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3. Tighten clockwisely the Hex Screw (E) by Allen Key (F) and stop the action till the adapters with bearings and covers of R92S (A) meet the end surface of the BB shell (B). Have visual check to see if the cups were pressed to the correct positions when removing the tools.

4. Assembly is finished.

7-1 Assemble the Cylinder (K) and the Big Split Stopper (P) and then lean them against the inner side of the bearing of the drive side.  
7-2 Put the Cover (O) and the Hex Cover (C) to the drive side in order.  
※ Please note the big and small sides of the Cover (O).  
7-3 Penetrate the Cylinder (K) with the Hex Screw (E) and tighten the Hex Screw (E) together with the Hex Cover (C).

8. Tighten clockwisely the Hex Screw (E) by Allen Key (F) to take off the bearing (L) of the drive side.
Assembly Manual for R92S

1. Put the adapters with bearings and covers of R92S (A) into the BB shell (B) according to the directions of the arrows. Make sure the I.D. of the BB shell before action.

9. Take off the Circlip (Q) from the BB shell (B).

10. Disassembly is finished.

2. Penetrate the Hitch 22/24(D) with the Hex Screw (E) and tighten the Hex Screw (E) together with the Hex Cover (C). The Hitch 22/24(D) will press the cups into the BB Shell with the side of O.D. Ø24. All the actions should be aligned.
Disassembly Manual for R92S

1. Take off the Bearing Covers (H) by hands according to the directions of the arrows.

2-1 Put the Small Split Stopper (J) into the non-drive side of the BB shell and then rotate it to lean against the inner side of the bearing.
2-2 Assemble the Cylinder (K) and the Small Split Stopper (J).
2-3 Lean the Hex Cover (C) against the end surface of the BB shell (B) at the non-drive side.
2-4 Penetrate the Cylinder (K) with the Hex Screw (E) and tighten the Hex Screw (E) together with the Hex Cover (C). Please note the direction of the Small Split Stopper (J) while proceeding the assembly.

5. Tighten clockwisely the Hex Screw (E) by Allen Key (F) to take off the adapter (S) of the drive side.

Disassembly Manual for R30RR/MR

1-1 Put the Cylinder (K) into the BB shell from the drive side according to the direction of the arrow and lean it against the inner side of the bearing converter.
1-2 Put the Cover (O) and the Hex Cover (C) to the non-drive side in order. Please note the big and small sides of the Cover (O).
1-3 Penetrate the Cylinder (K) with the Hex Screw (E) and tighten the Hex Screw (E) together with the Hex Cover (C).

2. Tighten clockwisely the Hex Screw (E) by Allen Key (F) to take off the adapter (S) of the non-drive side.

5. Tighten clockwisely the Hex Screw (E) by Allen Key (F) to take off the adapter with bearing and cover (A) from the drive side.

6-1 Put the Big Split Stopper (P) on the Cylinder (K).
6-2 Put the Cylinder into the BB shell from the drive side and lean it against the bottom of the adapter (S).
6-3 Put the Cover (O) and the Hex Cover (C) to the non-drive side in order. Please note the big and small sides of the Cover (O).
3. Tighten clockwisely the Hex Screw (E) by Allen Key (F) to take off the bearing (L) of the non-drive side.

4-1 Put the Washer (M) into the hole at the non-drive side where the bearing was removed and lean it against the end surface of the Sleeve (N).
4-2 Put the Cover (O) and the Hex Cover (C) to the drive side in order. ※ Please note the big and small sides of the Cover (O).
4-3 Penetrate with the Hex Screw (E) and tighten it together with the Hex Cover (C).

6-4 Penetrate the Cylinder (K) with the Hex Screw (E) and tighten it together with the Hex Cover (C).
6-5 Tighten clockwisely the Hex Screw (E) by Allen Key (F) to take off the adapter (S).
6-6 Disassembly is finished.

