

BOTTOM BRACKET GREASE GUIDE



CONDITIONS

| | | CONDITIONS | | |
|----------------|-----|------------|-----|-----|
| | | DRY | AVG | WET |
| RIDES PER WEEK | 0/2 | 12A | 6A | 6B |
| | 3/4 | 12A | 6A | 3B |
| | 5/7 | 6A | 6B | 3B |

| KEY |
|---|
| > NUMBERS = MONTHS REQUIRED BEFORE NEW GREASE. |
| > LETTERS = TYPE OF GREASE: |
| A = GOOD WATERPROOF GREASE |
| B = PREMIUM SYNTHETIC WATERPROOF GREASE |

GENERAL RECOMMENDATIONS

- When changing the type of grease being used it is recommended to purge or clean out all old grease. It is difficult to determine if different greases are compatible and mixing incompatible grease can result in lubrication failure.
- When injecting grease into the bearing using the Injection Tool, push the grease in slowly and rotate the tool (and inner bearing race) side to side. This procedure allows the grease to distribute in the bearing and allows excess grease to work past the seal without pushing out the seal.
- For highly contaminated bearings, very gritty and stiff, it is recommended to remove the snap ring and seal and then follow the cleaning procedure discussed in the owners manual. A quicker but less thorough method is to push grease into the bearing, rotate the bearing and repeat until the bearing feels smooth and the grease coming out is clean.
- For abusive, dirty riding conditions, fill the bearing full of grease to help keep contaminants out of the bearing.
- For reduced grease drag, use small grease additions more frequently to allow the balls to move more freely in the bearing.

Ceramic Bearings

The ceramic balls need only a small amount of a light weight premium synthetic waterproof grease for optimal performance. Small grease additions more frequently works well to keep the bearing smooth and fast. For longer greasing intervals or for abusive conditions filling the bearing full of grease is recommended.