



# Headset & Bearing Press

PN 6450920  
 Made in Taiwan  
 Specifications subject to  
 change without notice.

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## Headset & Bearing Press

The Headset and Bearing Press is a professional quality tool designed to precisely and accurately install 1", 1 1/8", 1 1/4", and 1.5" headset cups as well as most press-fit bottom brackets. Features include removable, 33cm, ergonomic handles, a precision roller thrust bearing for smooth low-effort pressing, a quick release lower press module for fast tool positioning and removal, and an extensive working range from 60mm to 320mm for ultimate versatility. Two sets of adapters are included with the press. Two Stepped Cup Bushings are sized to fit most 1" and 1 1/8" standard headset cups and nest into press plates ensuring precise alignment. Two 22mm ID Shim Adapters ensure precision alignment of any brand-specific cup bushings designed with 22mm inside diameter. A complete set of compatible press fit bottom bracket bushings is available separately.

### Pressing Headset Cups

1. Inspect head tube for any damage or cracks, and on new frames, check for any unwanted dried paint on the mating surfaces. Make sure all surfaces are clean of any grease or contamination. Also ensure headset cups are clean.
2. Always read through documentation provided by the headset manufacturer and note any specific installation instructions. Some manufacturers may require a specific interference fit or other considerations.
3. Verify dimensions of head tube and headset cup using a caliper to ensure compatibility of headset and head tube.
  - i. First, measure the inside diameter of the head tube in at least two locations. Average your measurements and note the result.
  - ii. Next, measure the outside diameter of headset cup (portion that will press into frame) and note dimension.
  - iii. Calculate the press fit interference between the head tube and headset cup by subtracting the average headtube diameter from the headset cup diameter. Inference should be between 0.10mm and 0.25mm. If the interference falls outside this range, the first step is to check your measurements. This is especially true for the inner diameter of the head tube as this type of measurement is prone to error. If the caliper has not been calibrated recently, you may also want to inspect for cleanliness, correct zeroing, and damage.
  - iv. If the interference falls between 0.01 mm and 0.09mm, a headset cup with larger outside diameter should be used. A second option is to use a retaining compound. Loctite® RC609 is suitable.
  - v. If the interference is higher than 0.25mm, the head tube should be reamed to prevent damage to the frame and press. A second option is to find a headset cup with a smaller outside diameter.
4. Evaluate headset type and select appropriate adapters. See TABLE 1. Apply light coating of grease to mating surfaces of headset cups and head tube. Install press, adapters, and headset cups as shown in FIGURE 1. Check that adapters press only on upper press plate and do not contact handle mount or retainer ring.
5. Slowly turn handles clockwise paying close attention to cup alignment. Continue pressing until fully seated in head tube. If press jams before cups are seated, STOP PRESSING. Remove press and check setup before continuing. To remove, release tension and remove lower press module with quick release pin.