3-1 Put the Big Split Stopper (P) into the non-drive side of the BB shell according to the direction of the arrow and then rotate it to lean against the inner side of the bearing.
3-2 Assemble the Cylinder (K) and the Big Split Stopper (P) and then lean them against the inner side of the bearing.
3-3 Put the Cover (O) and the Hex Cover (C) to the non-drive side in order. ※ Please note the big and small sides of the Cover (O).
3-4 Penetrate the Cylinder (K) with the Hex Screw (E) and tighten the Hex Screw (E) together with the Hex Cover (C).

4. Tighten clockwisely the Hex Screw (E) by Allen Key (F) to take off the bearing (L) of the non-drive side.

7. Tightly press the adapter with bearing (A) of R30, into the BB shell and stop the action till it leans against the Circlip (Q). Have visual check to see if the converter was pressed to the correct position when removing the tools.

8. Assembly is finished.
5. Penetrate the Hitch 22/24(D) with the Hex Screw (E) and tighten the Hex Screw (E) together with the Hex Cover (C). The Hitch 22/24(D) will press the adapter with bearing (A) into the BB Shell with the side of O.D. Ø22. All the actions should be aligned.

6. Tighten clockwisely the Hex Screw (E) by Allen Key (F).

**Assembly Manual for R92R**

1. Put the adapters with bearings and covers of R92R (A) into the BB shell (B) according to the directions of the arrows.
   Make sure the I.D. of the BB shell before action.

2. Penetrate the Hitch 22/30(G) with the Hex Screw (E) from the left side and tighten the Hex Screw (E) together with the Hex Cover (C) from the drive Side.
   The Hitch 22/30(G) will press the cups into the BB Shell with the side of O.D. Ø22. All the actions should be aligned.

3. Take off the Bearing Cover (H) at the drive side according to the direction of the arrows.
   2-1 Put the Cylinder (K) into the BB shell and lean it against the inner side of the bearing.
   2-2 Put the Cover (O) and the Hex Cover (C) to the non-drive side in order.
      ※ Please note the big and small sides of the Cover (O).
   2-3 Penetrate the Cylinder (K) with the Hex Screw (E) and tighten the Hex Screw (E) together with the Hex Cover (C).

4. Penetrate the Hitch 25/30(R) with the Hex Screw (E) and tighten the Hex Screw (E) together with the Hex Cover (C).
   The side of O.D. Ø30 of the Hitch 25/30(R) should go inward. All the actions should be aligned.

5. Tighten clockwisely the Hex Screw (E) by Allen Key (F).

**Disassembly Manual for R92R**

1. Take off the Bearing Cover (H) at the drive side according to the direction of the arrows.

2. Put the Cylinder (K) into the BB shell and lean it against the inner side of the bearing.

**Assembly Manual for R30RR/MR**

1. Put the Circlip (Q) into the gaps of the BB shell (B) according to the direction of the arrows.

2. Penetrate the Hitch 25/30(R) with the Hex Screw (E) and tighten the Hex Screw (E) together with the Hex Cover (C).
   The side of O.D. Ø30 of the Hitch 25/30(R) should go inward. All the actions should be aligned.
3. Tighten clockwise the Hex Screw (E) by Allen Key (F) and stop the action till the adapters with bearings and covers of R92R (A) meet the end surface of the BB shell (B). Have visual check to see if the cups were pressed to the correct positions when removing the tools.

4. Assembly is finished.

3. Tighten clockwise the Hex Screw (E) by Allen Key (F) to take off the bearing (L) of the non-drive side.

4-1 Put the Washer (M) into the hole at the non-drive side where the bearing was removed and lean it against the end surface of the Sleeve (N).
4-2 Put the Cover (O) and the Hex Cover (C) to the drive side in order.
※ Please note the big and small sides of the Cover (O).
4-3 Penetrate with the Hex Screw (E) and tighten it together with the Hex Cover (C).

9. Take off the Circlip (Q) from the BB shell (B).

10. Disassembly is finished.
7-1 Assemble the Cylinder (K) and the Big Split Stopper (P) and then lean them against the inner side of the bearing of the drive side.
7-2 Put the Cover (O) and the Hex Cover (C) to the drive side in order. ※ Please note the big and small sides of the Cover (O).
7-3 Penetrate the Cylinder (K) with the Hex Screw (E) and tighten the Hex Screw (E) together with the Hex Cover (C).
8. Tighten clockwisely the Hex Screw (E) by Allen Key (F) to take off the bearing (L) of the drive side.

