

General Safety Information

⚠ WARNING

- If the inner cover is not installed correctly, the axle may rust and become damaged, and the bicycle may fall over and serious injury may occur as a result.
- Obtain and read the service instructions carefully prior to installing the parts. Loose, worn or damaged parts may cause the bicycle to fall over and serious injury may occur as a result. We strongly recommend only using genuine Shimano replacement parts.
- Obtain and read the service instructions carefully prior to installing the parts. If adjustments are not carried out correctly, the chain may come off and this may cause you to fall off the bicycle which could result in serious injury.
- Read these Technical Service Instructions carefully, and keep them in a safe place for later reference.

Note

- If the bottom bracket shell is not parallel, gear shifting performance will drop.
- Before riding the bicycle, check that there is no play or looseness in the connection. Also, be sure to retighten the crank arms and pedals at periodic intervals.
- If you feel any looseness in the bearings, the bottom bracket should be replaced.
- In addition, if pedaling performance does not feel normal, check this once more.
- Do not wash the bottom bracket with high-pressure jets of water.
- When installing the left and right adapters, be sure to install the inner cover too, otherwise the waterproofing performance will drop.
- Apply grease to the left and right adapters before installing them.
- Be sure to read the service instructions for the front chainwheel in conjunction with these service instructions.
- Parts are not guaranteed against natural wear or deterioration resulting from normal use.
- For maximum performance we highly recommend Shimano lubricants and maintenance products.
- For any questions regarding methods of installation, adjustment, maintenance or operation, please contact a professional bicycle dealer.

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SM-BB5700

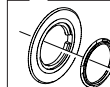
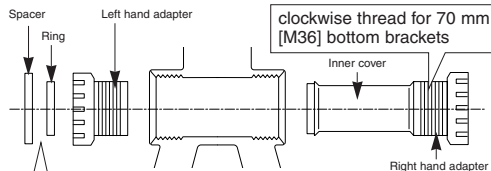
Specifications

Bottom Bracket

Model number	SM-BB5700	
Applicable front chainwheel	FC-5700 / 5703 / 5750	
Bottom bracket shell width	68 mm	70 mm
Thread dimensions	1.37 X 24 T.P.I.	M36 X 24 T.P.I.

Installation of the adapter

Use the TL-FC32/36 special tool to install the right adapter (counterclockwise thread), the inner cover and the left adapter (clockwise thread). Tightening torque: 35 - 50 N·m {305 - 435 in. lbs.}



For triple front chainwheels, install the spacer and ring which are included as accessories with the front chainwheel.

* Service Instructions in further languages are available at : <http://techdocs.shimano.com>