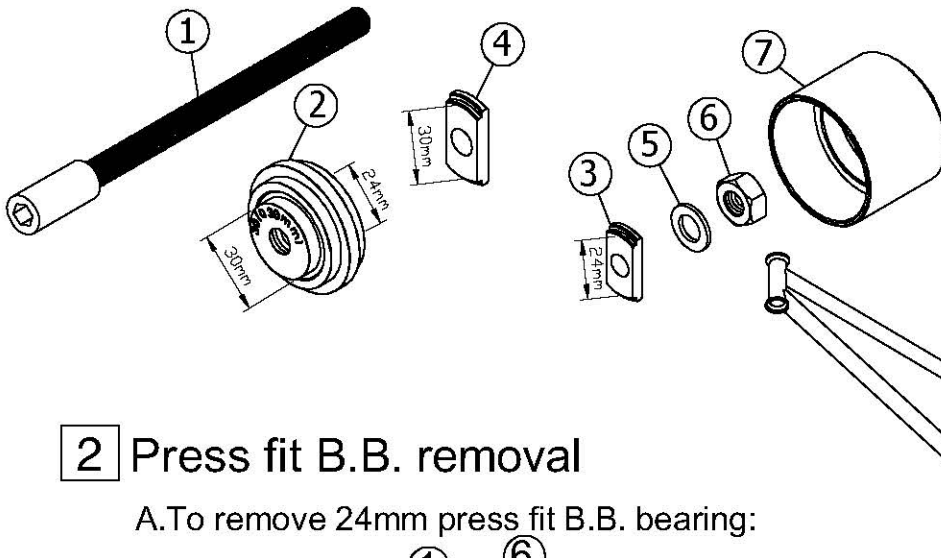


# 1 Parts description

Visit operation detail at Super B

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

Click Product → Bottom & Crank tool → 6. → TB-19002

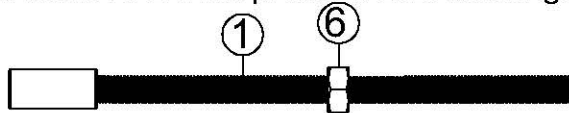


NO.	PART	Q'TY
①	Threaded rod	1
②	Bushing	2
③	24mm plate	1
④	30mm plate	1
⑤	Washer	1
⑥	M10 nut	2
⑦	Cover	1

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

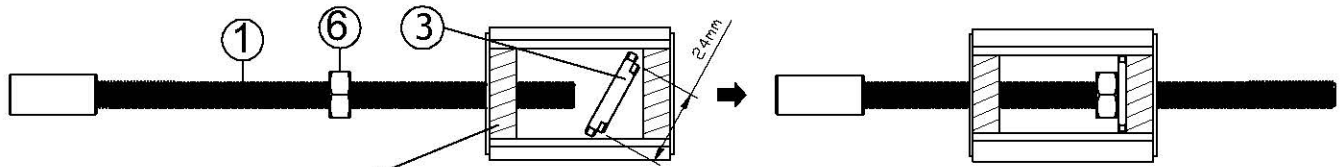
# 2 Press fit B.B. removal

A. To remove 24mm press fit B.B. bearing:



(Picture 1)

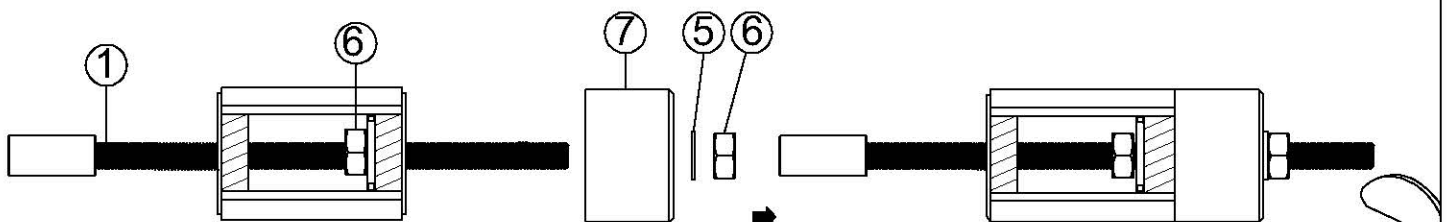
1. Screw the M10 nut ⑥ to threaded rod ① at proper position. (see picture 1)



∅24mm press fit B.B.

