M30 386EVO PRESS-FIT

SAFETY INFORMATION - READ BEFORE RIDE

Since specific tools and experience are necessary for proper installation, it is recommended that the product be installed by a qualified bicycle technician.

Read the service instructions of your crank carefully prior to installing the parts. Loose, worn or damaged parts may cause riding problems and serious injury may occur as a result. If installation and adjustments are not carried out correctly, the chain may come off and this may cause you to fall off the bicycle which could result in serious injury.
Read these instructions carefully, and keep them for later use.

- Ensure that your BB30/PF30 frame shell is clean. If a BB30 frame, remove the c-clips/bearings so frame shell is empty.
- Conversion BB - Make sure the black O-ring is on the Non-Drive Cup prior to pressing into Non-Drive side.
- Apply **Anti-Seize** to the drive cup threads and smooth taper area before installing.
- Before riding the bicycle, check that there is no play or looseness in the bottom bracket connection. Also, be sure to retighten the crank arms and pedals at periodic intervals.
- If you feel any looseness or 'play' in the bearings, the bottom bracket should be inspected/replaced.
- Be sure to read the instructions for your front chainrings/crank in conjunction with these service instructions.
- **Do not wash the bottom bracket with high-pressure jets of water.**
- For maximum performance it is required to remove and periodically inspect/clean your Praxis Works bottom bracket.
- **Parts are not guaranteed against natural wear or deterioration resulting from normal use.**
- For any questions regarding methods of installation, adjustment, maintenance or operation, please contact a professional bicycle dealer or call Praxis Works.
- Praxis Works assumes no responsibility for damages or injury related to improperly installed components.

READ THE STEP BY STEP INSTRUCTIONS PROVIDED ON THE OTHER SIDE.

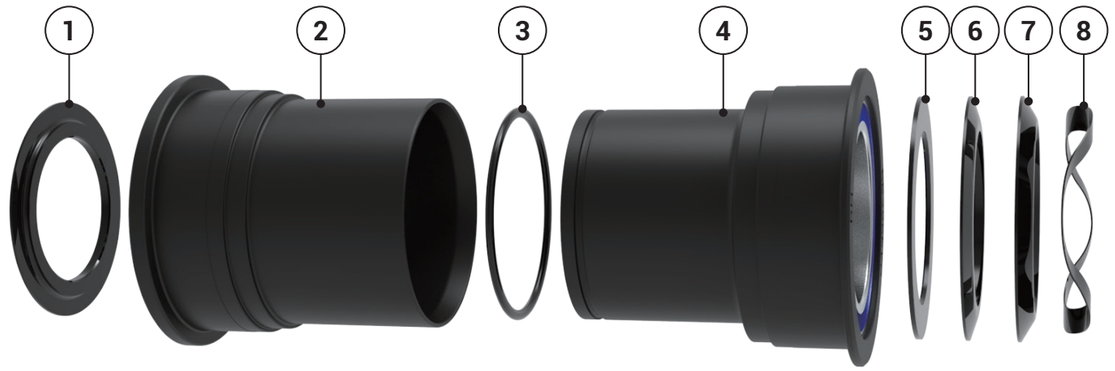
WARRANTY

- Praxis Works Bottom Bracket products are warrantied to be free from defects in materials or workmanship for two years after original purchase. The warranty is non-transferable and valid to the original purchaser of the product only.
- Any attempt to modify the product in any way such as drilling, grinding or painting will void the warranty.
- This warranty is not valid for "abused" or neglected products, or products that are damaged by improper installation.
- If a defect is found, our entire liability and your sole remedy shall be, at our option, free repair or replacement of the Praxis product.
- Except as expressly required by law, Praxis Works shall not be held liable for any indirect, special, or consequential damages.

THIS WRITTEN EXPRESS WARRANTY IS IN LIEU OF ALL OTHER WARRANTIES, IMPLIED OR EXPRESSED. This warranty gives you specific legal rights, and you may also have other rights which vary state to state. **For more information on warranty policy and instructions for completing a warranty claim, check out the Full Warranty Policy found at our website. www.praxis-works.com**

M30 386EVO | Compatibility and Spec	
CRANKSET	Compatible with Praxis M30 Based **ROAD** Cranks
FRAME SHELL	BB386 EVO ROAD Frames | 86.5mm WIDTH
FRONT DERAILLEUR	Braze-on or ST Clamp

Included Parts		
Number	**Part**	**Qty**
1	28mm ID X 2mm Dust Cover (stepped cover)	1
2	LEFT/NON-DRIVE 28mm I.D PF Bearing	1
3	Cup Sealing O-ring	1
4	RIGHT/DRIVE 30mm I.D PF Bearing	1
5	30mm ID X 1mm Dust Cover	1
6	30mm ID X 2mm Dust Cover	1
7	30mm ID X 3mm Dust Cover	1
8	Wave Washer	1



