SPORTENZIA

USER GUIDE

PRESS-FIT BOTTOM BRACKET EXTRACTOR

A tool that drives press-fit bearings out of the bottom bracket shell, on aluminium or carbon frames. Positioning, mallet extraction, precautions and troubleshooting.

PRESS-FIT BB86, BB92, BB30, PF30 · SELF-LOCKING BLADES · STAINLESS STEEL, ALUMINIUM CAP



01 · GETTING STARTED

CONTENTS, PRINCIPLE, EXTRACTION

In the box

- The stainless steel extractor, slotted at one end into flexible blades.
- The aluminium alloy striking cap, at the other end.
- Rubber mallet not included.

What the tool does

Inserted from one side, the blades pass through the shell and lock by themselves behind the opposite cup. A few mallet blows on the cap drive it outwards. The flexible slot adapts the tool to the bearing diameter.

Extraction

1. **Empty the shell** by removing cranks and spindle as instructed by their maker.
2. **Secure the bike** in a workstand or lying on a protected surface, shell reachable from both sides.
3. **Insert the tool** blades first, from the side opposite the bearing to remove, until they pass through the bearing and spring open behind it.
4. **Check the grip** by pulling gently: the blades rest on the edge of the cup, the tool stays in line with the shell.
5. **Strike the cap** with a rubber mallet, in light, steady blows, tool held straight: the bearing comes out.
6. **Repeat on the other side** by inserting the tool through the side that is now empty.

Specifications

Principle	**Self-locking blades**	Adjustment	**Flexible slot**
Length	**158 mm**	Diameter	**21 mm**
Body	**Stainless steel**	Cap	**Aluminium alloy**
Weight	**About 91 g, packed**		

Compatible bottom brackets

BB86, BB92, BB90, BB30, PF30, BBright press-fit, Rotor UBB, SRAM GXP, Shimano press-fit.

Threaded bottom brackets are not driven out: they unscrew with a suitable tool.

WHEN STRIKING

- Wear safety glasses: a glancing blow can throw a fragment.
- Hold the tool by its body, fingers away from the cap. Use a rubber mallet, never a steel hammer.
- Carbon frame: measured blows, frame well supported, never lever against the shell wall.

02 · DAY TO DAY

GOOD PRACTICE, CARE, TROUBLESHOOTING

Before you start

- A rubber mallet and safety glasses.
- A workstand, or a protected surface to lay the bike on.
- A clean cloth to wipe the shell after extraction.
- The new bearings, if you are replacing them straight away.

Getting it right

- Keep the tool in line with the shell: a crooked extraction marks the wall and can jam the bearing.
- Prefer several firm, moderate blows to a single violent one.
- If the bearing comes out at an angle, turn the tool a quarter turn between series of blows to spread the load.
- On a frame with internal routing, move cables and hoses clear of the shell before inserting the tool.

If something goes wrong

SYMPTOM	LIKELY CAUSE	FIX
Blades do not catch	Tool not pushed in far enough	Push until you feel the blades open behind the cup
Tool bounces back at each blow	Blades not resting on the cup	Reposition, check the grip by pulling
Tool will not pass through	Spindle or spacer still in place	Empty the shell completely
Bearing comes out at an angle	Tool tilted	Straighten the tool, use light blows
Shell wall is marked	Blades slipping, blows too hard	Check the grip before each series of blows
Bearing will not move	Very tight or seized bearing	Firmer but steady blows; otherwise take the bike to a workshop



Striking cap at the top, flexible blades at the bottom. Length 158 mm, diameter 21 mm.

AFTER EXTRACTION

- A bearing driven out with a mallet must be replaced: do not refit it.
- Clean the bottom bracket shell before fitting new bearings.
- Fit new bearings with a press, never with a mallet: this tool is for removal only.

Care

- Wipe the tool after use and store it somewhere dry.
- Do not spread the blades by hand: they must stay flexible.

A press-fit bearing comes out straight and with light blows: patience protects the frame.

Need help?

sportenzia.com/pages/contact

Our team answers your questions about removing your bottom bracket.