### Press Fit Bottom Bracket Specifications

<table>
<thead>
<tr>
<th>Shell Width</th>
<th>Bore Diameter (ø mm)</th>
<th>Min. Ream Depth</th>
<th>Spindle Type</th>
<th>Weight</th>
<th>Weight Ceramic</th>
</tr>
</thead>
<tbody>
<tr>
<td>FZ30</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>68mm</td>
<td>46.00 (+0.00/-0.05)</td>
<td>13.0mm</td>
<td>30mm MTB/ROAD</td>
<td>101.5g</td>
<td>97.4g</td>
</tr>
<tr>
<td>73mm</td>
<td></td>
<td>13.0mm</td>
<td>30mm MTB</td>
<td></td>
<td></td>
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<tr>
<td>FZ4</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>86.5mm</td>
<td>41.00 (+0.00/-0.05)</td>
<td>10.0mm</td>
<td>24mm ROAD</td>
<td>92.5g</td>
<td>88.8g</td>
</tr>
<tr>
<td>89.5mm*</td>
<td></td>
<td>10.0mm</td>
<td>24mm MTB</td>
<td></td>
<td></td>
</tr>
<tr>
<td>92.0mm</td>
<td></td>
<td>10.0mm</td>
<td>24mm MTB</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

* Requires 2.5mm spacer included with Press Fit 24mm Bottom Bracket

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**Notes:**
- BB bearing spindle sleeve
- BB cup assembly
- Center sleeve
- Bicycle frame and bottom bracket shell
- BB cup assembly
- BB bearing spindle sleeve
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 can expect to enjoy many years of exceptional performance from the legendary quality that is built into each and every component we make.

**Press Fit 24 Bottom Bracket Installation**

Bottom Bracket (BB) installation requires specialized tools. We recommend that a qualified professional bicycle mechanic perform the procedure. To ensure proper installation, when applicable, the use of high quality reaming and facing tools is strongly recommended.

**Preparation of Bottom Bracket Shell**

Proper preparation of the BB shell is required for best BB performance, durability, longevity, and reduces the possibility of installation problems. The bottom bracket shell must measure to the exact specifications indicated in the Press Fit Bottom Bracket Specifications Table.

**FOR CARBON FIBER FRAMES PLEASE CHECK WITH MANUFACTURER REGARDING FRAME PREPARATION.**

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. If fit issues are encountered, contact Chris King Customer Service for assistance at info@chrisking.com or call 800-523-6008.

- **Bottom Bracket Specifications Table.**

Bottom Bracket specifications are designed to provide the maximum life of any bottom bracket with a minimum of maintenance. Besides an occasional bearing preload adjustment, the only service necessary is an occasional cleaning and re-greasing of the bearings. Riding conditions will dictate how often you will need to service your BB in wet, windy conditions, service may be necessary as often as every 3 months; in dry conditions, up to every 6 months. See the Bottom Bracket Grease Guide on our website at crtking.com/tech for lubrication and maintenance interval details.

**Service of Bearings**

The BB bearings can be serviced by two different methods. When rotating the inner bearing race, if resistance or drag is detected but the bearing is feels smooth, a re-lubrication is due. **Proceed to BB Bearing Re-lubrication with Chris King BB Injector Tool** section. If the bearing feels gritty, contaminated, or if significant resistance is detected, then it is necessary to fully clean and re-lubricate the bearing. Proceed to **BB Bearing Cleaning and Re-lubrication** section. ABB bearing service can be performed with the BB mounted to the bicycle frame.

**Bottom Bracket Bearing Re-lubrication with Chris King BB Injector Tool**

The BB bearing can be easily flushed with new grease using the Chris King BB Injector Tool. Chris King Press Fit 24 bottom brackets utilize our 24mm Injector Tool while our Press Fit 30 bottom brackets require our 30mm Injector Tool. This service should be performed periodically.

