



M30 T47 I.B.

ROAD 85.5MM | MTN 89.5MM

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.**

- Before installing new BB, ensure that the frame shell is clean and empty of all parts.
- Before riding the bicycle, check that there is no play or looseness in the bottom bracket connection. Also, be sure to retighten the crankarms 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 THAT ARE 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 T47 Internal Bearing (I.B.) BB Compatibility and Spec

CRANKSET	Compatible with ALL Praxis M30 Based Cranks
FRAME SHELL	T47 85.5mm width Road Frames T47 89.5mm width MTB Frames
FRONT DERAILLEUR	Braze-on, ST wv/Clamp, or Direct Mount

REQUIRED TOOLS

- One Praxis M30 BB Tool
- 3/8" Drive Torque Wrench
- Anti-Seize Compound
- Waterproof Grease

Included Parts Below

Number	Part	Qty
1.	28mm ID 2mm Dust Cover <i>(Stepped Cover)</i>	1
2.	Non-Drive/Left Cup 28mm ID Bearing	1
3.	Sleeve	1
4.	Drive/Right Cup 30mm ID 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.	30mm ID X 5mm Dust Cover	1
9.	Wave Washer	1



LEFT/NON-DRIVE
28mm I.D.

RIGHT/DRIVE
30mm I.D.

BOTTOM BRACKET INSTALLATION



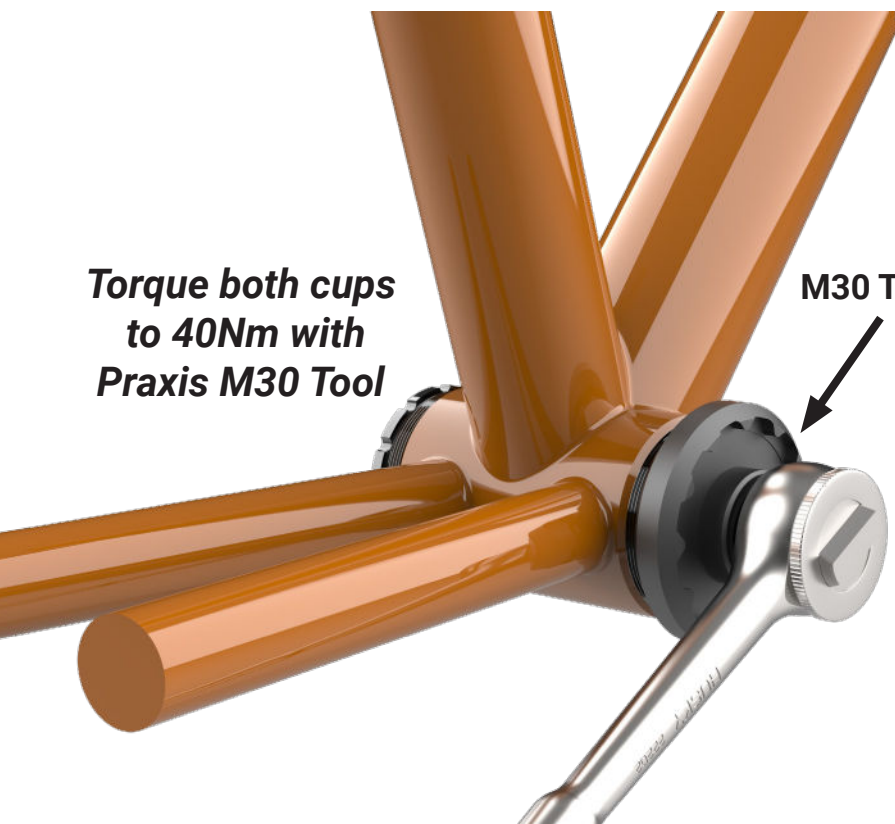
1. Apply grease or anti-seize to the frame & BB cup threads
2. Locate, read and follow the directional arrows on the cups
3. Thread the Right/Drive cup into the frame's Right/Drive side
4. Thread the Left/Non-Drive cup with the attached moisture seal into the frame's Left/Non-Drive side

5. Finish by tightening both cups to **40Nm** of torque with a *Praxis M30 Tool*

6. 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

Torque both cups to 40Nm with Praxis M30 Tool

M30 TOOL



CRANK INSTALLATION

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

BB DUST COVER SETUP

Only 1 cover per side!

LEFT/NON-DRIVE
28mm I.D.



RIGHT/DRIVE
30mm I.D.

(Stepped Cover)

NEXT PAGE FOR
DUST COVER GUIDE

RIGHT/DRIVE
Wave Washer

REFERENCE FRAME BB SPECS

85.5MM WIDTH - ROAD

89.5MM WIDTH - MTN

T47 I.B.
(INTERNAL BEARING)

M47x1.0 THREADING

BB DUST COVER GUIDE

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

MTN M30	WIDTH	CRANK	LEFT 28MM COVER	LEFT CUP SPACER	RIGHT CUP SPACER	RIGHT 30MM COVER
BSA	68	GEN1 MTN DM	2mm	2.5	2.5	1mm
		GEN1 MTN NON-DM	2mm	2.5	2.5	5mm
		GEN2 MTN DM	2mm	2.5	2.5	4mm
	73	GEN1 MTN DM	2mm	-	-	1mm
		GEN1 MTN NON-DM	2mm	-	-	5mm
		GEN2 MTN DM	2mm	-	-	4mm
100	GEN2 FAT CRANK	7.6mm	-	-	9.4mm	
T47 E.B.	73	GEN1 MTN DM	2mm	-	-	1mm
		GEN1 MTN NON-DM	2mm	-	-	5mm
		GEN2 MTN DM	2mm	-	-	4mm
* T47 I.B.	89.5	GEN1 MTN DM	2mm	-	-	1mm
		GEN1 MTN NON-DM	2mm	-	-	5mm
		GEN2 MTN DM	2mm	-	-	4mm
BB90	89.5	GEN1 MTN DM	2mm	-	-	2mm
		GEN1 MTN NON-DM	2mm	-	-	5mm
		GEN2 MTN DM	2mm	-	-	5mm
BB92	92	GEN1 MTN DM	2mm	-	-	1mm
		GEN1 MTN NON-DM	2mm	-	-	2mm
		GEN2 MTN DM	2mm	-	-	3mm
BB30/PF30	73	GEN1 MTN DM	2mm	-	-	1mm
		GEN1 MTN NON-DM	2mm	-	-	5mm
		GEN2 MTN DM	2mm	-	-	4mm

"DM" = DIRECT MOUNT SPIDER (Removable Spider)

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

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