

SHIMANO BB-MT800

Shimano XT BB-MT800 BSA Threaded Bottom Bracket Instruction Manual

Model: BB-MT800

1. PRODUCT OVERVIEW

The Shimano XT BB-MT800 is a BSA threaded bottom bracket designed for bicycle cranksets utilizing the Hollowtech II system. It features durable aluminum cups and steel bearings, engineered to provide smooth and reliable pedaling performance across various riding conditions. This component is crucial for connecting the crankset to the bicycle frame, ensuring efficient power transfer.



Image: Shimano XT BB-MT800 Bottom Bracket. This image displays the complete bottom bracket unit, showing the threaded cups and the central spindle sleeve.

2. SETUP AND INSTALLATION

Proper installation is essential for the longevity and performance of your bottom bracket. Ensure your bicycle's bottom bracket shell is clean and free of debris before beginning. The BB-MT800 is designed for 68mm or 73mm shell widths and uses English threading.

2.1 Identifying Left and Right Cups

The bottom bracket cups are marked 'L' for left and 'R' for right. The right cup (drive side) typically has a reverse thread (tightens counter-clockwise), while the left cup (non-drive side) has a standard thread

(tightens clockwise). Always confirm the threading direction before installation to prevent damage.

2.2 Preparation

- Clean the bottom bracket shell threads thoroughly.
- Apply a thin layer of grease to the threads of both the bottom bracket shell and the bottom bracket cups. This aids in smooth installation and helps prevent corrosion and creaking.

2.3 Installation Steps

1. Begin by hand-threading the right (drive side) cup into the bottom bracket shell. It should turn smoothly without resistance. If resistance is met, re-check the threading and ensure it's not cross-threaded.
2. Once hand-tight, use a compatible bottom bracket tool to fully tighten the right cup to the manufacturer's specified torque.
3. Repeat the process for the left (non-drive side) cup, ensuring it is also hand-threaded smoothly before using the tool to tighten to the specified torque.
4. The bottom bracket includes three 2.5mm spacers. Consult your crankset's instructions for proper spacer placement, as this varies depending on the crankset model and frame shell width.
5. Install your Hollowtech II compatible crankset according to its specific instructions.

3. OPERATION

The Shimano XT BB-MT800 bottom bracket provides a stable and low-friction interface for your bicycle's crankset. Its sealed cartridge unit design protects the internal steel bearings from dirt and moisture, ensuring consistent and smooth rotation during pedaling. The external bearing design contributes to increased stiffness and durability, enhancing overall pedaling efficiency.

4. MAINTENANCE

To ensure optimal performance and extend the lifespan of your Shimano XT BB-MT800 bottom bracket, regular maintenance is recommended:

- **Cleaning:** Periodically clean the exterior of the bottom bracket and the surrounding frame area to remove accumulated dirt and grime.
- **Inspection:** Regularly check for any signs of play or looseness in the crankset or bottom bracket. If any play is detected, re-torque the bottom bracket cups and crankset bolts according to manufacturer specifications.
- **Grease:** The bottom bracket comes pre-greased with a specific amount of lubricant. Do not attempt to remove excess grease from the seals, as this grease is intentionally placed to protect the bearings and facilitate crank installation.
- **Replacement:** While designed for durability, bottom brackets are wear items. If you notice persistent creaking, grinding, or excessive play that cannot be resolved with cleaning or re-torquing, it may be time for replacement.

5. TROUBLESHOOTING

Common issues and their potential solutions:

- **Creaking Noise:**
 - Ensure bottom bracket cups are tightened to the correct torque specifications.

- Verify that the crankset is properly installed and torqued.
 - Check for sufficient grease on the threads and contact points during installation.
 - Inspect the bottom bracket shell for any damage or irregularities.
- **Rough or Grinding Feel:**
 - This often indicates worn bearings. If cleaning and re-greasing the crank spindle does not resolve the issue, the bottom bracket may need replacement.
 - **Play in Crankset:**
 - Confirm that the crankset is fully seated and all bolts are tightened to specification.
 - Check if the bottom bracket cups are securely tightened.
 - Excessive play after verifying proper installation may indicate worn bearings or an incorrect bottom bracket/crankset combination.

6. SPECIFICATIONS

| Feature | Detail |
|---------------------------|---|
| Model | BB-MT800 |
| Material (Cups) | Aluminum |
| Material (Bearings) | Steel |
| Shell Width Compatibility | 68mm / 73mm |
| Threading | English (BSA) |
| Crankset Compatibility | Hollowtech II |
| Included Spacers | 3 x 2.5mm |
| Item Weight | 0.25 Pounds (approx. 0.11 kg) |
| Item Dimensions (LxWxH) | 6 x 2 x 2 inches (approx. 15.24 x 5.08 x 5.08 cm) |

7. RECOMMENDED TOOLS

For proper installation and removal of the Shimano XT BB-MT800 bottom bracket, a compatible bottom bracket tool is required. The Park Tool BBT-69.4 is an example of a suitable tool for 16-notch, 44-45mm outer diameter bottom bracket cups.

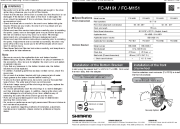





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Video: Park Tool BBT-69.4 Bicycle Bottom Bracket/Lockring Tool. This video demonstrates the features and compatibility of the Park Tool BBT-69.4, a tool suitable for installing and removing bottom brackets like the Shimano XT BB-MT800.

8. WARRANTY AND SUPPORT

This Shimano product comes with a Limited Warranty. For detailed warranty information, claims, or technical support, please refer to the official Shimano website or contact your authorized Shimano dealer. You can visit the official [SHIMANO Store](#) for more product information and support resources.

Related Documents - BB-MT800

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|---|--|
|  | <p>Shimano FC-M191 / FC-M151 Crankset: Technical Service Instructions and Safety Information</p> <p>Comprehensive technical service instructions and general safety information for Shimano FC-M191 and FC-M151 bicycle cranksets and bottom brackets, including specifications and installation guides.</p> |
|  | <p>Shimano Original Parts Catalogue 2025 Bicycle Components</p> <p>Explore the comprehensive 2025 Shimano Original Parts Catalogue, featuring detailed specifications, compatibility information, and product listings for all Shimano bicycle components. Find the perfect replacement parts for your bike.</p> |
|  | <p>Shimano STEPS E-Bike System Service Manual: E8000, E7000, E6100, E5000 Series</p> <p>Comprehensive service manual for Shimano STEPS e-bike systems, covering E8000, E7000, E6100, and E5000 series. Includes installation, maintenance, parts, and technical specifications for e-bike components.</p> |
|  | <p>SHIMANO Clamp Band Type Cycle Computer User's Manual</p> <p>User's manual for the SHIMANO Clamp Band Type Cycle Computer, detailing installation, basic operation, settings, and troubleshooting for SHIMANO STEPS electric bicycle systems. Includes safety information and system compatibility.</p> |
|  | <p>SHIMANO 927A Wireless Module User Manual and Compliance</p> <p>Official user manual and FCC/IC compliance documentation for the SHIMANO 927A wireless module, detailing installation requirements, regulatory statements, and contact information for SHIMANO NORTH AMERICA BICYCLE, INC.</p> |
|  | <p>Shimano STEPS 2021 E-Bike Product Catalogue - Enhance Your Ride</p> <p>Explore the 2021 Shimano STEPS E-Bike and E-MTB product catalogue. Discover advanced drive units (EP800, E8000, E7000, E6100, E5000), batteries, and integrated systems for enhanced cycling performance on any terrain.</p> |