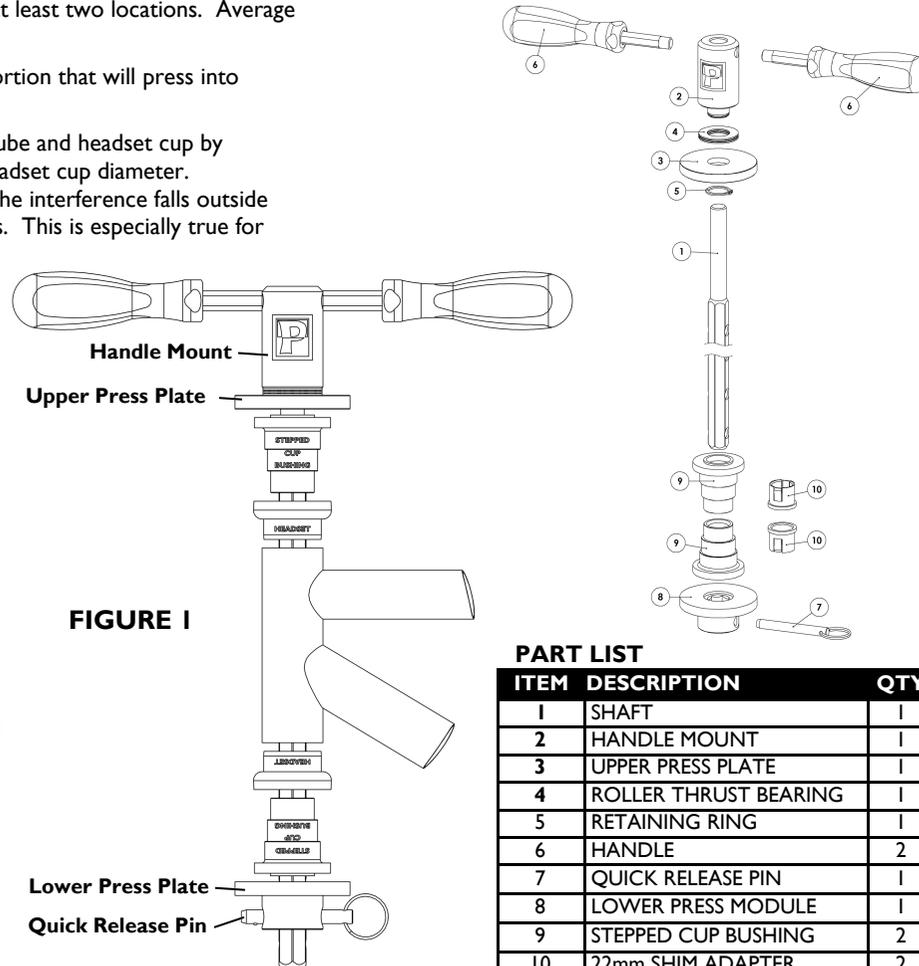


FIGURE 1

### PART LIST

ITEM	DESCRIPTION	QTY
1	SHAFT	1
2	HANDLE MOUNT	1
3	UPPER PRESS PLATE	1
4	ROLLER THRUST BEARING	1
5	RETAINING RING	1
6	HANDLE	2
7	QUICK RELEASE PIN	1
8	LOWER PRESS MODULE	1
9	STEPPED CUP BUSHING	2
10	22mm SHIM ADAPTER	2

TABLE 1

HEADSET	NOTES	PRESS SETUP
<b>Standard 1" and 1 1/8" Headsets</b>	Headset cups are pressed in with bearings removed. Stepped Cup Bushings will fit most 1" & 1 1/8" headset cups and when used, both cups can be pressed in at the same time. Before pressing, check bushing does not press on outer rim of cup or bearing race surfaces. If it contacts these surfaces, DO NOT USE stepped cup bushings, instead pressing one cup at a time without adapters.	Stepped Cup Bushing Headset Cup <b>Head Tube</b> Headset Cup Stepped Cup Bushing
<b>Standard 1 1/4" and 1.5" Headsets</b>	Headset cups are pressed in with bearings removed. Press one cup at a time to prevent cup damage. DO NOT USE stepped cup bushings.	Headset Cup <b>Head Tube</b>
<b>Premium Headsets</b> No Adapters	Headset cups with pre-installed cartridge bearings are pressed together. DO NOT USE Stepped Cup Bushing for this headset type. Pressing one cup at a time is recommended.	Headset Cup <b>Head Tube</b>
<b>Premium Headset Cups</b> Using Brand Specific Cup Bushings	Headset cups and pre-installed cartridge bearings are pressed together. Use 22mm ID Shim Adapters to ensure precision alignment of any brand-specific cup bushings designed with 22mm inner diameter. For best alignment, we suggest using one stepped cup bushing as a spacer to position the manufacturer adapter over the hexagonal portion of the press. In this setup, both cups may be pressed in at the same time.	Stepped Cup Bushing Brand Bushing w/ Shim Cup With Bearing <b>Head Tube</b> Cup With Bearing Brand Bushing w/ Shim



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## Pressing Bottom Brackets

1. Read through documentation provided by the bottom bracket manufacturer and follow any specific installation instructions. Bottom bracket bushings and spacer referenced here are sold separately.
2. Inspect bottom bracket shell for any damage or cracks, and on new frames, check for any unwanted dried paint on the mating surfaces. Make sure all surfaces are clean of any grease or contamination.
3. Use TABLE 2 to determine appropriate bushings and press setup. Install press, adapters, and bottom bracket as shown in figures. Check that adapters press only on upper press plate and do not contact handle mount or retainer ring.
4. Slowly turn handles clockwise paying close attention to alignment. Continue pressing until fully seated. Do not overtighten. If press jams before BB is fully seated, STOP PRESSING. Remove press and check setup before continuing. To remove press, release tension and remove lower press module with quick release pin.

