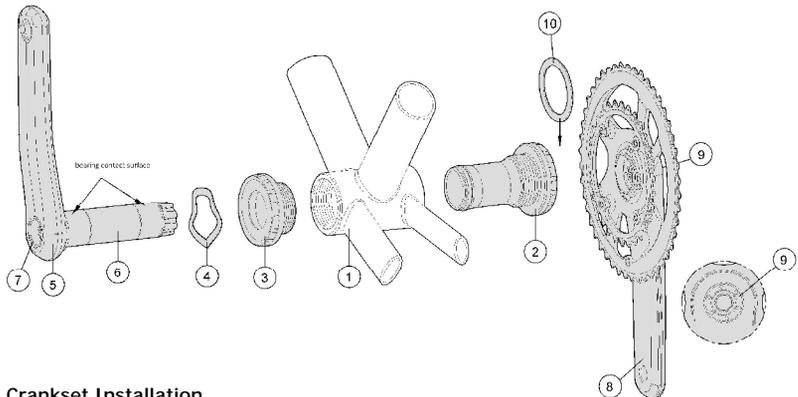


BB386EVO Modular Road Crankset Installation Instructions

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Crankset Installation

1. Ensure that Bottom Bracket shell ① is clean and free of metal chips, dirt, and excess paint.
2. Install the Right Bearing Cup ② and Left Bearing Cup ③. Tighten the cup to 408-510 kgf.cm / 40-50 Nm / 354-442 in.lbs. (If use Press fit BB shell, refer to appropriate BB installation instructions).
3. Place Wave Washer ④ onto the Spindle ⑥. Lightly grease the spindle bearing contact surface and insert from Left Bearing Cup ③.
4. Install the Right Crank Arm ⑧ onto the Spindle ⑥. Use 10mm hex wrench to tighten the QR-20 Self Extracting Crank Bolt ⑨ to 380-410 kgf.cm / 38-41 Nm / 337-363 in.lbs. Do not tighten crank bolt over 410 kgf.cm / 41 Nm / 363 in.lbs.

⚠ CAUTION Take care not to damage plastic bearing covers during installation.

⚠ CAUTION Do not completely flatten the wave spring washer. The gap between left crank arm and left bearing cup should be 1.5-2.0mm. If the gap is not within 1.5-2.0mm after applying correct torque, DO NOT tighten the crank bolt further. Recheck installation procedure and order of assembled parts. Ensure correct torque is used. The 0.5mm spacer ⑩ may be used only on frames with slightly undersized BB shells.

⚠ CAUTION If the crank experiences lateral play after assembly, please add 1-3 pieces of 0.5mm spacer ⑩. The spacers can all go on the same side or on both sides. After adding the spacer, it is important to note that the wave washer ④ cannot be flattened and have to retain its wave form. A gap between 1.5-2.0mm has to remain intact.

⚠ CAUTION Do not remove Left arm crank bolt ⑦ unless removal of left arm is necessary. For left arm removal, see below instructions.

Left Arm Removal in case need to change spindle

1. Remove drive side (right) crank arm ⑧ self extracting collar using a pin spanner.
2. Use a 10mm hex wrench to remove the self extracting bolt ⑨.
3. Remove the left side crank bolt ⑦ using a 10mm hex wrench.
4. Install the self extracting bolt and self extracting collar ⑨ in to the left crank arm ⑤. Ensure the self extracting collar is in completely and tightened.
5. Loosen the self extracting bolt to remove left arm.

⚠ CAUTION Apply threadlocker (Loctite 242 or equivalent) on the Crank bolt ⑦. Use and allow to cure according to threadlocker instructions. Check the Spindle ⑥ dimension is correct. See Table 1 for reference before proceeding next installations.

⚠ WARNING Always use a calibrated torque wrench to tighten crank bolt ⑦ and ⑨. Check bolt torque 380-410 kgf.cm / 38-41 Nm / 337-363 in.lbs before each ride to ensure they have not loosened during use

Introduction

Congratulations on your Full Speed Ahead product. Please read these instructions and follow them for correct use. Failure to follow the warnings and instructions could result in damage to product not covered under warranty, damage to bicycle; or cause an accident resulting in injury or death. Since specific tools and experience are necessary for proper installation, it is recommended that the product be installed by a qualified bicycle technician. FSA & Vision assumes no responsibility for damages or injury related to improperly installed components.

Warranty

Full Speed Ahead (FSA) warrants all FSA, Vision, Metropolis and RPM products to be free from defects in materials or workmanship for a period of two years after original purchase unless otherwise stated in the full warranty policy. The warranty is non-transferable and valid to the original purchaser of the product only. Any attempt to modify the product in any way such as drilling, grinding, and painting will void the warranty. For more information on warranty policy and instructions for completing a warranty claim, check out the Full Warranty Policy found at our website:

<http://www.fullspeedahead.com/support/warranty-policy/>

Specification

Model Name K-Force Light Modular Direct Mount Adventure BB386EVO

Model Name SL-K Modular Direct Mount Adventure BB386EVO

Model Name Energy Modular Direct Mount Adventure BB386EVO

Components

Follow the assembly order in the illustration:

- ① Bottom Bracket Shell
- ② Right Bearing Cup x1
- ③ Left Bearing Cup x1
- ④ Wave Washer
- ⑤ Left Crank Arm
- ⑥ Crank Spindle x1 (Pre-installed on Left Crank)
- ⑦ Crank bolt x1 (Pre-installed on Left Crank)
- ⑧ Right Crank Arm
- ⑨ QR Self Ext. Crank Bolt x1 (Pre-installed on Right crank)
- ⑩ 0.5 mm Spacer x1

Table 1: Spindle ⑥ dimension

Spindle	A
A3160-119 mm	106 mm