5. Tighten clockwisely the Hex Screw (E) by Allen Key (F) to take off the adapter with bearing and cover from the drive side.

6-1 Put the Big Split Stopper (P) on the Cylinder (K).
6-2 Put the Cylinder into the BB shell from the drive side and lean it against the bottom of the adapter (S) at the non-drive side.
6-3 Put the Cover (O) and the Hex Cover (C) to the non-drive side in order. ※ Please note the big and small sides of the Cover (O).

Assembly Manual for T86

1. Put the adapters with bearings and covers (A) into the BB shell (B) according to the directions of the arrows. Make sure the I.D. of the BB shell before action.

2. Penetrate the Hitch 22/24(D) with the Hex Screw (E) and tighten the Hex Screw (E) together with the Hex Cover (C). The Hitch 22/24(D) will press the cups into the BB Shell with the side of O.D. Ø24. All the actions should be aligned.
Disassembly Manual for R30RS/MS

1-1 Put the Small Split Stopper (J) into the non-drive side of the BB shell according to the direction of the arrow and then lean the cylinders into the adapter with bearing (A).

1-2 Assemble the Cylinder (K) and the Small Split Stopper (J). Have visual check to see if the cups were pressed to the correct positions when removing the tools.

1-3 Put the Cover (O) and the Hex Cover (C) to the non-drive side in order. Please note the big and small sides of the Cover (O).

1-4 Penetrate the Cylinder (K) with the Hex Screw (E) and tighten the Hex Screw (E) together with the Hex Cover (C).

2. Tighten clockwisely the Hex Screw (E) by Allen Key (F) to take off the adapter (S) of the non-drive side.

3. Tighten clockwisely the Hex Screw (E) by Allen Key (F) and stop the action till the adapters with bearings and covers (A) meet the end surface of the BB shell (B). Have visual check to see if the cups were pressed to the correct positions when removing the tools.

4. Assembly is finished.

5-1 Assemble the Cylinder (K) and the Small Split Stopper (J) and then lean them against the inner side of the bearing converter of the drive side.

5-2 Put the Cover (O) and the Hex Cover (C) to the drive side in order. Please note the big and small sides of the Cover (O).

5-3 Penetrate the Cylinder (K) with the Hex Screw (E) and tighten the Hex Screw (E) together with the Hex Cover (C).

6. Tighten clockwisely the Hex Screw (E) by Allen Key (F) to take off the adapter (S) of the drive side.

5-4 Assemble the Cylinder (K) and the Small Split Stopper (J) and then lean them against the inner side of the bearing converter of the drive side.

5-5 Tighten clockwisely the Hex Screw (E) by Allen Key (F) to take off the adapter (S).

6-6 Disassembly is finished.
Disassembly Manual for T86

1. Take off the Bearing Covers (H) by hands according to the directions of the arrows.

2-1 Put the Small Split Stopper (J) into the non-drive side of the BB shell according to the direction of the arrows and then rotate it to lean against the inner side of the bearing.
2-2 Assemble the Cylinder (K) and the Small Split Stopper (J).
2-3 Lean the Hex Cover (C) against the end surface of the BB shell (B) at the non-drive side.
2-4 Penetrate the Cylinder (K) with the Hex Screw (E) and tighten the Hex Screw (E) together with the Hex Cover (C).

Please note the direction of the Small Split Stopper (J) while proceeding the assembly.

5. Tighten clockwisely the Hex Screw (E) by Allen Key (F) to take off the adapter (S) of the non-drive side.

6-1 Put the Big Split Stopper (P) on the Cylinder (P).
6-2 Put the Cylinder into the BB shell from the non-drive side and stop the action till it leans against the Circlip (Q).

Have visual check to see if the adapter with bearing (A) was pressed to the correct position when removing the tools.

