



This manual is intended primarily for use by professional bicycle mechanics. Users who are not professionally trained for bicycle assembly should not attempt to install the components.

If any part of the information on the manual is unclear to you, do not proceed with the installation. Instead, contact your dealer or a local bicycle shop for their assistance.

Make sure to read all instruction manuals included with the product.

You can find all the manuals and specs on our website <http://ingrid.bike>

MAINTENANCE

This product is not guaranteed against natural wear and deterioration from normal use and aging.

!!! PERIODICALLY CHECK THE TIGHTENING. INCORRECT TIGHTENING CAN CAUSE MALFUNCTIONS OR BREAKAGE

Rev. 1.1 2021/11

MOSCONI s.r.l. | via la Villa 28 zona artigianale Ghilardino 61034 Fossombrone, PU

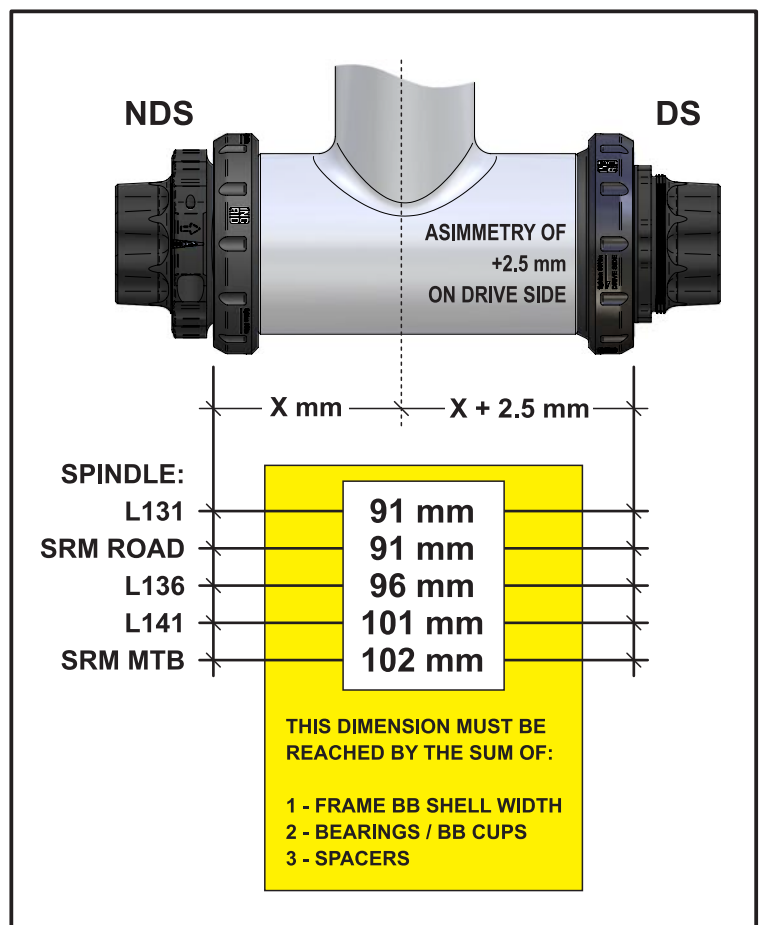
BOTTOM BRACKET SPECIFICATION

OUR CRANKSET SYSTEM IS DESIGNED WITH AN ASIMMETRY OF +2.5 mm ON DRIVE SIDE

The common **MTB** frames/BB cups are **asymmetrical** and that provides the necessary configuration

The common **ROAD** frames/BB cups are **symmetrical**. In this case add 2.5 mm on the drive side

VERIFY THAT THE FRAME/BB CUPS COMPLIES WITH THE REQUIRED DIMENSIONS FOR OUR SPINDLES



SPINDLE

Hand screw the **RING** to preload the crankset until it stops. Make sure there is no play. Tighten the screw to lock the preload ring by a **T10 Torx** screwdriver.

USE THE INCLUDED SPACERS AS INDICATE IN THE PREVIOUS PAGE BB SPECIFICATION

DO NOT USE WAVE WASHERS

AFTER INSTALLATION CHECK THIS DIMENSION

NDS

~11.5 mm

APPLY HIGH QUALITY **LITHIUM+PTFE GREASE** ON THE SPINDLE AND BB

LEFT CRANK ARM

APPLY HIGH QUALITY **LITHIUM+PTFE GREASE** ON THE SPINDLE INTERFACES AND THREADS
DO NOT USE COPPER GREASE!!

LINE THE TWO MARKS

10 mm ALLEN KEY TIGHTENING TORQUE 40-45 Nm

CHAINRING

CHAINRING LOCKRING TOOL ING-T-CS TIGHTENING TORQUE 15 Nm

APPLY A MEDIUM-STRENGTH **THREADLOCKER** ON THE LOCKRING THREAD

CHECK THAT THE CHAINRING AND THE LEFT CRANK ARM ARE ALIGNED CORRECTLY. OTHERWISE REPOSITION THE LEFT CRANK ARM IN THE CORRECT POSITION

RIGHT CRANK ARM

APPLY HIGH QUALITY **LITHIUM+PTFE GREASE** ON THE SPINDLE INTERFACES AND THREADS
DO NOT USE COPPER GREASE!!

10 mm ALLEN KEY TIGHTENING TORQUE 40-45 Nm

CRANCKSET DISASSEMBLY

!!! DO NOT REMOVE THE SELF-EXTRACTOR RING

To remove the cranks use only a **10 mm allen key**. Before unscrewing **CLEAN** and **LUBRICATE** the space between the screw and the self-extractor ring

10 mm ALLEN KEY

SELF-EXTRACTOR RING and SCREW REPLACE

SHIMANO CASSETTE LOCKRING TOOL TIGHTENING TORQUE 5 Nm

APPLY HIGH QUALITY **LITHIUM+PTFE GREASE** ON THE SCREW THREAD
DO NOT USE COPPER GREASE!!

APPLY A **HIGH-STRENGTH THREADLOCKER** ON THE SELF-EXTRACTOR RING THREAD