

安装脚踏
Install pedals
50N.m

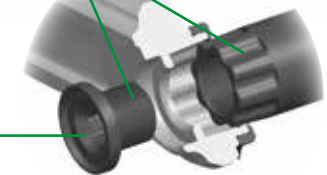


4



将间隙调节环正旋到底
Turn preload adjuster to end

3
HEX 10mm
50N.m



使用螺栓将轴心固定到非驱动侧曲柄上
Install spindle to the non-drive side crank with bolts

5

将轴心推入BB
Press spindle into the BB

拍击曲柄，消除驱动侧轴心间隙
Tap crank arm to remove gap of the drive side spindle

8

7
HEX 10mm
50N.m

安装驱动侧曲柄
Install drive side crank

9



反旋间隙调节环，消除非驱动侧轴心间隙
Hand-tighten preload adjuster to remove gap of the non-drive side spindle

套上O型圈
Put on the O-ring

6

Ø29mm

99.5 ±0.5mm

1

确保BB宽度和孔径符合安装标准，请参考BB说明表（见反面）
Ensure that the BB's width and caliber meet the installation standards, See BB instruction sheet (See the reverse side)



如果BB规格无法达到安装标准，请不要强行安装后续步骤
If the BB specifications do not match, do not continue to install

2

安装齿盘到驱动侧曲柄上
Install chainring to the drive side crank

HEX 3mm
9N.m

安装脚踏
Install pedals
50N.m



11

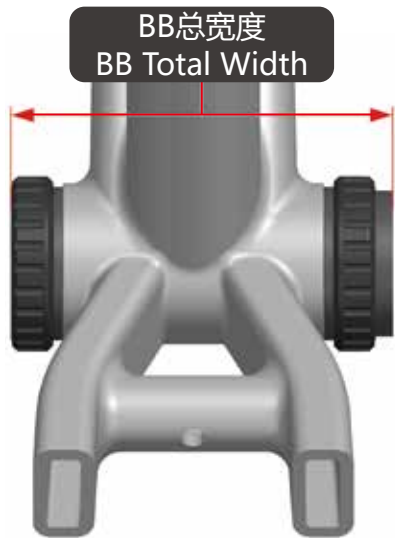
确保曲柄没有轴向晃动
Ensure there is no play

10
HEX 2mm
1N.m



拧紧间隙调节环螺丝，防止其松动
Tighten preload adjuster bolt to prevent loosening





①

参考表格, 找到您的车架五通, 并选择对应的BB中轴进行安装。
(如果您的车架五通在表格中找不到, 则说明不适合安装本产品)

Reference sheet, find your frame shell, select the corresponding BB to install
(If can't find your frame shell in the table, is not suitable for installing this crankset)