6-3 Put the Cover (O) and the Hex Cover (C) to the drive side in order.
6-4 Tighten clockwisely the Hex Screw (E) by Allen Key (F) to take off the adapter with bearing and cover (A).
6-5 Disassembly is finished.

8. Assembly is finished.
3. Tighten clockwisely the Hex Screw (E) by Allen Key (F) to take off the bearing (L) of the non-drive side.

4-1 Put the Big Split Stopper (P) into the hole at the non-drive side where the bearing was removed and lean it against the bottom of the cup.
4-2 Put the Cover (O) and the Hex Cover (C) to the non-drive side in order.
※ Please note the big and small sides of the Cover (O).
4-3 Penetrate the Cylinder (K) with the Hex Screw (E) and tighten the Hex Screw (E) together with the Hex Cover (C). Please note the direction of the Big Split Stopper while assembling the tools.

5. Penetrate the Hitch 22/24(D) with the Hex Screw (E) and tighten the Hex Screw (E) together with the Hex Cover (C). The Hitch 22/24(D) will press the adapter with bearing (A) into the BB Shell with the side of O.D. Ø24. All the actions should be aligned.

6. Tighten clockwisely the Hex Screw (E) by Allen Key (F).

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Assembly Manual for R86

1. Put the adapters with bearings and covers (A) into the BB shell (B) according to the directions of the arrows. Make sure the I.D. of the BB shell before action.

2. Penetrate the Hitch 22/24(D) with the Hex Screw (E) and tighten the Hex Screw (E) together with the Hex Cover (C). The Hitch 22/24(D) will press the cups into the BB Shell with the side of O.D. Ø22. All the actions should be aligned.

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Assembly Manual for R30RS/MS

1. Put the Circlip (Q) into the gaps of the BB shell (B) according to the direction of the arrows.

2. Penetrate the Hitch 25/30(R) with the Hex Screw (E) and tighten the Hex Screw (E) together with the Hex Cover (C). The side of O.D. Ø30 of the Hitch 25/30(R) should go inward. All the actions should be aligned.
5. Tighten clockwisely the Hex Screw (E) by Allen Key (F) to take off the adapter (S) of the non-drive side.

6-1 Put the Big Split Stopper (P) on the Cylinder (P).
   ※ Please note the direction of the Big Split Stopper (P).
6-2 Put the Cylinder into the BB shell from the non-drive side and lean it against the bottom of the adapter with bearing and cover (A).
6-3 Put the Cover (O) and the Hex Cover (C) to the drive side in order.
   ※ Please note the big and small sides of the Cover (O).
6-4 Tighten clockwisely the Hex Screw (E) by Allen Key (F) to take off the adapter with bearing and cover (A).
6-5 Disassembly is finished.

3. Tighten clockwisely the Hex Screw (E) by Allen Key (F) and stop the action till the adapters with bearings and covers(A) meet the end surface of the BB shell (B).
   Have visual check to see if the cups were pressed to the correct positions when removing the tools.

4. Assembly is finished.
Disassembly Manual for R86

1. Take off the Bearing Cover (H) at the drive side according to the direction of the arrows.

2-1 Put the Cylinder (K) into the BB shell from the drive side and lean it against the inner side of the bearing.
2-2 Put the Cover (O) and the Hex Cover (C) to the non-drive side in order.
   ※ Please note the big and small sides of the Cover (O).
2-3 Penetrate the Cylinder (K) with the Hex Screw (E) and tighten the Hex Screw (E) together with the Hex Cover (C).

3. Tighten clockwisely the Hex Screw (E) by Allen Key (F) to take off the bearing (L) of the non-drive side.

4-1 Put the Big Split Stopper (P) into the hole at the non-drive side where the bearing was removed and lean it against the bottom of the cup.
4-2 Put the Cover (O) and the Hex Cover (C) to the non-drive side in order.
   ※ Please note the big and small sides of the Cover (O).
4-3 Penetrate the Cylinder (K) with the Hex Screw (E) and tighten the Hex Screw (E) together with the Hex Cover (C). Please note the direction of the Big Split Stopper while assembling the tools.