# 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 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**

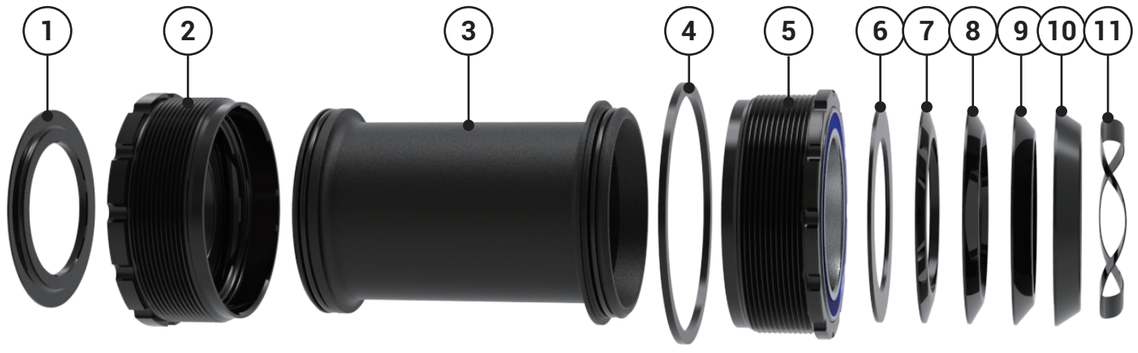
Note: specifications are subject to change without notice. ©MAY 2026 by Praxis Works, LLC

***Rev I***

| 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 vv/Clamp, or Direct Mount |

**Included Parts**

| Number | Part | Qty |
|---|---|---|
| 1 | 28mm ID 2mm Dust Cover (stepped cover) | 1 |
| 2 | LEFT/NON-DRIVE Cup 28mm ID Bearing | 1 |
| 3 | Sleeve | 1 |
| 4 | Spacer 1.5mm | 1 |
| 5 | Drive/Right Cup 30mm ID Bearing | 1 |
| 6 | 30mm ID X 1mm Dust Cover | 1 |
| 7 | 30mm ID X 2mm Dust Cover | 1 |
| 8 | 30mm ID X 3mm Dust Cover | 1 |
| 9 | 30mm ID X 4mm Dust Cover | 1 |
| 10 | 30mm ID X 5mm Dust Cover | 1 |
| 11 | Wave Washer | 1 |




**LEFT/NON-DRIVE**
28mm I.D

**RIGHT/DRIVE**
30mm I.D

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

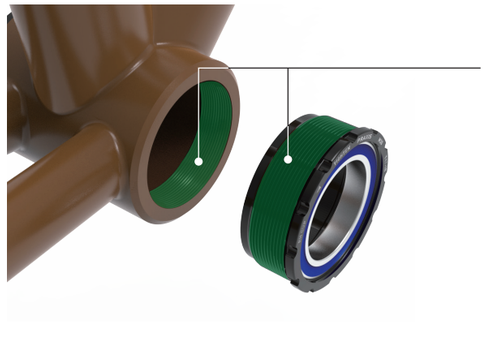
# TOOLS REQUIRED

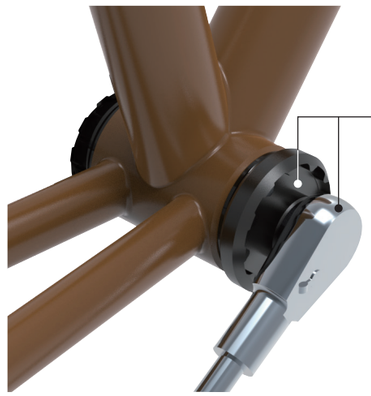
**Tools Needed**

1. Waterproof Grease
2. Anti-Seize Compound
3. 3/8" Torque Wrench
4. One Praxis M30 BB Tool

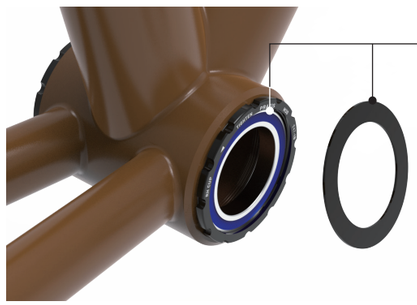
# BOTTOM BRACKET INSTALLATION

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



Install and torque one cup to **40Nm** with the **Praxis M30 Tool** before installing the opposite cup.



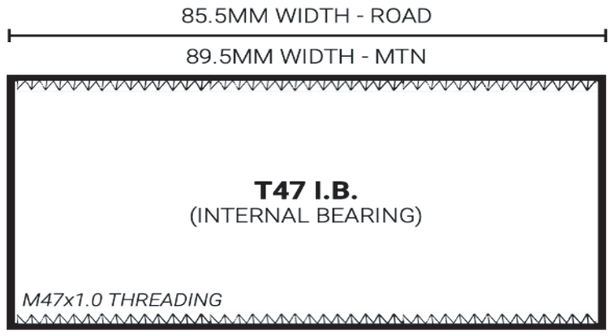
6. See next page to find correct Dust Covers for your crank. Lightly grease underside of Dust Covers and place them over bearings **with Praxis logos facing outward.** Now you can install your Praxis crank

***CRANK INSTALLATION***

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

# BB DUST COVER GUIDE

**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)

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