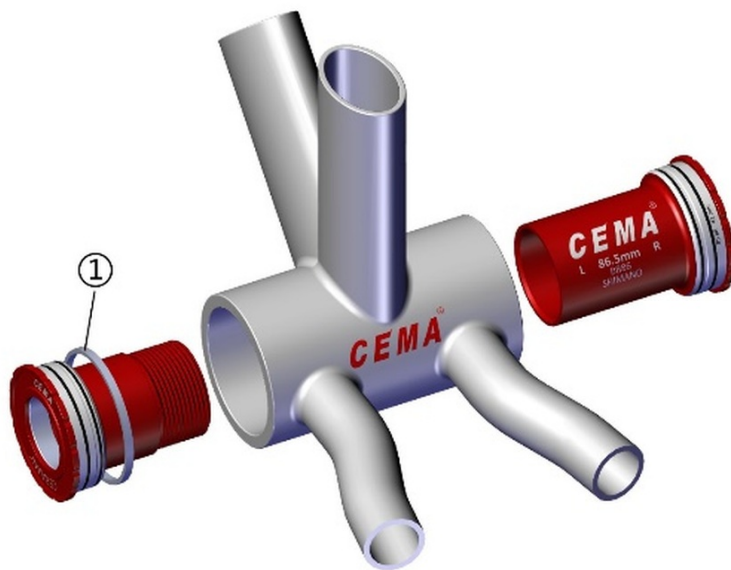


INSTALLATION GUIDE

BB89 for Shimano – 89CBPR



- ❗ **Read installation guide carefully before installing your Interlock Bottom Bracket.**
- 1 **IMPORTANT:** Apply CEMA 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. Use a torque wrench to tighten to a 40-45 Nm torque and check tightening torque every 6 months.



① 2.5mm Spacer

COMPATIBLE

Frame shell ID / Width (mm)			Assembling
41	86.5	Road	No spacers required
	89.5	MTB	Use ① 1pc (N-DS)
	92	MTB	No spacers required

RECOMMENDED TOOLS

CEMA Bottom Bracket tool 24 mm **SRC-TT-B019**
CEMA Bottom Bracket wrench **SRC-TT-B020**

SPARE PARTS

Spare Part bearing set for CEMA 24 mm BB
SRC-BB-S009C-B Black, Ceramic
SRC-BB-S009S-B Black, Stainless Steel
SRC-BB-S009SG3-B Black, SG3 - Ceramic - COATED

MAINTENANCE

Maintain bearings by cleaning and adding lubricant:

- Every time after riding in poor road conditions or rain.
- Every 3-6 months as a routine maintenance.

Proper maintenance will increase rolling properties, avoid bearing damage and increase lifetime.

Tip! Apply CEMA water repellent paste between bearing and dustcover.