Part Installation Procedure

Spin Bike – Bottom Bracket Replacement

Image 1
PN. 800-4030

Image 2

Image 3

Image 4

Image 5

Replacing the bottom bracket on the Pro 6800, Elite 6900 and NXT 7000 series spin bikes

Parts Required

- Bottom bracket 800-4030 **Image 1**
- 800-4069 Loctite, 620 .5ml Capsule

Optional Part

- 800-4068 Loctite, 660 6ml

Recommended Tools:

- Set of metric Allen wrenches
- 14mm or 15mm socket and driver
- Torque wrench in Foot Pounds
- 9/16” socket for crank arm bolt/nut
- Crank arm puller

Parks Tool Co. Crank Puller CCP-2

Note: Parks Tools are available at most bike shops and are only recommended by StarTrac and are not required. Other manufactures tools can be used.

Removing the crank arms

1. Remove the chain cover, loosen the flywheel axle bolt and loosen the chain tension screws. Take the chain off the right side crank.
2. Look for bolt or nut at end of crank in-line with bottom bracket spindle. If no bolt is visible, remove dust caps. **Image 2 and Image 3**
3. Remove the crank bolts using the 9/16” socket. **Image 4**
4. Use a crank arm puller such as the Park tool number CCP-2 to remove the crank arms. **Image 5**
5. Before installing crank puller into crank, turn puller nut away from internal driver as much as possible. If puller nut happens to unthread from internal driver, thread it back on only 3-4 turns.
6. Thread large external thread of puller (nut) into arm, taking care not to cross thread. Tighten puller nut into crank using wrench.
7. Thread internal driver into puller nut. Using handle or adjustable wrench, tighten driver until crank is loose on spindle. Pull arm from spindle and unthread both parts of tool from arm. Repeat process on other crank.

Part Installation Procedure

Image 6

Image 7

Image 8

Image 9

Image 10

Bottom Bracket removal

1. Remove the 29MM nut from the right side of the bottom bracket **Image 6**
2. Using a hammer carefully knock out the bearing and spindle by hitting the bottom bracket spindle on the right side. **Image 7** It will take some force to release the bearings from the frame, follow safe working practices. **Note**: If you will be using the spindle again, take care not to damage it.
3. Remove the bearing from the spindle and insert the spindle back into the bike from the same side. Put the spindle in the bearing and now knock out the bearing and spindle by hitting the bottom bracket spindle on the left side. **Image 7**

Installing the bottom bracket

1. Clean the inside of the bearing housing and remove any remaining Loctite.
2. Apply some # **620** Loctite to the bearing bore, and then insert the new bearing into the bearing bore. NOTE: Do not get any of the Loctite on the Bearing face or the inner race of the bearing.
3. Align the bearing with the frame and using the rubber coated mallet, tap the bearing into the frame. NOTE: Do not hit the inner race of the bearing.
4. Insert the bottom bracket spindle into the bearing from the other side of the frame.
5. Apply some # **620** Loctite to the second bearing and install it into the frame and onto the spindle. **Image 8**
6. Apply some Loctite **#620** to the nuts and attach the nuts to the spindle and using two 29MM open end wrenches tighten the nuts to press the bearing into the housing.
7. Tighten the nuts until the bearings are both firmly seated into the housing. Test the nuts to make sure they are at 50 foot pounds. **Image 9**
8. Check for side to side play or looseness before re-installing the cranks and chain guard.

Note: If the bearings are tight but still have play the bearing bore may be out of round. **Loctite # 660** may need to be applied to the bearing bore before installing the bearings. Please call StarTrac before applying the 660 Loctite.

Installing the crank arms

1. Install the cranks arms and insert the crank bolts. Tighten the crank bolts using a 9/16” socket and driver.
2. Using a torque wrench and 9/16” socket torque the crank arm bolts to 30 foot pounds. **Image 10**
3. Install the pedals taking care to hand tread the pedals into the crank arms then tighten with a 9/16” open end wrench.

Observe proper safety precautions while testing the bike for proper smoothness while pedaling.