

## INTERLOCK INSTALLATION GUIDE



**READ INSTALLATION GUIDE CAREFULLY BEFORE INSTALLING YOUR INTERLOCK BOTTOM BRACKET.**

- 1** **IMPORTANT: APPLY ANTI SEIZE PASTE ON THE FRAME, THE BOTTOM BRACKET AND THE THREAD.**
- 2** **PUSH IN THE DRIVE SIDE OF THE BOTTOM BRACKET BY HAND AS FAR AS POSSIBLE AND PRESS IN COMPLETELY USING THE CEMA 006 BOTTOM BRACKET TOOL.**
- 3** **ALIGN THE THREADS OF DRIVE SIDE AND NON-DRIVE SIDE AND TIGHTEN BY HAND AS FAR AS POSSIBLE. WARNING: FORCED LOCKING OF UNALIGNED THREADS WILL DAMAGE THREADS!**
- 4** **USE A MATCHING TOOL ON EITHER SIDE OF THE BOTTOM BRACKET, 1 TO TIGHTEN AND 1 TO HOLD. TIGHTEN TO A MAXIMUM TORQUE OF 40 NM.**



## MAINTENANCE

- MAINTAIN BEARINGS BY CLEANING AND ADDING LUBRICANT:**
  - AFTER RIDING IN POOR ROAD CONDITIONS OR RAIN
  - EVERY HALF YEAR AS A ROUTINE MAINTENANCE
- PROPER MAINTENANCE WILL INCREASE ROLLING PROPERTIES, AVOID BEARING DAMAGE AND INCREASE LIFETIME.**