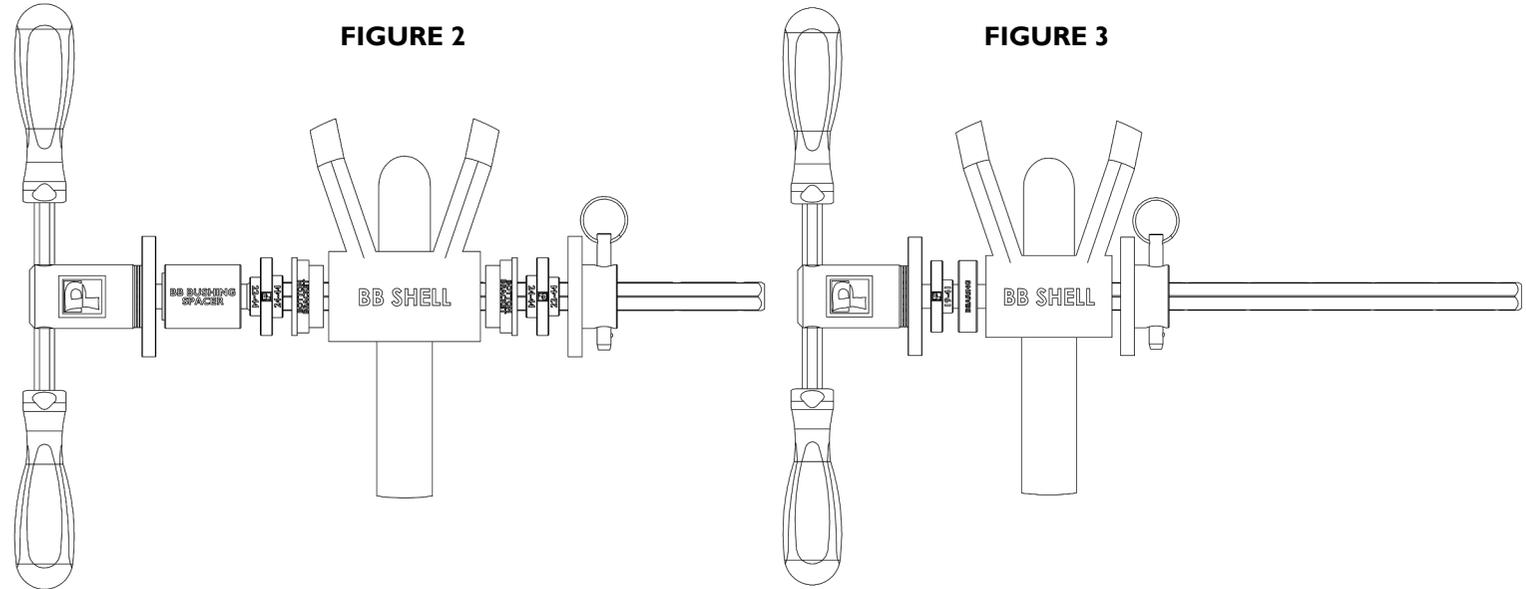


TABLE 2

BB TYPE	NOTES	ADAPTERS	PRESS SETUP
Shimano® Press Fit, Press Fit 24 (Chris King®), Press Fit GXP® (SRAM®), PF41, BB86/89.5/92/107/121/132	<b>Style:</b> Cup w/ Bearing pressed into frame together. <b>Frame Shell ID:</b> 41mm <b>Widths:</b> 86.5, 89.5, 92, 107, 121, 132 <b>Notes:</b> 22-44-24 bushing cannot interface directly with upper press plate. Use BB Bushing Spacer. Both cups may be pressed at the same time.	2x 22-44-24 Bushing 1x BB Bushing Spacer	<b>See Figure 2</b> <b>Lower Module Position</b> <b>86.5-107: Hole 5, 121-132: Hole 6</b>
BB30, BBright™ Direct Fit, Specialized® OSBB (68, 73), BB30a (Cannondale®)	<b>Style:</b> 6806 cartridge bearing pressed directly into frame up to c-clip. <b>Frame Shell ID:</b> 42mm <b>Widths:</b> 68, 73, 79 <b>Notes:</b> Use of BB Bushing Spacer recommended. Both bearings may be pressed in at the same time.	2x 30-42 Bushing 1x BB Bushing Spacer	<b>See Figure 2</b> <b>Lower Module Position</b> <b>All Widths: Hole 4</b>
Trek® BB90, Trek® BB95	<b>Style:</b> Cartridge bearing pressed directly into molded frame cup. Light interference fit. <b>Frame Shell ID:</b> 37mm <b>Widths:</b> 90, 95 <b>Notes:</b> 22-37-24 bushing cannot interface directly with upper press plate. Use BB Bushing Spacer. Both bearings may be pressed at the same time.	2x 22-37-24 Bushing 1x BB Bushing Spacer	<b>See Figure 2</b> <b>Lower Module Position</b> <b>90: Hole 4, 95: Hole 5</b>
PF30, PF30a (Cannondale®) BBright™ Press Fit Specialized® OSBB (61, 73)	<b>Style:</b> Cup w/ Bearing pressed into frame together. <b>Frame Shell ID:</b> 46mm <b>Widths:</b> 61, 68, 73, 79, 86.5 <b>Notes:</b> Use of BB Bushing Spacer recommended. Both bearings may be pressed in at the same time.	2x 30-50 Bushing 1x BB Bushing Spacer	<b>See Figure 2</b> <b>Lower Module Position</b> <b>All Widths: Hole 4</b>
BMX Mid	<b>Style:</b> Cartridge bearings pressed directly into frame with spacer in between. <b>Frame Shell ID:</b> 41.2mm <b>Widths:</b> 68 <b>Notes:</b> 19-41.2 Bushing fits over threaded portion of press only. Press one side at a time.	1x 19-41.2 Bushing	<b>See Figure 3</b> <b>Lower Module Position</b> <b>68: Hole 2</b>
BMX Spanish	<b>Style:</b> Cartridge bearings pressed directly into frame with spacer in between. <b>Frame Shell ID:</b> 37mm <b>Widths:</b> 68 <b>Notes:</b> 19-37 Bushing fits over threaded portion of press only. Press one side at a time.	1x 19-37 Bushing	<b>See Figure 3</b> <b>Lower Module Position</b> <b>68: Hole 2</b>