

**A. Tools and supplies needed for converting old-style EBB frames to use the Niner Bikes Bio-Centric EBB:**

- NINER BIO-CENTRIC EBB
- SANDING BLOCK WITH SAND PAPER (220GRIT OR FINER)
- ANTI-SEIZE COMPOUND AND/OR GREASE
- 4MM AND 6MM HEX WRENCHES
- TORQUE WRENCH\* WITH 6MM HEX HEAD
- SILICONE SEALANT OR SOMETHING SIMILAR
- DEGREASER AND SHOP RAGS

*Please note that the new BIO-CENTRIC EBB converts your 68mm shell width frame into a 73mm shell width. Most bottom brackets are compatible with both, and just require removing spacers in order to fit the wider shell. If you are not sure if your bottom bracket is compatible, make sure to consult your local bicycle dealer or the bottom bracket manufacturer.*

*\* It is recommended that you use a small torque wrench that is designed around inch/pounds (or Newton/Meters). Large ft/pound torque wrenches are not as accurate at low torque specs.*

**B. Step by step instruction for installing Niner Bikes Bio-Centric EBB:**

1. Mount bicycle in bike stand, and remove the rear wheel
2. Remove the cranks and bottom bracket as per the crank manufactures instructions
3. Remove EBB Ti set screws and old style EBB.
4. Clean and wipe whole EBB shell with degreaser and shop rag.
5. Face and sand flat all paint from outer edges of EBB shell surface with sanding block(remove all paint only and do not face EBB shell smaller Than 68mm). Take care to sand with a flat solid sanding block, and to sand PARALLEL to the face of the EBB shell.



*Tip: place tape over the chainstays to insure that a stray sandpaper stroke doesn't take the paint off of the side of your chainstays (as shown in image above)*

6. Again, completely clean and wipe whole EBB shell and set screws holes with degreaser and shop rag.

7. Plug the set screw holes from underside with silicone sealant or something similar (remove any excess silicone sealant from inside EBB shell).

8. Install new Niner Bio-Centric EBB in a rearward position (with the threads for the BB toward the rear of the bike) making sure that the Bio-Centric EBB half that says DRIVESIDE is installed on the drive-side. Note that the new Niner Bio-Centric EBB is designed to run dry, so no grease is necessary around the EBB or shell.



9. Using anti-seize compound or grease, apply a small amount on the 6mm bolt threads and install into non-drive side EBB cup. Tighten EBB with 6mm hex wrench to specified torque (130 lb-in, 11 lb-ft or 15nm).

10. Apply a small film of grease or anti-seize compound on bottom bracket cup threads, then install bottom bracket, cranks, chain and rear wheel.

11. Loosen the 6mm EBB bolt and adjust chain tension by rotating the Bio-Centric EBB. The EBB can be rotated and set in either direction, giving you the ability to run a 'higher' effective bottom bracket height when rotating the EBB upwards, or a 'lower' effective bottom bracket height when rotating the EBB downwards. Using a T-handle 6mm hex wrench is helpful, as you can pedal the cranks to come in contact with the hex wrench, and then keep pedaling to rotate the EBB into position (while holding the hex wrench firmly).



12. Tighten 6mm bolt to 130 lb-in, 11 lb-ft or 15nm.

13. Spin crank arms and check desired tension of chain, if correct, you are finished.

14. Remove bike from repair stand, now go out and "Pedal Damn It"