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## Chris King Precision Components™

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**CHRIS KING**  
PRECISION COMPONENTS

## Conversion Kit #3

BB Type - Press Fit 30

Crank Type - 24/22mm Spindle MTN

BB Shell - 73mm



"C" x 1



"E" x 1



BB Disc x 1  
Spring

Congratulations! Since 1976, Chris King has been supplying cyclists with the best made, most reliable components in the market. With proper installation and maintenance, you will enjoy many years of exceptional performance from the legendary quality built into each one of our components.

### Press Fit Conversion Kit Installation.

Your Chris King Press Fit 30 Bottom Bracket should be installed in the frame before installing our conversion kit in the BB.

1. Be sure to remove both spindle sleeves (black plastic pieces) from the inner diameter of both bottom bracket bearings by hand before installing the reducers. If not removable by hand, carefully insert the tip of a small screwdriver or penknife under outer flange of BB bearing spindle sleeve and gently pry it out of the bearing using alternating prying locations.
2. Apply a thin layer of grease to the interface lip of the reducer. This is the portion that interfaces directly with the bottom bracket bearings.
3. The reducers are designed to have a snug fit and will press into the bottom bracket bearings. A rubber mallet may be required to tap the conversion adapters into place.

**Tech Tip:** The reducer material is heat sensitive and can expand or contract depending on temperature. In warm climates the expansion may cause the reducers to fit tightly into the bearings. In cold climates the interface between the crank spindle and the reducer may be tighter due to contraction. Soaking the reducer in room temperature water will relieve any issues. Expansion and contraction will not affect performance once installed.

### Crank Installation

1. Clean crank spindle and apply a thin layer of grease to spindle surface.
2. Spindle should be inserted into BB using only hand pressure. Use of excessive force may cause bearing to separate. **\*Note some reducers are side specific.**
3. Before passing spindle through second BB bearing be sure spindle is properly aligned with BB bearing spindle

sleeve. Follow crank arm manufacturer's installation instructions to properly install crank assembly and achieve optimal BB bearing preload.

4. Check for bearing play by pushing/pulling the crank arm toward/away from the frame. To eliminate bearing play confirm proper spacer orientation and readjust bearing preload.

**Tech note:** Three white plastic spindle spacers have been included with your conversion kit to fine tune the bearing preload on your Press Fit 30mm BB. They each have a thickness of .33 mm. When needed, these spacers can help to fine tune the BB bearing preload. Spacers should be placed outboard of the drive side reducer. Additional spacer kits are available through any authorized Chris King dealer, or directly from Chris King Precision Components.

5. Periodically check adjustment during the first 100 hours of use. Keeping optimal preload on BB bearings will maximize their longevity. **DO NOT RIDE LOOSE.**

Questions? Please e-mail us at [info@chrisking.com](mailto:info@chrisking.com) or call Customer Service at 800-523-6008.

Replacement parts can be purchased through any authorized Chris King dealer, or directly from Chris King, at [www.chrisking.com/store](http://www.chrisking.com/store).

