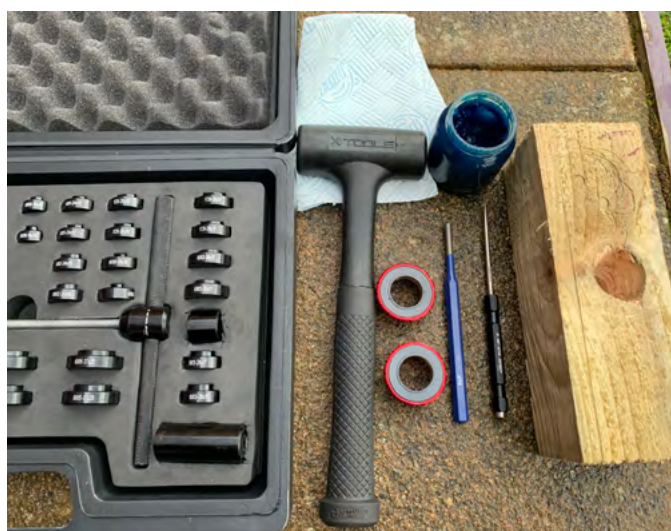


HOW TO REPLACE YOUR NUKEPROOF 24MM SHIMANO, DUB, GXP AND 30MM BOTTOM BRACKET BEARINGS

In this guide we will replace the bottom bracket bearings in a 24mm Shimano bottom bracket. The process is the same for DUB / 30mm bottom brackets. We recommend removing the bottom bracket from the bike to complete this task. There is a separate how to guide which explains bottom bracket removal and installation you require this. The process for replacing the GXP bearings is also very similar but the red adapter needs removed and refitted from the non driveside bearing.

ITEMS REQUIRED:

- Replacement bearings
- Bearing press
- Hammer
- Bearing punch or similar
- Pick or similar
- Grease
- Kitchen Roll
- Block of wood or similar



DISASSEMBLY:



1. Take your left hand cup, use a pick to carefully remove the seal.



2. Take your right hand cup and use a pick to remove the seal.



3. Take the left hand cup and place it face down on the wood, use the bearing punch to carefully knock the bearing out from the rear.



4. Take the right hand cup, place it face down on the wood, use a bearing punch to carefully knock the bearing out from the rear.



5. Using your kitchen roll, clean any dirt off the cups.



6. Inspect both cups to ensure they are free from damage.



7. Your bottom bracket bearings are now disassembled.

ASSEMBLY:



8. Apply a layer of grease into the bearing seat in both bottom bracket cups.



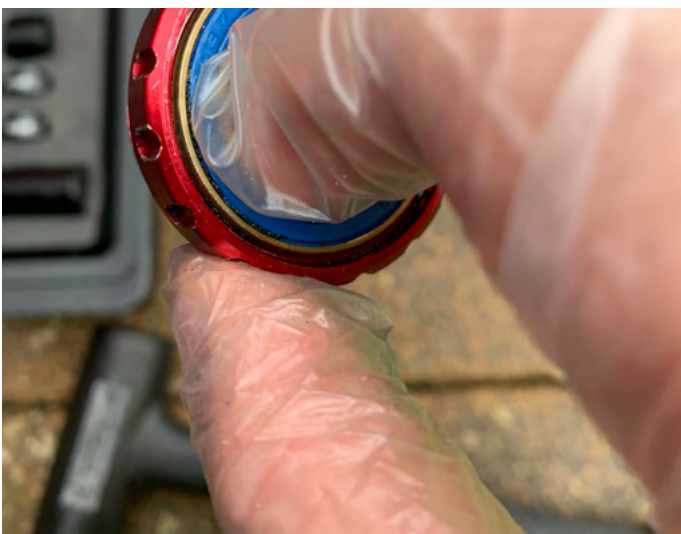
9. Seat the bearing into the left hand cup and prepare your bearing press.



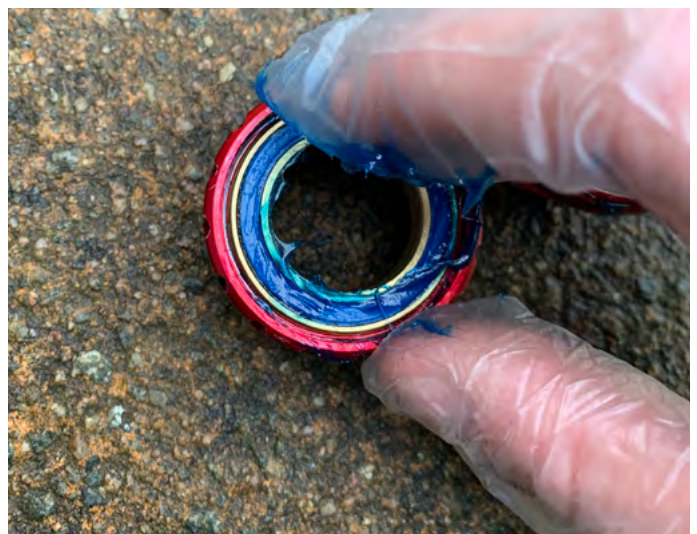
10. Carefully press the bearing into the cup.



11. Repeat steps 9 and 10 for the right hand cup.



12. Check the bearing moves freely in the cup. If the bearing is stiff or does not move then go back to step 3 and follow the steps to remove and reinstall the bearing.



13. Apply a layer of grease on the outside of the bearing.



14. Press the outer seal back onto outside of the bearings.



15. Your bearings are now replaced, and you can refit your bottom bracket to your frame.