LEFT/NON-DRIVE
28mm

RIGHT/DRIVE
30mm

Note: specifications are subject to change without notice. ©MAY 2026 by Praxis Works, LLC

Rev G

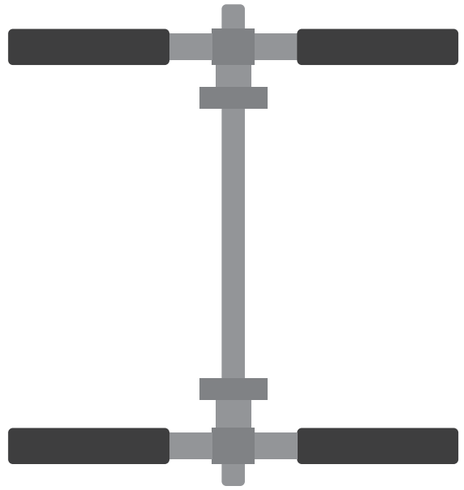
Praxis Works, LLC 207 MCPHERSON ST. SUITE E. SANTA CRUZ, CA 95060 www.praxis-works.com

TOOLS REQUIRED

Tools Needed

1. Superflex RTV Room temp vulcanizing
2. Bearing Press Tool
3. Hammer
4. Headset Cup Removal Tool

1



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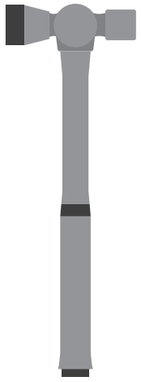

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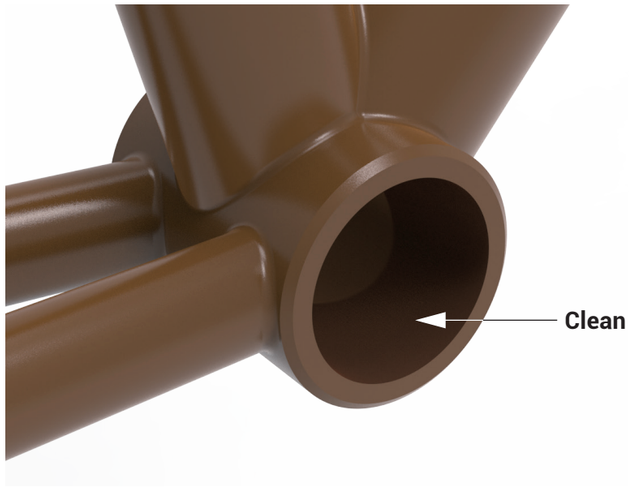
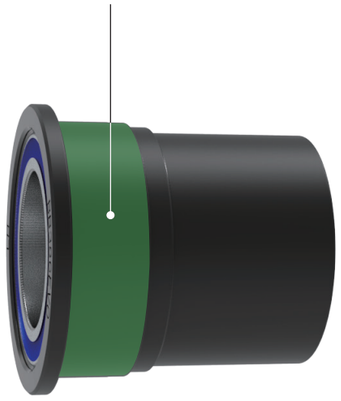
BB & FRAME PREPARATION

1. Clean the BB shell with solvent to remove any grease



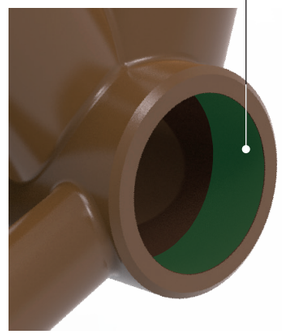
2. Use Loctite Superflex RTV Silicone Adhesive (Room Temp Vulcanizing) for all frame materials (or similar RTV adhesive)

