

# 1

## FOR TRS/LG1 CRANKS WITH CHAINLINE ADJUSTMENT

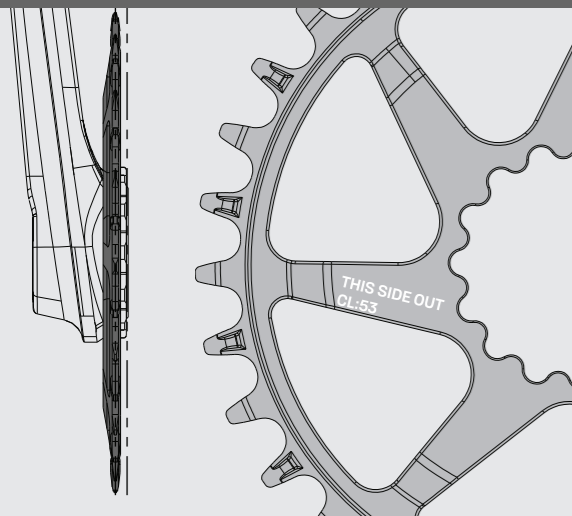
142MM/148MM FRAMES: Use -3mm offset

157MM FRAMES: Use 0mm offset

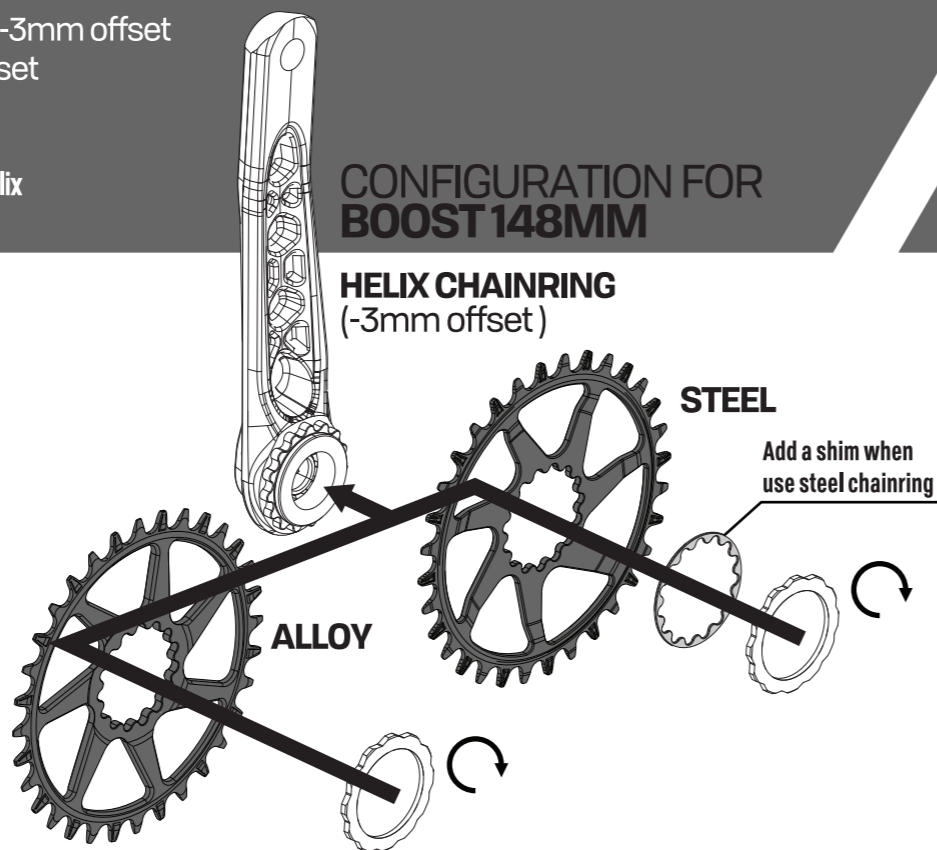
Notice:

