

# Eccentric Body Installation & Adjustment

## Step 1

Lightly grease bottom bracket shell.

## Step 2

Insert eccentric body into frame. Rotate the opening so that it is closest to chainstays, and tighten the pinch bolts.

## Step 3

Install bottom bracket into eccentric body. Please see our website for bottom bracket installation instructions.

## Step 4

Install the cranks.

## Step 5

Use an allen wrench to help rotate the eccentric body and achieve proper chain tension. Note that a full-sized eccentric body uses a 6mm wrench, while a 5mm is used for half-link eccentrics.

You can also butt the crankarm against the wrench to help rotate the eccentric body.

## Step 6

Tighten the pinch bolts to about 14 lb ft.