②

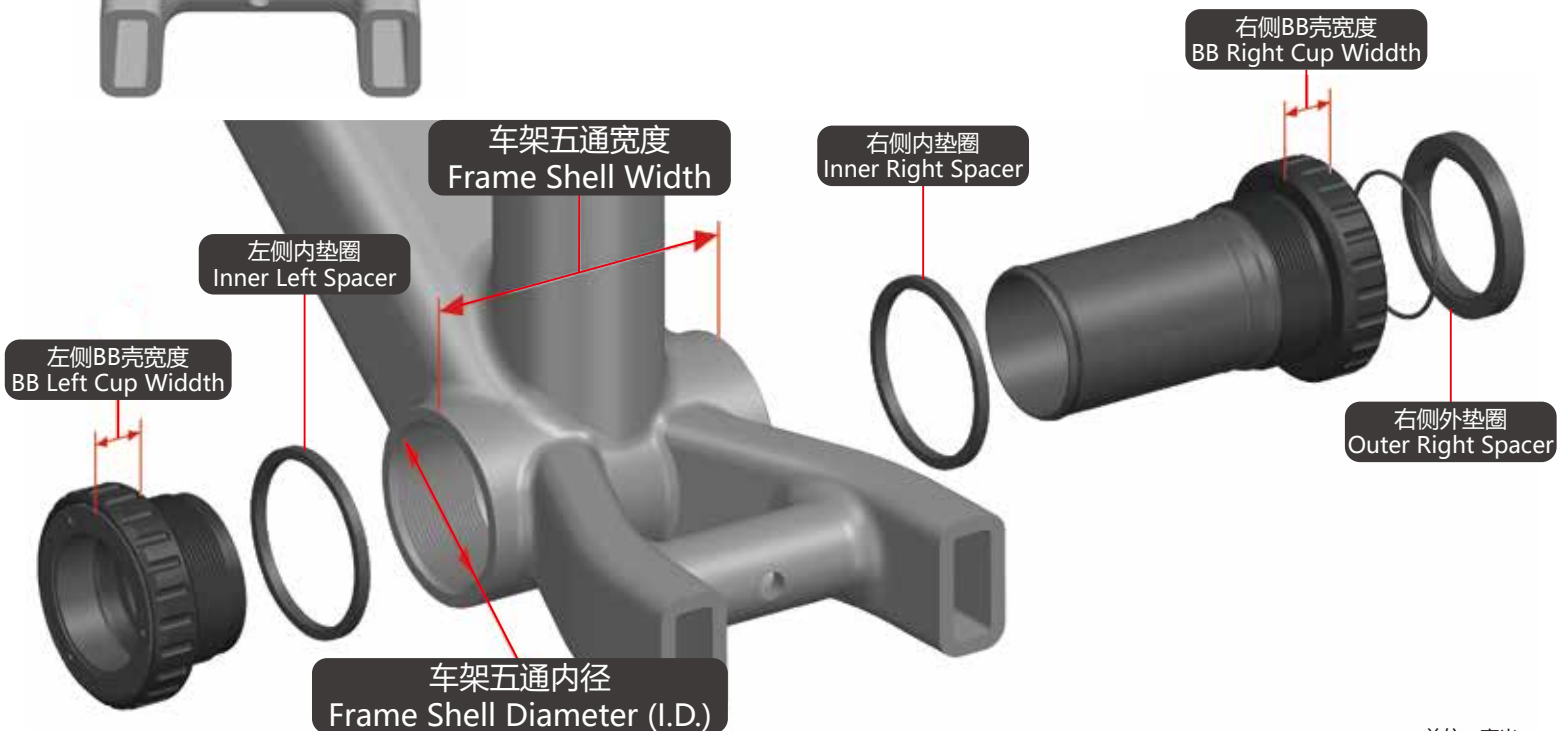
安装BB中轴后, 确认“BB总宽度”符合表格中的数值
(如果数值不达标, 请检查中轴安装是否有误)

After installing the BB, ensure that the "BB total width" meets the value in the table
(If not, please check whether the bottom bracket installation is wrong)

③

安装曲柄组, 参考反面的曲柄组安装说明书

Install the crankset, see the crankset installation on the reverse side



单位: 毫米
Unit: mm

	车架五通类型 Frame Shell Type	车架五通内径 Frame Shell I.D.	车架五通宽度 Frame Shell Width	左侧内垫圈厚度 Inner Left Spacer Width	右侧内垫圈厚度 Inner Right Spacer Width	左侧BB外壳宽度 Left BB Cup Width	右侧BB外壳宽度 Right BB Cup Width	右侧外垫圈厚度 Outer Right Spacer Width	BB总宽度及公差 BB Total Width And Tolerance
山地车 MTB	螺纹式 BSA	33.7	68	2.5	2.5	11	11	4.5	99.5±0.5
		33.7	73	-	-	11	11	4.5	99.5±0.5
	压入式 PressFit	41	89.5	-	-	2.75	2.75	4.5	99.5±0.5
		41	92	-	-	2.75	2.75	2	99.5±0.5
	PF30	46	73	-	-	11	11	4.5	99.5±0.5
BB30	42	73	-	-	11	11	4.5	99.5±0.5	

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公路车 ROAD	螺纹式 BSA	33.7	68	-	-	11	11	2	92±0.5
	压入式 PressFit	41	86.5	-	-	2.75	2.75	-	92±0.5
	PF30	46	68	-	-	11	11	2	92±0.5
	BB30	42	68	-	-	11	11	2	92±0.5
	BB386	42	86.5	-	-	2.75	2.75	-	92±0.5