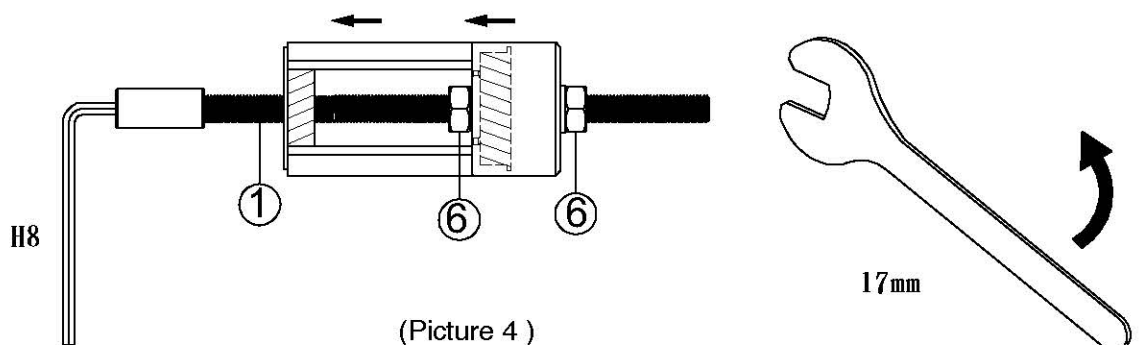
(Picture 2)

2. Put the 24mm plate ③ obliquely into the bottom bracket and screw the threaded rod ① to the 24mm plate ③ against the inner side of the bottom bracket. (see picture 2)



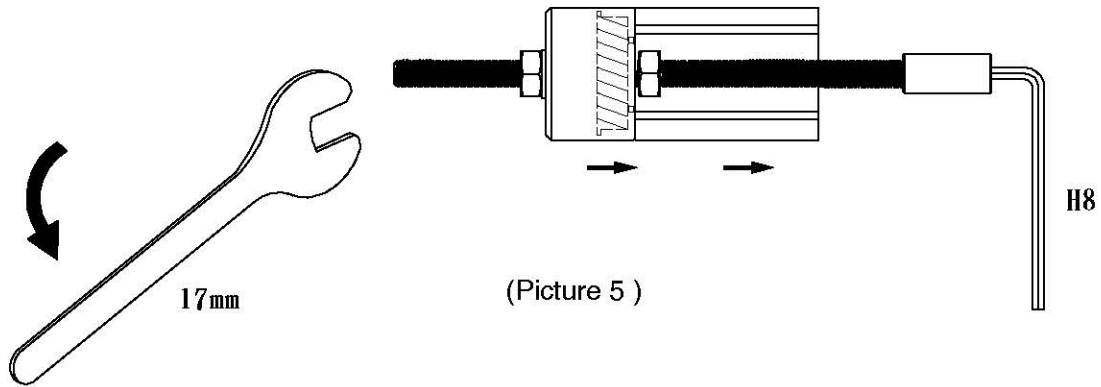
(Picture 3)

3. Place the cover ⑦, washer ⑤ and M10 nut ⑥ into the threaded rod ① in order, then tighten the M10 ⑥ nut 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)