- 1. Remove crank set assembly and spindle from BB according to crank set manufacturer's instructions.
- 2. Remove BB bearing spindle sleeves from the inner diameter of both bottom bracket bearings by hand. 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 pressing locations.
- 3. Insert BB Injector Tool into bearing.
- 4. Attach grease gun tip to grease fitting on BB Injector Tool.
- 5. While continuously pressing the BB Injector Tool into the bearing to form a seal, slowly pump small amounts of synthetic waterproof grease into the bearing. Between pumps, turn the bearing by rotating the Injector Tool back and forth. This motion allows the new grease to be evenly distributed within the bearing, and completely purges the old grease and contaminants through the bearings. The bearing lock also prevents the black rubber seal from accidentally dislodging. If the seal dislodges, remove the snap ring and then follow steps 6 and 9 in the BB Bearing Cleaning and Re-lubrication section.
- 6. Wipe purge grease from bearing surface.
- 7. Reinstall bearing spindle sleeve by pressing the sleeve back into bearing's inner race by hand.

**BB Bearing Cleaning and Re-lubrication**

- 1. Remove crank set assembly and spindle from BB according to crank set manufacturer's instructions.
- 2. Remove BB bearing spindle sleeves from the inner diameter of both bottom bracket bearings by hand. 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 pressing locations.
- 3. Carefully, using a small screwdriver, pick, or penknife, remove the snap ring by inserting tool into snap of ring. Gently work one end of the snap ring toward bearing center until it is out of groove. Follow the ring around with the tool until the snap ring is completely dislodged.
- 4. Lift and remove exposed rubber seal to access the interior of the bearing.
- 5. Thoroughly flush the bearing with a light spray lubricant (e.g., WD-40) and blow dry with compressed air.
- 6. Some solvents, synthetic lubricants, and greases with high-hydrostatic pressures may attack and damage seals and other nonmetallic materials. Minimize exposure to these substances and thoroughly dry bearing assembly after cleaning.
- 7. Do not use citrus-based cleaners.
- 8. If a Chris King press-in injector tool is available proceed to BB Bearing Cleaning and Re-lubrication with Chris King BB Injector Tool section below.
- 9. For BBs with stainless steel ball bearings, apply a bead (approx. 3mm) of waterproof synthetic grease around the top of the bearing. For BBs with ceramic ball bearings, apply enough grease to lightly coat the balls inside the bearing, using approximately 1/16 a teaspoon (approx. 0.5g) of industry approved synthetic lightweight grease. This can be accomplished by applying a light bead of grease 1/8 to 1/4 of the way around the bearing. Rotate the inner race to work grease throughout the ball area. See the Bottom Bracket Grease Guide at crtking.com/tech for details.
- 10. Wipe dirt and other contaminants from the seals and snap rings. Used snap rings and seals can be reinstalled unless warped, punctured, or otherwise damaged. If damaged, replacement seals and snap-rings are available through any authorized Chris King dealer or directly from Chris King, at www.chrisking.com/store.
- 11. Replace rubber seal between inner and outer bearing race.
- 12. Insert one edge of snap ring into groove of outer bearing race. Press along entire groove until snap ring is fully seated; a small gap should be visible between both ends of the snap ring.
- 13. Turn inner race of bearing by hand to test for binding. If bearings do not run smooth, repeat steps 3-8. Binding is often a result of improperly seated seals and/or snap rings.
- 14. Reinstall bearing spindle sleeve by pressing the sleeve back into the bearing's inner race by hand.

**Questions?** Please e-mail us at info@chrisking.com or call the Customer Service at 800-523-6008.

Replacement parts can be purchased through any authorized Chris King dealer, or directly from Chris King. Common spare parts are available online at www.chrisking.com/store.

**Warranty**

Chris King Precision Components warrants its bicycle bottom brackets to be free from defects in materials or workmanship for a period of 5 years from the original date of purchase. Any Chris King product that is found by Chris King Precision Components to be defective in materials or workmanship will be repaired or replaced at the factory's discretion. This warranty does not cover damage or failure resulting from misuse, abuse, alteration, neglect, normal and reasonable wear and tear, crash or impact, failure to perform routine maintenance as instructed, or use other than that for which the product was intended.

If a defect is found, our entire liability and your sole remedy shall be, at our option, free repair or replacement of the Chris King product. Chris King Precision Components shall not be held liable for any indirect, special, or consequential damages. The warranty does not cover any damage to the frame, other than the damaged component. This written express warranty is in lieu of all other warranties, implied or expressed, and does not cover any representation or warranty made by dealers beyond the provisions of this warranty. This warranty gives you specific legal rights, and you may also have other rights which vary state to state.

Thank you for your purchase!

**Made in the USA**

All Chris King Precision Components products are manufactured 100% in the USA using industry leading environmental and quality control standards.

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