



## INSTALLATION & SERVICE INSTRUCTIONS

### Token Bottom Brackets

Read these instructions and follow them for correct use. Please contact the place of purchase if you have further installation or service questions.

#### Product Specifications

- ISIS Bottom bracket
- ISO Bottom bracket
- JIS Bottom bracket

#### Tools

Always use an accurately calibrated torque wrench when installing bottom brackets and other bicycle components.

#### Frame Preparation

It is recommended that you face and chase your bottom bracket shell. This should be performed to the frame builder's specifications by a professional bike shop.

#### Bottom Bracket Installation

1. Apply 4-6 wraps of TEFLON tape around the bottom bracket cups. Then apply a thin layer of grease to the threads inside the bottom bracket shell, to prevent seizing. This will insure a tight seal and fit and prevent future noise from the bottom bracket/cup interface and prevent moisture intrusion.

2. Thread the L side cup into the bottom bracket shell a few turns by hand.

NOTE: TOKEN Bottom brackets have different threads on the right and left side. It is important that you refer to the label on the bottom bracket to distinguish these sides.

BSA (English) Bottom Brackets

R side: counterclockwise

L side: clockwise

Italian Bottom Brackets

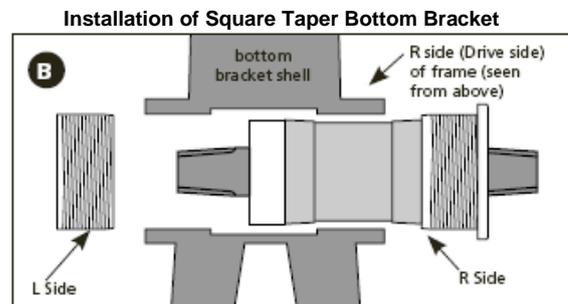
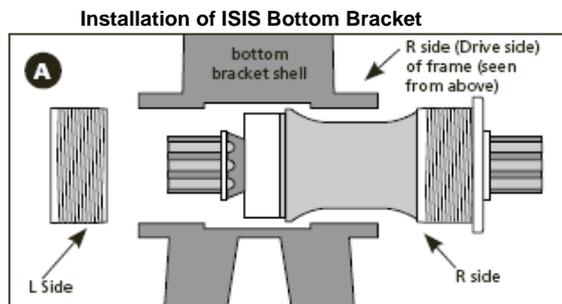
R side: clockwise

L side: clockwise

3. For installation of chain guides and bottom bracket mounted front derailleurs on E-type bottom brackets, refer to chain guide or derailleur manufacturer's instructions before proceeding to the next step.

4. Thread the R side cup and spindle until tight. (FIGURES A,B)

5. Tighten down the L side cup until it is torqued according to the specifications. 347-434 Inch/Lbs. (39.2-49Nm)



NOTE: You may notice some rotational friction of the spindle after the bottom bracket is installed. This is due to the thick grease and seals TOKEN uses in their bottom brackets. Once the crankset and chain are installed, this friction should not be significant, and after a couple of rides, reduced even further.

#### Crankset Installation

NOTE: When using an ISIS or Octalink™ bottom bracket, apply either a thin layer of grease to chromoly spindles, or anti-seize compound to titanium spindles before installing the crank arm. **DO NOT** apply grease to square taper spindles.

6. Install crankset as per manufacturer's instructions. For TOKEN crank sets, please see the included TOKEN instructions. Most TOKEN crankbolt Torque specifications are specified on the socket end of the crankbolt.

#### Maintenance

After the first ride, and periodically during the life of the bottom bracket, check the cups for the correct torque. Also, check the crankbolts to be sure they are at the torque recommended by the manufacturer. Thank You for purchasing a Token Product!!