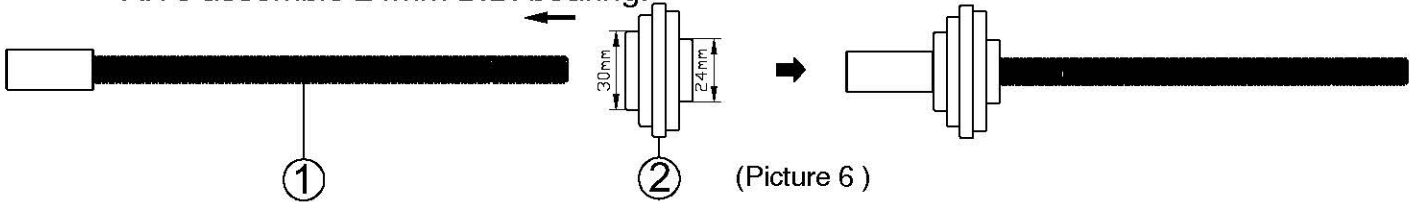
5. Take off the removed B.B. bearing from B.B. shell and repeat steps 1~4 to remove the other B.B. bearing. (see picture 5)

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

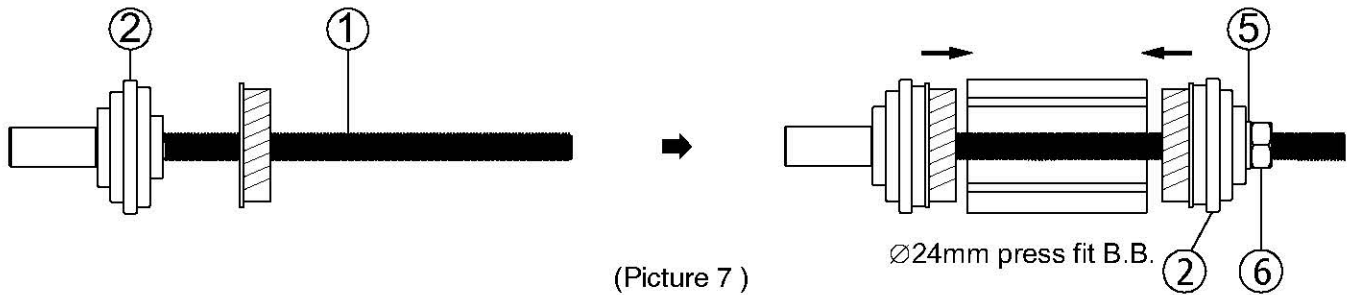
1. Change 24mm plate ③ to 30mm plate ④ and repeat above steps 1 to 5.

### 3 Press fit B.B. installation

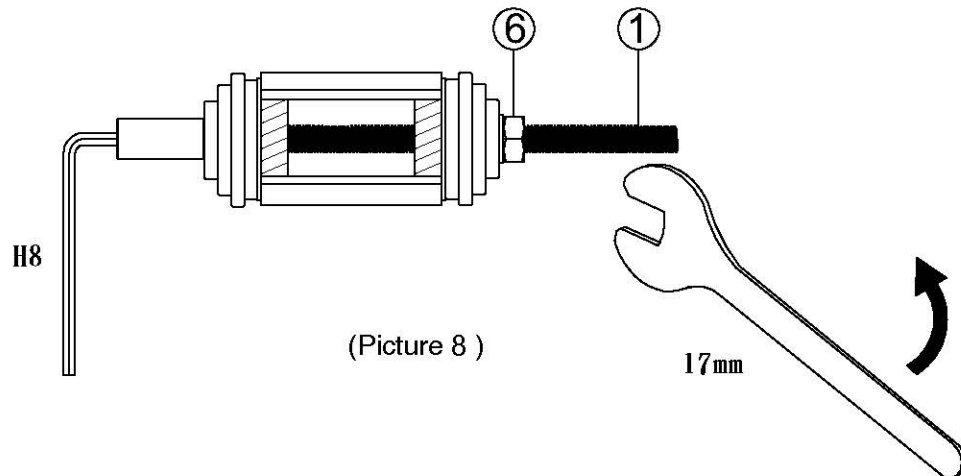
A. To assemble 24mm B.B. bearing:



