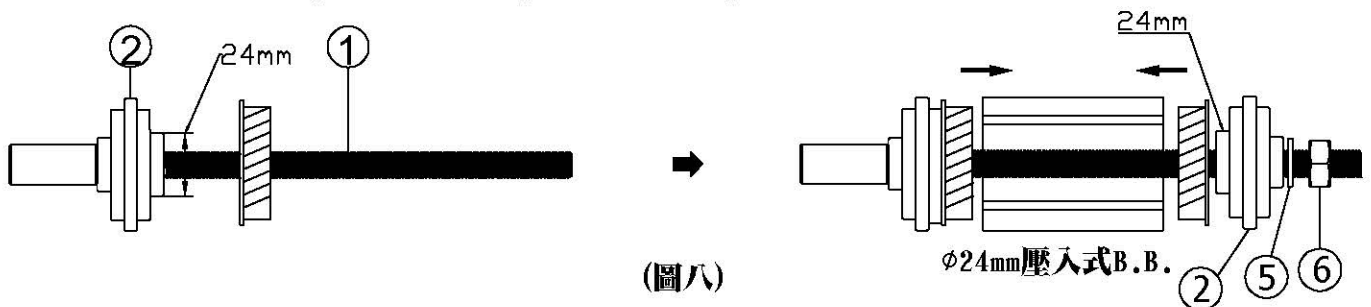
(圖六)

b. 以安裝24mm五通培林為例：



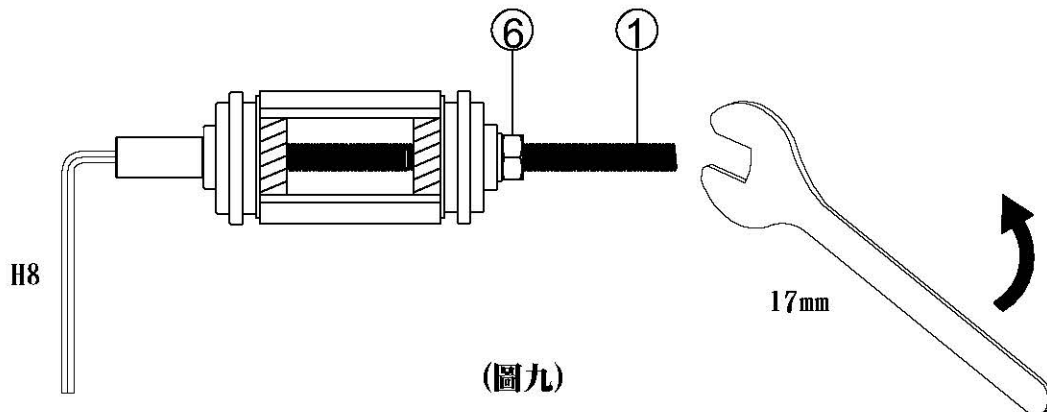
(圖七)

1. 拆下無牙壓塊②上之30mm套環⑧，將無牙壓塊②依圖示方向與牙棒①結合。(如圖七)



(圖八)

2. 將一五通培林套上牙棒①後，將牙棒①穿過五通，並於另一端以圖示方向依序裝入另一五通培林、無牙壓塊②、華司⑤及M10螺帽⑥。(如圖八)



(圖九)

3. 以自備8mm六角扳手固定牙棒①後，以自備17mm開口扳手轉動M10螺帽⑥直至兩五通培林完全壓入五通，即完成五通培林安裝。(如圖九)

B. 安裝30mm五通培林：

1. 安裝30mm套環⑧於24mm邊之無牙壓塊②，將30mm之無牙壓塊②抵住五通，並重覆以上步驟1~3。