

Next, tap the spindle out gently being careful so as not to peen the end. The bearing cartridges can then be removed from their opposing sides. Now, insert a rod through the hole left by the removed spindle to tap out the bearing cartridge. A firm tap with a hammer will be needed to break the Loctite bond. Work the bearing out slowly by tapping lightly at four points, as on the face of a clock (3, 6, 9 and 12:00).

Once the old bearings are removed, clean out the surfaces inside the frame where the bearings fit. It is extremely important to have very clean surfaces for the Loctite to bond properly. We suggest using rubbing alcohol or some other solvent that will leave no residue.

recommend using Loctite RC620. It has proven to be the best of all the anaerobic adhesives that we've tried. We sell small tubes of Loctite QUICK METAL which also works very well. That's the thing to have on hand if you're going on a longer trip or if Loctite RC620 is not available.

To reassemble the Bottom Bracket, start by cleaning the bearings very thoroughly with alcohol. Then clean the inside of the shell making sure the shell is clean and free of the old Loctite. The cleaner the surfaces, the better the Loctite bond. Apply Loctite liberally on the outer rim of the new bearings.