3. Spread a thin coat of RTV silicone around the BB shell and on the BB



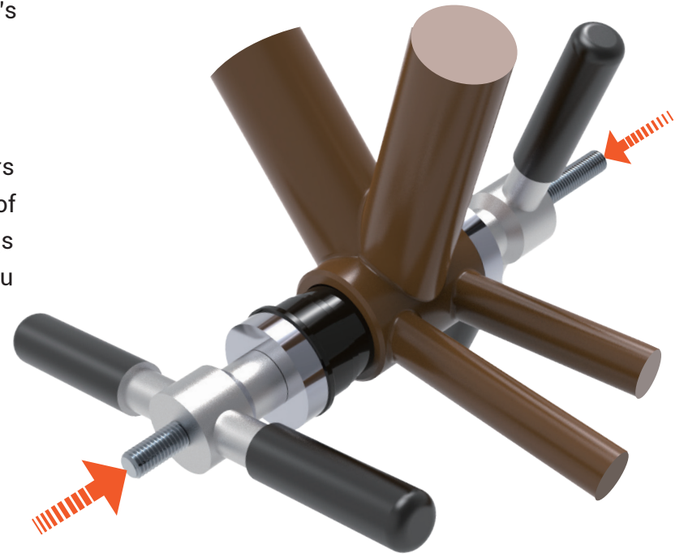
LEFT/NON-DRIVE BB Cup

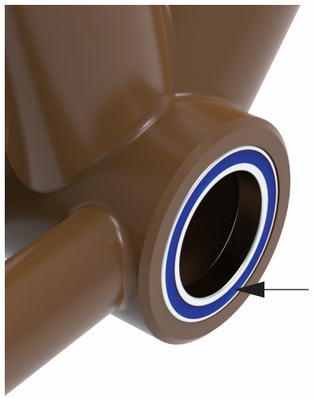
RIGHT/DRIVE BB Cup



BOTTOM BRACKET INSTALLATION

1. Press the 28mm ID bearing into the frame's **Left/Non-Drive side**
2. Press the 30mm ID bearing in the frame's **Right/Drive side**
3. See next page to find correct Dust Covers for your crank. Lightly grease underside of Dust Covers and place them over bearings **with Praxis logos facing outward.** Now you can install the crank





Both BB Cups must be pressed flush against the BB shell

INSTALLATION NOTES

• Press all BB Cups using a professional press tool

• Press all BB Cups flush against the bottom bracket shell

• **Press BB Cups one at a time**

BB REMOVAL

1. Pull the headset removal tool **through the Right/Drive cup** unti lyou hear two clicks, then hammer out the Drive BB Cup
2. Feed the headset removal tool in **from the Drive side** until it contacts the Non-Drive Cup, then hammer out that BB Cup you hear two clicks, then hammer out the Drive BB Cup

4 Cup remover

Use **Park Tool RT-1 Headset Removal** Tool or a similar tool to remove BB cups from BB shell

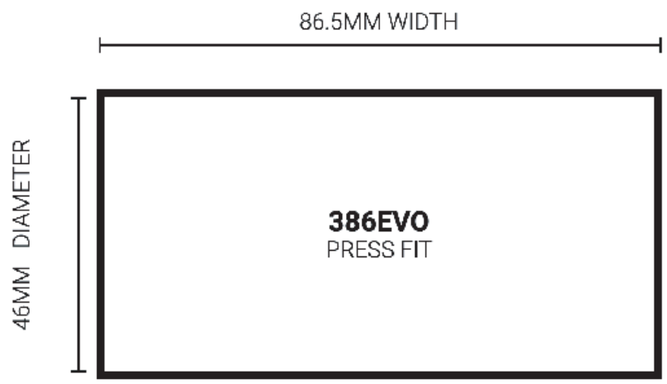
✱CRANK INSTALLATION✱

Please see CRANK instructions at **www.praxiscycles.com/manuals**

BB DUST COVER SETUP

Only 1 cover per side!

REFERENCE
FRAME BB SPECS



BB DUST COVER GUIDE

ROAD M30	WIDTH	CRANK	LEFT 28mm Cover	LEFT CUP SPACER	RIGHT CUP SPACER	RIGHT 30mm Cover
BSA	68mm	ROAD DM	2mm	-	-	1mm
		ROAD DM "GR"	2mm	-	-	3mm
		ROAD NON-DM	2mm	-	-	2mm
T47 E.B.	68mm	ROAD DM	2mm	-	-	1mm
		ROAD DM "GR"	2mm	-	-	3mm
		ROAD NON-DM	2mm	-	-	2mm
T47 I.B.	85.5mm	ROAD DM	2mm	-	-	1mm
		ROAD DM "GR"	2mm	-	-	3mm
		ROAD NON-DM	2mm	-	-	2mm
BB86	86.5mm	ROAD DM	2mm	-	-	1mm
		ROAD DM "GR"	2mm	-	-	3mm
		ROAD NON-DM	2mm	-	-	2mm
* **386EVO**	86.5mm	ROAD DM	2mm	-	-	1mm
		ROAD DM "GR"	2mm	-	-	3mm
		ROAD NON-DM	2mm	-	-	2mm
BB30/PF30	68mm	ROAD DM	2mm	-	-	1mm
		ROAD DM "GR"	2mm	-	-	3mm
		ROAD NON-DM	2mm	-	-	2mm
BBRight	79mm	ROAD DM	2mm	-	-	1mm
		ROAD DM "GR"	2mm	-	-	3mm
		ROAD NON-DM	2mm	-	-	2mm

DM = DIRECT MOUNT SPIDER (Removable Spider)

NON-DM = NOT DIRECT MOUNT SPIDER (Integrated or Pressed-On Spider)

DM GR = DIRECT MOUNT SPIDER - GRAVEL CRANK (Removeable Spider "GR" crank)