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> M-Wave Thread Bottom Bracket Model 359432 Instruction Manual

M-Wave 359432

M-Wave Thread Bottom Bracket Instruction Manual

Model: 359432 | **Brand:** M-Wave

1. INTRODUCTION

This manual provides essential information for the proper installation, operation, and maintenance of your M-Wave Thread Bottom Bracket. Please read these instructions carefully before installation and retain them for future reference. Correct installation and maintenance are crucial for the performance and longevity of the component.

2. PRODUCT OVERVIEW

The M-Wave Thread Bottom Bracket is designed for bicycle cranksets, providing a smooth and reliable interface between the crank and the bicycle frame. It features durable construction and sealed bearings for enhanced performance.

- Outer, CNC machined aluminum bearing cups for precision and durability.
- Lightweight design, weighing approximately 94 grams.
- Equipped with 2 sealed bearings to protect against dirt and moisture, ensuring smooth rotation.
- Includes a plastic inner casing suitable for 68 mm bottom bracket housing, with an inner diameter of 22/24 mm.
- Supplied with adaptor rings for compatibility with 73-78 mm bottom bracket housing.
- Compatible with SRAM cranksets (note: this is not an original SRAM spare part).



Figure 1: Exploded view of the M-Wave Thread Bottom Bracket, illustrating the individual components including the bearing cups, sealed bearings, and inner casing.

3. SAFETY INFORMATION

Always wear appropriate safety gear, such as gloves and eye protection, when performing bicycle maintenance. If you are unsure about any installation steps, consult a professional bicycle mechanic. Incorrect installation can lead to component failure and potential injury.

4. PACKAGE CONTENTS

Verify that all components are present before beginning installation.

- 1 x M-Wave Thread Bottom Bracket assembly
- Adaptor rings (for 73-78 mm bottom bracket housing)



Figure 2: The M-Wave Thread Bottom Bracket as it appears in its retail packaging.

5. SETUP AND INSTALLATION

Tools Required:

- Bottom bracket wrench compatible with external bearing cups
- Torque wrench
- Grease (lithium-based or specific bicycle grease)
- Clean rags

Installation Steps:

1. **Preparation:** Ensure the bottom bracket shell threads on your bicycle frame are clean and free of debris. It is recommended to chase and face the bottom bracket shell if you have the tools, though not always strictly necessary for new frames.
2. **Apply Grease:** Apply a thin, even layer of grease to the threads of both the bottom bracket shell on the frame and the threads of the bottom bracket cups. This prevents seizing and reduces creaking.
3. **Install Drive Side Cup:** Identify the drive-side (right-hand side) bottom bracket cup. Thread it into the drive-side of the frame's bottom bracket shell. Most threaded bottom brackets use a standard English thread (BSA), meaning the drive-side cup threads counter-clockwise (left-hand thread) and the non-drive side threads clockwise (right-hand thread). Start threading by hand to avoid cross-threading.
4. **Install Non-Drive Side Cup:** Thread the non-drive side (left-hand side) bottom bracket cup into the non-drive side of the frame's bottom bracket shell. Thread clockwise by hand.
5. **Tighten Cups:** Use your bottom bracket wrench to tighten both cups. Refer to the torque specifications provided by your crankset manufacturer or general bottom bracket torque recommendations (typically 35-50 Nm). Use a torque wrench for accurate tightening.
6. **Install Crankset:** Follow your crankset manufacturer's instructions for installing the crank arms onto the bottom bracket spindle.
7. **Adaptor Rings (if applicable):** If your bottom bracket housing is 73-78 mm, ensure the included adaptor rings are correctly installed according to the instructions provided with the rings or your crankset.

6. OPERATION

Once installed, the M-Wave Thread Bottom Bracket operates automatically as part of your bicycle's drivetrain. It should provide smooth, silent rotation of your crankset. Pay attention to any unusual noises or resistance during pedaling, as these may indicate a need for maintenance or inspection.

7. MAINTENANCE

Regular maintenance helps prolong the life and performance of your bottom bracket.

- **Cleaning:** Periodically clean the exterior of the bottom bracket and surrounding frame area to prevent dirt and grime buildup.
- **Inspection:** Inspect the bottom bracket for any signs of wear, damage, or play. Check for smooth rotation by removing the chain and spinning the crank arms.
- **Re-greasing:** If creaking develops or after significant mileage, the bottom bracket cups may need to be removed, cleaned, re-greased, and reinstalled. This should be done by a qualified mechanic if you are not comfortable performing the task.
- **Bearing Replacement:** If the sealed bearings feel rough or have excessive play, they may need to be replaced. This typically requires specialized tools and expertise.

8. TROUBLESHOOTING

| Symptom | Possible Cause | Solution |
|---|---|--|
| Creaking noise from bottom bracket area | Loose bottom bracket cups, insufficient grease, worn bearings, or other components (e.g., pedals, chainring bolts). | Check and re-torque bottom bracket cups. Remove, clean, re-grease, and reinstall cups. Inspect bearings for wear. Isolate noise source by checking other components. |

| Symptom | Possible Cause | Solution |
|---|--|---|
| Roughness or grinding sensation when pedaling | Contaminated or worn bearings. | Inspect bearings. If rough, consider professional service for bearing replacement or bottom bracket replacement. |
| Play or wobble in crank arms | Loose crank arm bolts, worn bottom bracket bearings, or incorrect crankset installation. | Check and re-torque crank arm bolts according to manufacturer specifications. Inspect bottom bracket bearings for excessive play. Ensure crankset is installed correctly. |

9. SPECIFICATIONS

| Feature | Detail |
|--------------------------------------|--|
| Brand | M-Wave |
| Model Number | 359432 |
| Material | Aluminium (CNC machined cups) |
| Color | Black |
| Item Weight | 94 Grams |
| Bearings | 2 Sealed Bearings |
| Bottom Bracket Housing Compatibility | 68 mm (with plastic inner casing), 73-78 mm (with adaptor rings) |
| Inner Diameter | 22/24 mm |
| Crankset Compatibility | SRAM (not original spare part) |
| UPC | 887539022877 |
| GTIN | 00887539022877 |
| Manufacturer | Cycle Force Group - Bikes |

10. WARRANTY AND SUPPORT

For warranty information or technical support, please refer to the M-Wave official website or contact your retailer. Keep your proof of purchase for any warranty claims.

M-Wave Official Website: www.m-wave-bike.com

11. VIDEO RESOURCES

No official product videos from the seller were found for this specific model in the provided data.