\*SL/UL chainrings are not compatible with Helix

\*Only Helix chainrings have flip-flopability



Notice the chainring offset orientation  
Boost 53mm chainline



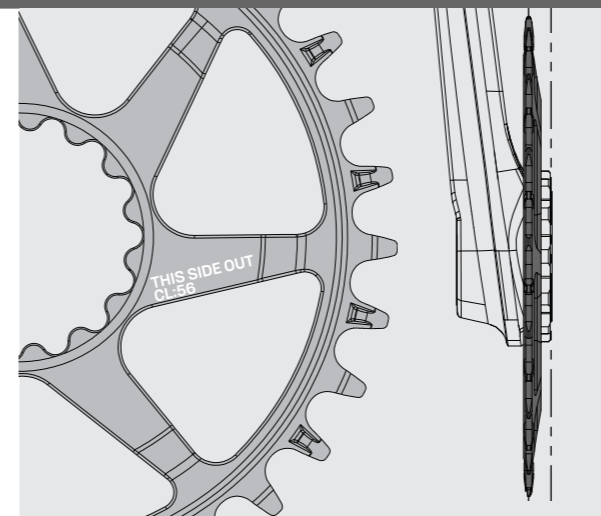
## CONFIGURATION FOR BOOST 148MM

HELIX CHAINRING (-3mm offset)

