Preloading procedure for milling machine spindle bearing

The most import procedure is preloading MP7207 (pair) with < arrow mark alignment.

First, lock bearing 7207 tight with washer and locknut Second, loose bearing 7207 locknut Third, lock bearing 7207 tight with washer and locknut again Fourth, When locknut is tight then force to turn another 1/4 rev. to preload bearing 7207