1. Put bushing ② through threaded bolt ①. (see picture 6)



2. Put one B.B. bearing on threaded bolt ①, make threaded bolt ① to go through the B.B., then put the other B.B. bearing, bushing ②, washer ⑤ and M10 nut ⑥ to threaded bolt ①. (see picture 7)



3. Fix threaded bolt 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 8)

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

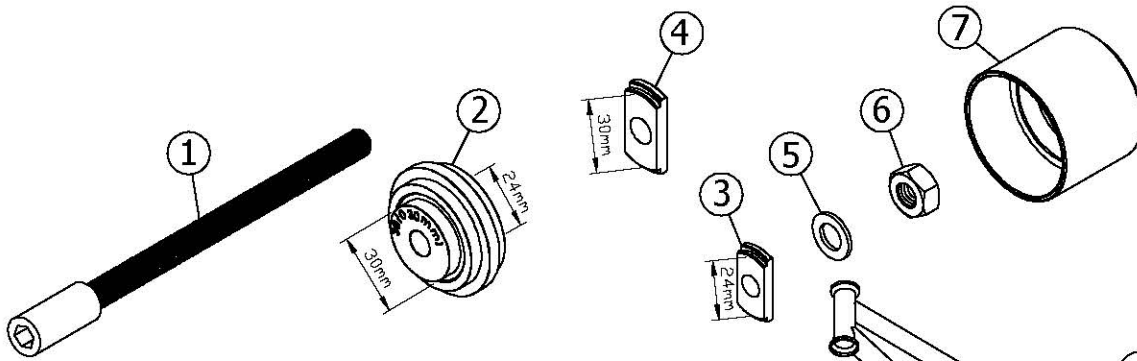
1. Change the direction of bushings ②, (30mm side faces toward to B.B. shell) and repeat above steps 1-3.

# 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 → 6. → TB-19002

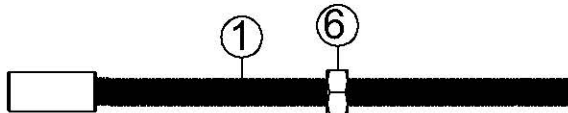


項次	名稱	數量
①	牙棒	1
②	無牙壓塊	2
③	24mm推片	1
④	30mm推片	1
⑤	華司	1
⑥	M10螺帽	2
⑦	擋塊	1

△自備品項：8mm六角扳手，17mm開口扳手

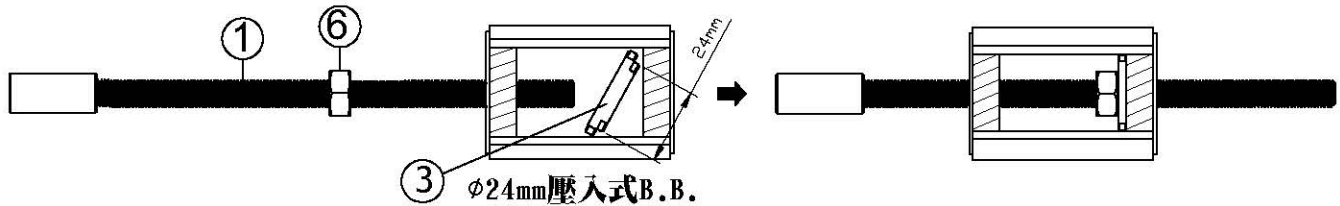
# 2 壓入式五通培林拆卸使用說明

## A. 拆卸24mm五通培林：



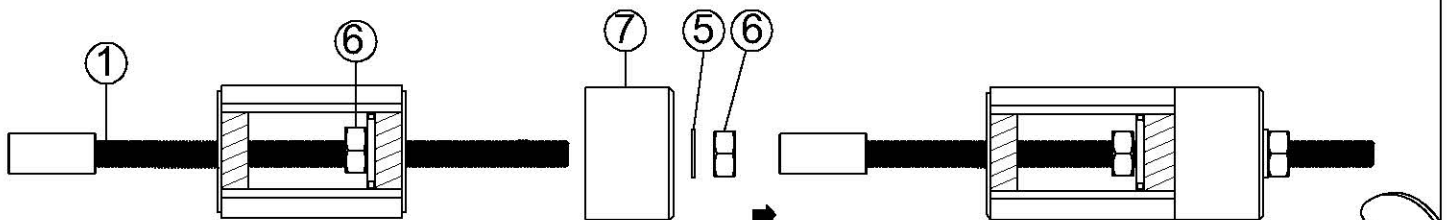
(圖一)

