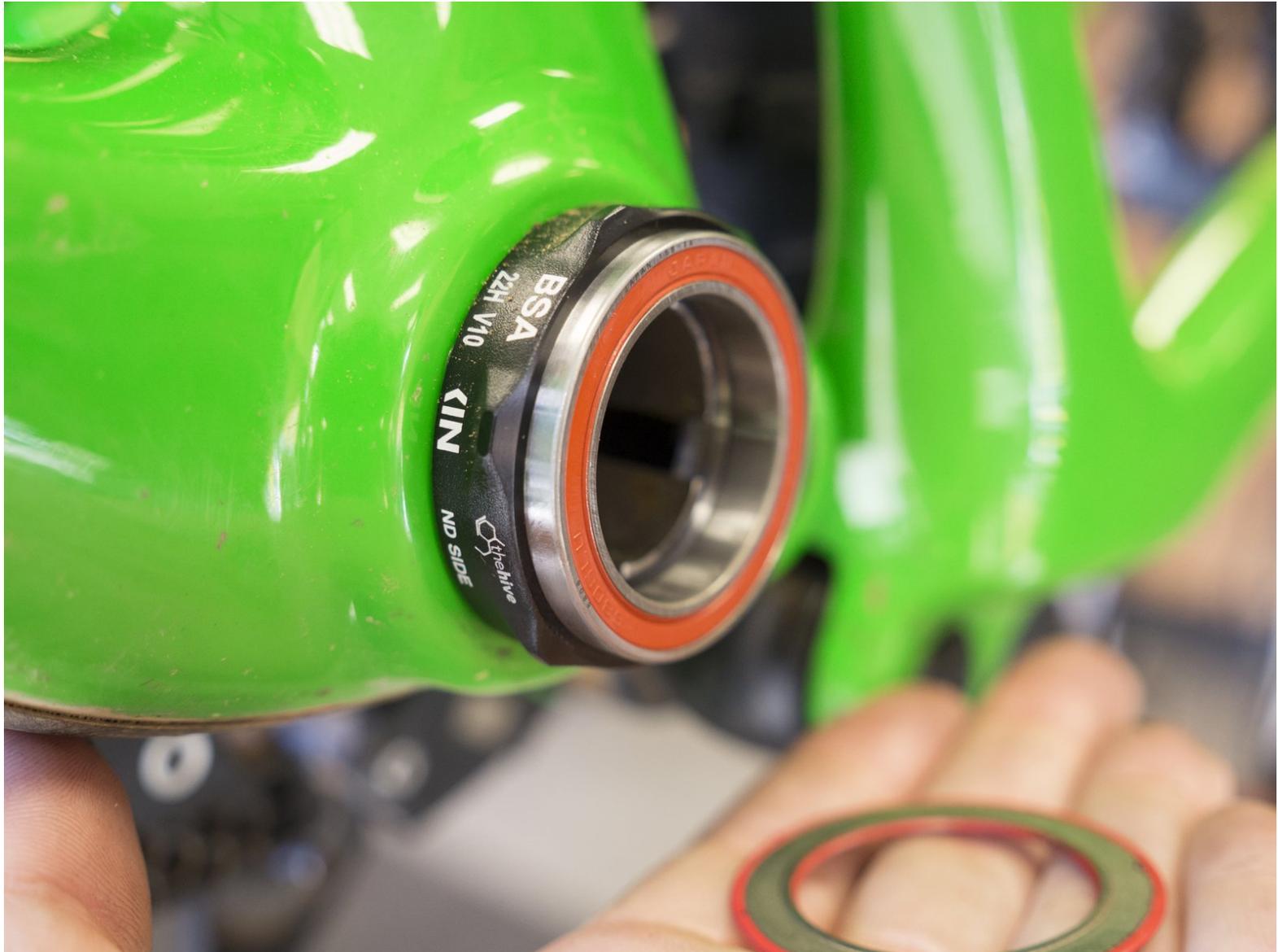




How to replace gen 3 BB bearings

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 **TOOLS:**

- [BB30 bearing tool](#) (1)
- [Headset removal tool](#) (1)

 **PARTS:**

- [grease](#) (1)
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Step 1 — How to replace gen 3 BB bearings



- Launched in late 2014, generation 3 BBs feature replaceable bearings
- Bearings can be replaced on BSA threaded, PF30 and BB30 bottom brackets
- ⓘ Due to fit constraints BB92 bearings cannot be replaced as the bearing itself presses into the frame

Step 2



- To remove bearings, use a Park Tool headset cup removal tool
- Slide the tool through the BB cup until it sits on the lip of the bearing
- Tap the tool to remove the bearing

Step 3



- Remove the bearing and seal from the cup
- Clean the inside of the cup with alcohol

Step 4



- To install the new bearing, lightly grease the inside of the cup
- Lightly press a new 6806 bearing into the cup

Step 5



- Using a BB30 bearing press, press the bearing into the cup
- ⚠ Be sure the bearing goes in straight
- ⓘ Here we are using an Enduro tool, but tools for BB30/6806 bearings are offered by many major tool manufacturers
- Press the bearing in until it stops against the back of the BB cup

Step 6



- Install the outer seal by pressing it into the cup
- ⓘ The red side of the seal will face out
- Working around the outer diameter of the seal, tuck the lip of the seal into the groove in the BB cup

Step 7



- It may be necessary to use a tool to ensure the seal is fully seated in the groove
- Wiggling the seal side to side in the cup can make it easier to seat the seal

Thanks for reading, now get out there and ride!