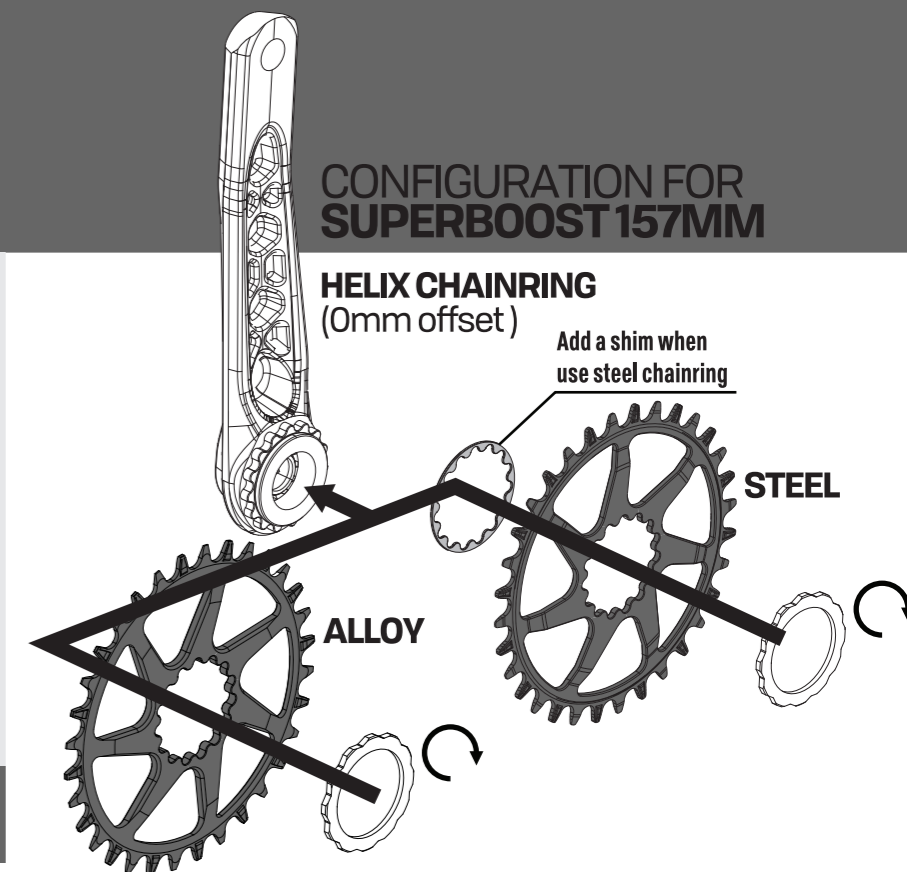
STEEL

Add a shim when use steel chainring

ALLOY



Notice the chainring offset orientation  
Superboost 56mm chainline



## CONFIGURATION FOR SUPERBOOST 157MM

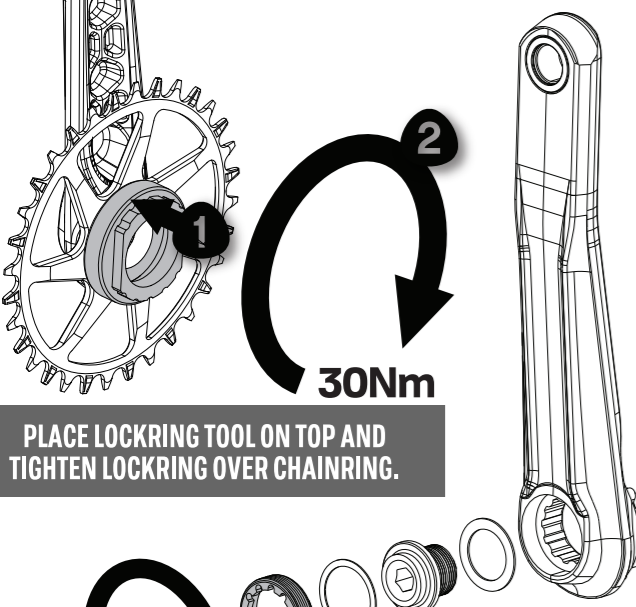
HELIX CHAINRING (0mm offset)

Add a shim when use steel chainring

STEEL

ALLOY

# 2

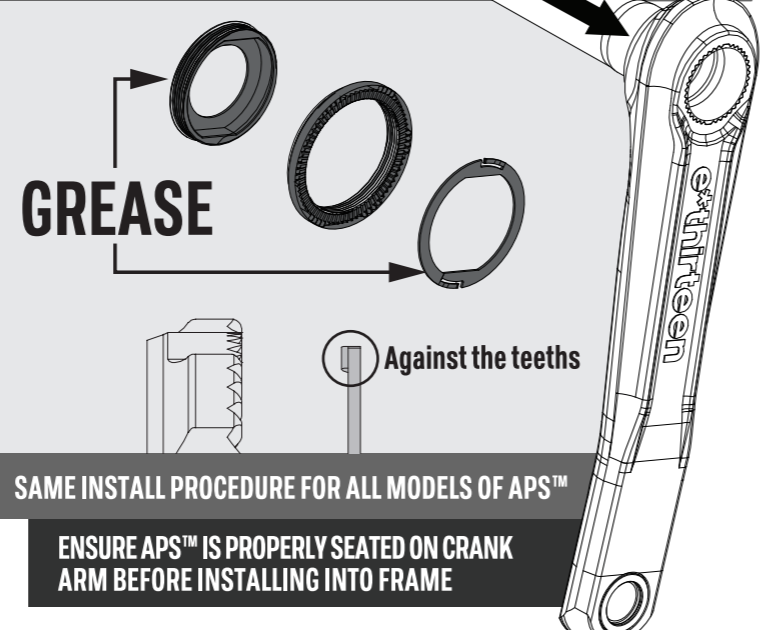


PLACE LOCKRING TOOL ON TOP AND TIGHTEN LOCKRING OVER CHAINRING.

