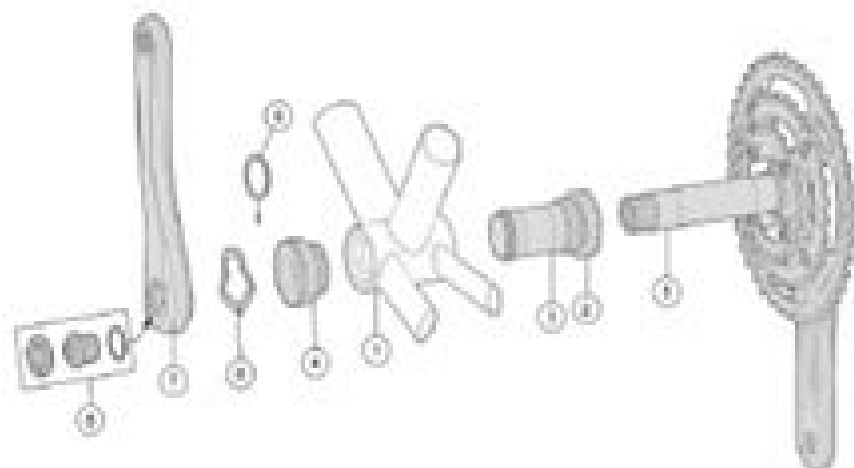


BB-4000 NBD 019 MegaExo Crankset Installation Instructions

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Introduction

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Specification

Model Name / Item Number	MegaExo Bottom Bracket for Alloy Road crankset / BB-4000
BB Shell	86mm English (86x1.21")

Components

Follow the assembly order in the illustration:

- | | |
|---|---|
| <ul style="list-style-type: none"> 1 Bottom Bracket Shell 2 Bearing Cup Right x1 3 Plastic Center screw x1 4 Bearing Cup Left x1 5 Crank (Drive side) x1 | <ul style="list-style-type: none"> 6 M10x104 Wave Spring Washer x1 7 Crank (Non-Drive side) x1 8 QR-18 Self-extracting Crank Bolt Assembly
M12 Crank bolt x1
M17 Retaining Nut x1
Silver Washer x1 9 M10x19 Spacer x1 |
|---|---|

Crankset Installation

1. Ensure that Bottom Bracket (BB) shell 1 is clean and free of metal chips, dirt, and excess paint.
2. Install the R. Bearing Cup 2 and Plastic screw 3 and use the spacer 4 as the above table. Tighten the cup to 400-500 kgf/cm / 40-50 Nm / 300-440 in.lbs. (Use FSA MegaExo cup tool, part no. 80108).
3. Install the L. Bearing Cup 4. Tighten the cup to 400-500 kgf/cm / 40-50 Nm / 300-440 in.lbs.
4. Apply grease to the surfaces of the spindle that will contact the bearings, gently insert the Crank (Drive side) 5 from Drive side through the R. and L. Bearing Cup.

CAUTION: Take great care not to damage the plastic cover of the left BB cup.

5. Apply light amount of grease on spindle splines of L. Crank 6. Install the Wave Washer 6 and M10x19 Spacer 9 onto the axle.
6. Install the L. Crank Arm 7 onto the axle (QR-18 crank bolt is pre-installed on crank). Tighten the Crank Bolt M12 8 to 380-410 kgf/cm / 38-41 Nm / 317-363 in.lbs.

WARNING: Do not tighten M12 crank bolt over 410 kgf/cm / 41 Nm / 363 in.lbs torque. Do not completely tighten the wave spring washer 6. Clearance between non-drive arm and Bearing Cup 2 should be 1.5-2.0mm if the clearance is not within 1.5-2.0mm after applying correct torque, DO NOT tighten the crank bolt further. Recheck installation procedure and order of assembled parts. Ensure correct torque is used.

Note: Always use a calibrated torque wrench to tighten crankbolt. Shipping or breakage due to installing without a torque wrench is NOT covered under manufacturing warranty.

Contact

If you have questions, please visit our web site technical section: <https://www.fullspeedahead.com/en/support> or contact:

Full Speed Ahead, USA
12312 Drive Way Malibu, CA 90275-0792
Tel: 1-425-498-8052 Fax: 1-425-498-2082

Full Speed Ahead, Europe
We Bel Leuven, 36 30074 Buisson, Milan, Italy
Tel: +39 029 688 5385 Fax: +39 029 682 3238

Taiwan/THAILAND / FSA Asia
No.4, Wu-ping 8th Rd., Wu-feng Dist., Taichung City 41303, Taiwan (R.O.C.)
Tel: +886 4 2733 9124 Fax: +886 4 2733 9124

Fsa Headset Assembly Giant Manual

RJ Alexander



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Table of Contents Fsa Headset Assembly Giant Manual

1. Understanding the eBook Fsa Headset Assembly Giant Manual
 - The Rise of Digital Reading Fsa Headset Assembly Giant Manual
 - Advantages of eBooks Over Traditional Books
2. Identifying Fsa Headset Assembly Giant Manual
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Fsa Headset Assembly Giant Manual
 - User-Friendly Interface
4. Exploring eBook Recommendations from Fsa Headset Assembly Giant Manual
 - Personalized Recommendations
 - Fsa Headset Assembly Giant Manual User Reviews and Ratings
 - Fsa Headset Assembly Giant Manual and Bestseller Lists
5. Accessing Fsa Headset Assembly Giant Manual Free and Paid eBooks
 - Fsa Headset Assembly Giant Manual Public Domain eBooks
 - Fsa Headset Assembly Giant Manual eBook Subscription Services
 - Fsa Headset Assembly Giant Manual Budget-Friendly Options
6. Navigating Fsa Headset Assembly Giant Manual eBook Formats

- ePub, PDF, MOBI, and More
- Fsa Headset Assembly Giant Manual Compatibility with Devices
- Fsa Headset Assembly Giant Manual Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Fsa Headset Assembly Giant Manual
 - Highlighting and Note-Taking Fsa Headset Assembly Giant Manual
 - Interactive Elements Fsa Headset Assembly Giant Manual
- 8. Staying Engaged with Fsa Headset Assembly Giant Manual
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Fsa Headset Assembly Giant Manual
- 9. Balancing eBooks and Physical Books Fsa Headset Assembly Giant Manual
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Fsa Headset Assembly Giant Manual
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Fsa Headset Assembly Giant Manual
 - Setting Reading Goals Fsa Headset Assembly Giant Manual
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Fsa Headset Assembly Giant Manual
 - Fact-Checking eBook Content of Fsa Headset Assembly Giant Manual
 - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
- 14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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