



How to install BB30 bottom brackets

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INTRODUCTION



TOOLS:

- [10mm hex bit for torque wrench](#) (1)
- [Caliper](#) (1)
- [e.13 bottom bracket tool](#) (1)
- [Torque wrench](#) (1)



PARTS:

- [grease](#) (1)
- [e.13 bottom bracket](#) (1)

Step 1 — How to install BB30 bottom brackets



BB SPACER CHART BB30/PF30

Crankset	BB shell width	Non-drive side	Drive side
TRS/XCX	68	1x2.5mm	1x2.5mm
TRS/XCX	73	No Spacer	No Spacer
TRS/XCX	100	USE 100mm PF30 BB ONLY	
LG1	68	1x2.5mm	1x2.5mm
LG1	73	No Spacer	No Spacer
LG1	83	No Spacer	No Spacer

- BB30 frames should have a inner diameter of 42mm
- The BB30 BB is the same for XCX, TRS and LG1 cranks as well as all legacy models
- BB30 BBs work with 68mm and 73mm wide BB shells
- Start by measuring your BB shell and choosing the correct number of spacers to use between the BB and the frame using the chart

Step 2



- Grease the center threads of the BB
- Refer to and follow your frame manufacturers specifications regarding the use of grease on the inside of the BB shell.
 - In general we recommend grease, but some carbon frames may not be compatible with it.
- Thread the BB together making sure that the cups and any needed spacers are centered before tightening

Step 3



- Using an e*thirteen BB tool, a 10mm hex bit and a torque wrench, tighten the BB to 34nm

Step 4

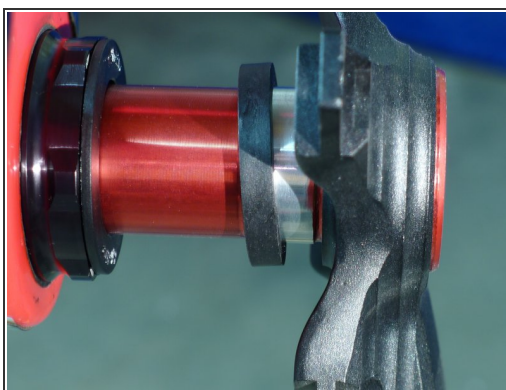
SPINDLE SPACER TABLE* BB30

Crankset	Spindle length	BB shell width	Non-drive side spindle spacer	Drive side spindle spacer
TRS and XCX	113mm	68/73mm	none	none
2015+ LG1*	113mm	68/73mm	none	none
2014- LG1*	113mm	68/73mm	1mm	3.5mm



- Using the chart, determine the number of spindle spacers needed for your BB shell width and spindle
- DH cranks such as the LG1 use a bit longer spindle than XC cranks so be sure to use the proper number of spacers

Step 5



- Lightly grease the crank spindle and install the appropriate spacers on the drive and non-drive side of the spindle
 - In this case we are installing LG1 cranks so spindle spacers are needed

Step 6



- Depending on the model of cranks to be installed:
 - [Install the cranks using the wave washer and spindle spacer preload system](#)
 - [Install the cranks using the APS adjuster](#)
- As always, be sure to properly torque the cranks to spec using a torque wrench

Thanks for reading, now get out there and ride!