1. 取一M10螺帽⑥ 旋入牙棒① 至適當位置。(如圖一)



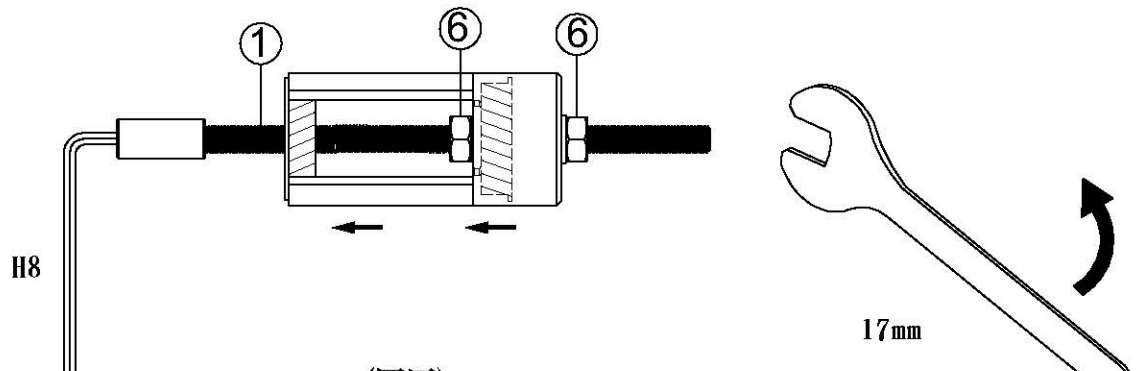
(圖二)

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



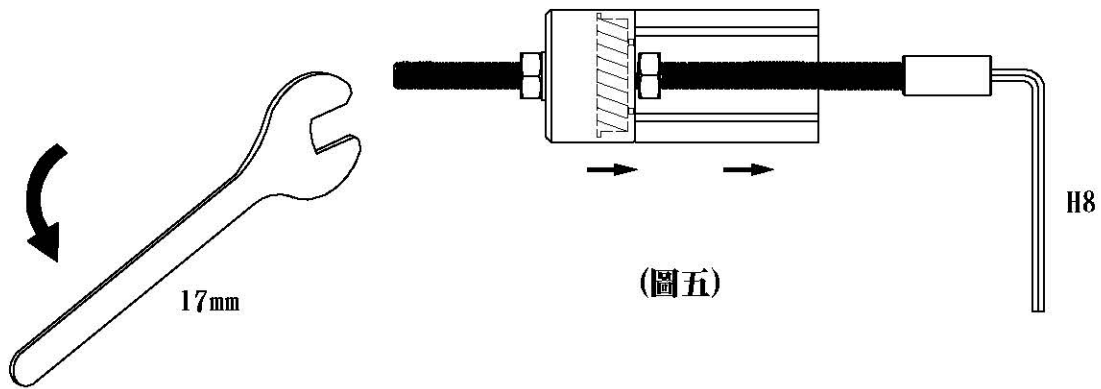
(圖三)

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)