20Nm  
Left hand thread

Self extractor maintenance:  
Apply grease on each component

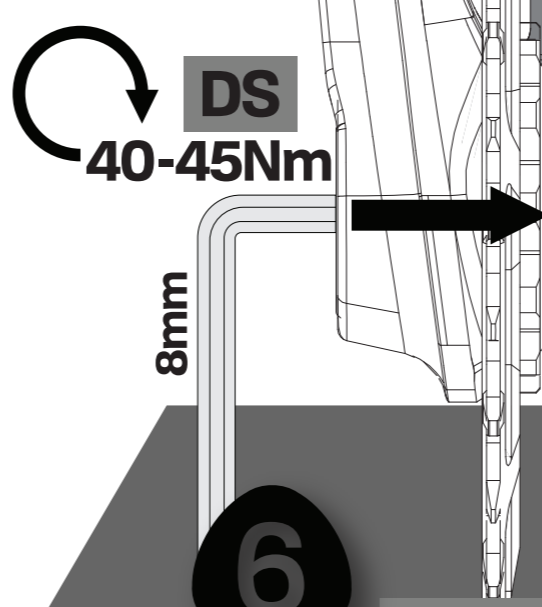
# 3



SAME INSTALL PROCEDURE FOR ALL MODELS OF APS™

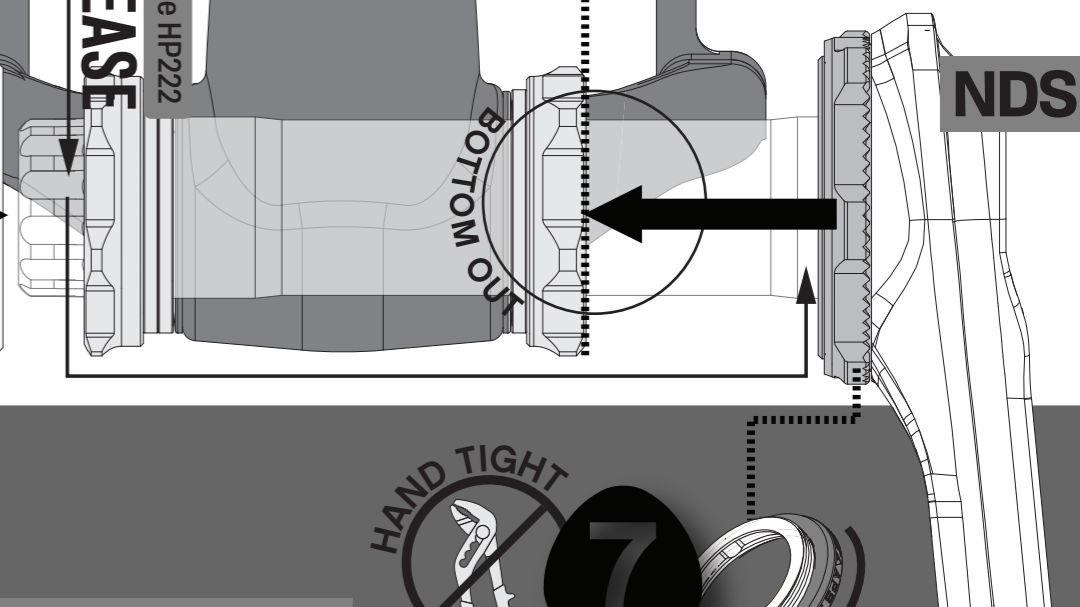
ENSURE APS™ IS PROPERLY SEATED ON CRANK ARM BEFORE INSTALLING INTO FRAME

# 4



DS 40-45Nm

# 5



NDS

BOTTOM OUT

# 6

8mm

GREASE  
Grease HP222

Grease: Mobil HP222 (blue or grey) on all surfaces of spline interface, spindle and crank, spindle threads, spline shape, bearing races.

# 7

HAND TIGHT

# e\*thirteen BOTTOM BRACKET INSTALLATION

## BB92 INSTALL

**GREASE**

**1**

**2**

**3**

**BEARING PRESS**

**INSTALL SPINDLE SPACERS AFTER BB ASSEMBLY**

**BB92 SPINDLE SPACER TABLE (24mm SPINDLE)**

CRANKSET	BB SHELL WIDTH	NON-DRIVE SIDE SPINDLE SPACERS	DRIVE SIDE SPINDLE SPACERS
Helix cranks	92mm Gen 1 BB	0.5mm	0.5mm
	92mm Gen 2 BB	none	none

## BSA INSTALL

**GREASE**

**1**

**2** 41Nm

**3** 41Nm

**SHIMANO BB TOOL OR SRAM GXP TOOL**

**BASE CRANKS & BB  
24MM SPINDLE**

**INSTALL SPINDLE SPACERS AFTER BB ASSEMBLY**

**BSA (24 SPINDLE)**

CRANKSET	BB SHELL WIDTH	NON-DRIVE SIDE	DRIVE SIDE
Helix cranks	73mm	BB SHELL SPACERS	BB SHELL SPACERS
		none	1 x 2.5mm
		SPINDLE SPACERS	SPINDLE SPACERS
		Gen1 BB 0.5mm	Gen1 BB 0.5mm
		Gen2 BB none	Gen2 BB none
Helix cranks	83mm	BB SHELL SPACERS	BB SHELL SPACERS
		1 x 2.5mm	2 x 2.5mm
		SPINDLE SPACERS	SPINDLE SPACERS
		Gen1 BB 0.5mm	Gen1 BB 0.5mm