



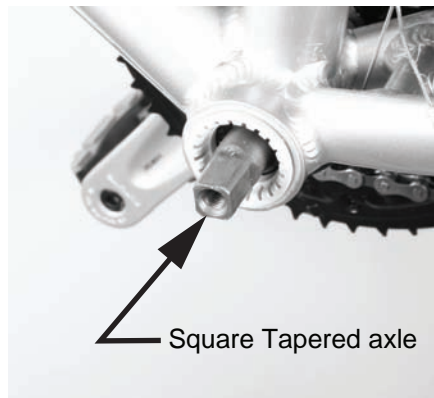
Bottom Bracket Socket Holder BBSH-1

Instructions

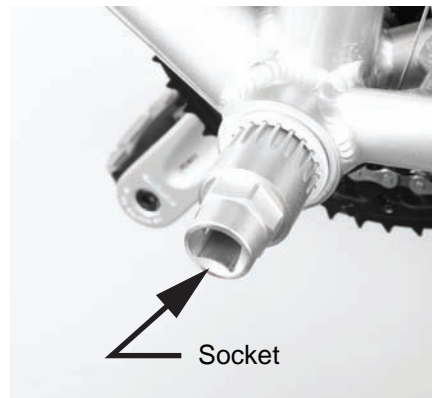
Warning: The Bottom Bracket Socket Holder (BBSH-1) is designed to help 'break' loose tight bottom bracket cups. DO NOT turn a socket held in place with a BBSH-1 more than 1/4 turn or you may damage your bicycle or tools. Once the bottom bracket cup is loosened, completely remove the BBSH-1 from the bottom bracket - only then can you continue to remove your bottom bracket. **Note left cup has reverse thread.**

The BBSH-1 can be used with square tapered axles and Shimano® Octalink®/ISIS® bottom brackets.

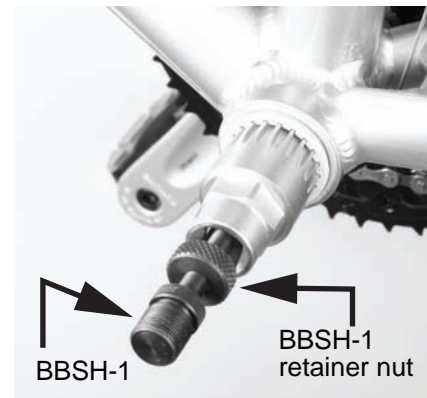
Square tapered axles



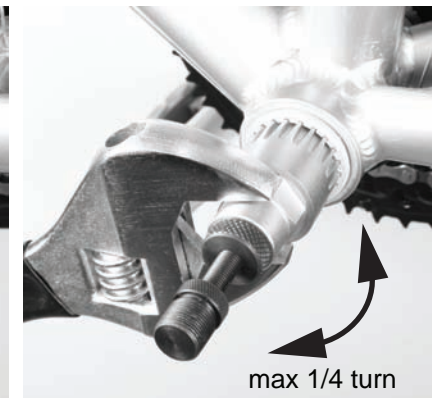
1 Remove Crank



2 Install socket as shown

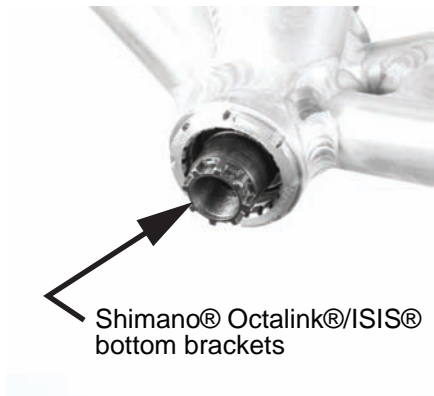


3 Install BBSH-1 and socket retainer nut as shown. Ensure retainer nut and socket are snug.

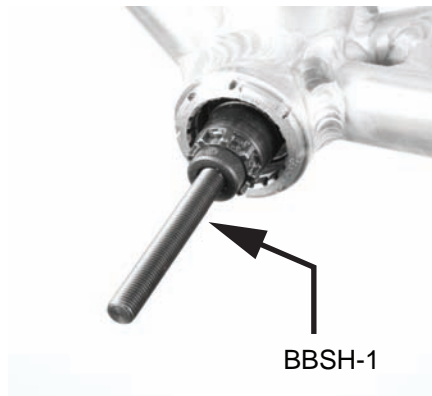


4 Turn socket maximum 1/4 turn with wrench to loosen bottom bracket cup then remove BBSH-1 from bottom bracket.

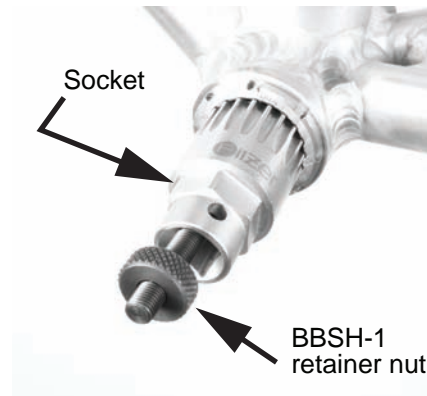
Shimano® Octalink®/ISIS® bottom brackets



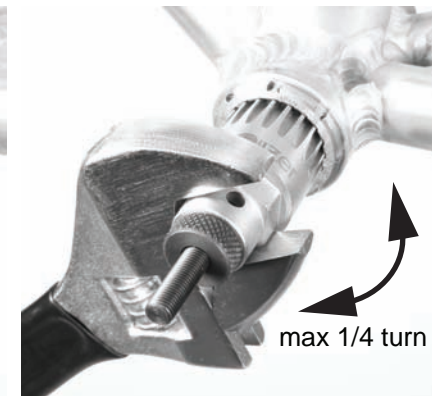
1 Remove Crank



2 Install BBSH-1 as shown



3 Install socket and socket retainer nut as show. Ensure retainer nut and socket are snug.



4 Rotate socket maximum 1/4 turn with wrench to loosen bottom bracket cup then remove BBSH-1 from bottom bracket.