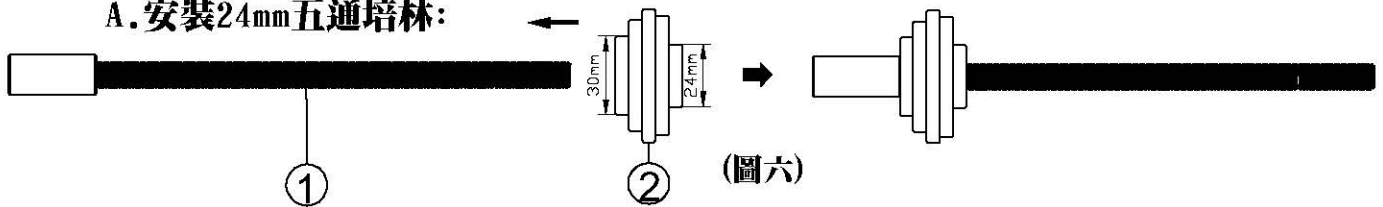
(圖五)

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30mm五通培林改用30mm推片④，重覆以上步驟1~5。

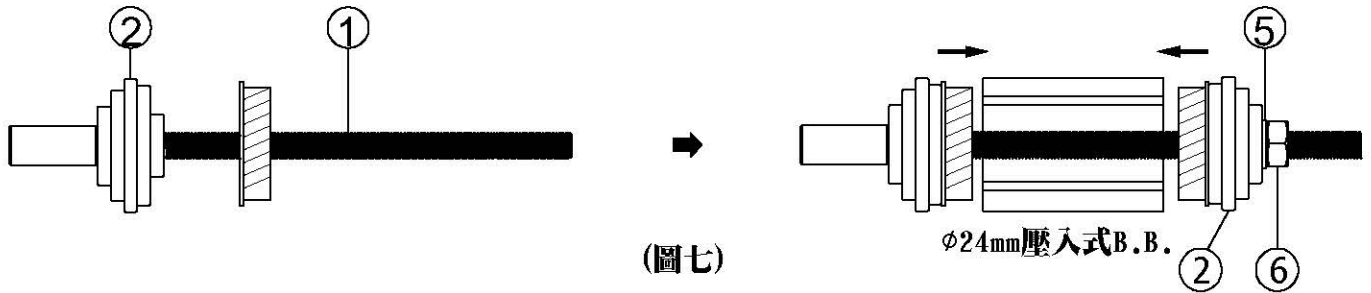
### 3 壓入式五通培林安裝使用說明

A. 安裝24mm五通培林:



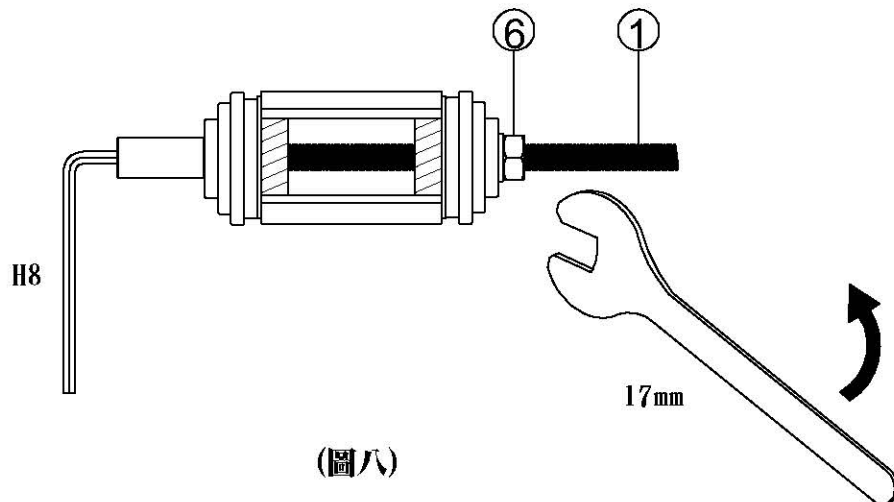
(圖六)

1. 將無牙壓塊②依圖示方向與牙棒①結合。(如圖六)



(圖七)

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。(如圖七)



(圖八)

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。(如圖八)

B. 安裝30mm五通培林:

1. 改變無牙壓塊②的使用方向(30mm面朝向五通)，並重覆以上步驟1~3。