M30-THRU PF-386EVO

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 frame shell is clean. Remove the c-clips/bearings so frame shell is empty.
- Before riding the bicycle, check that there is no play or looseness in the bottom bracket connection. 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.
- 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.

For the latest instructions and knowledge base updates: https://praxiscycles.com/tech-docs/

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.
- **Parts are not guaranteed against natural wear and tear resulting from normal use.**
- Except as expressly required by law, Praxis Works shall not be held liable for any indirect, special, or consequential damages.

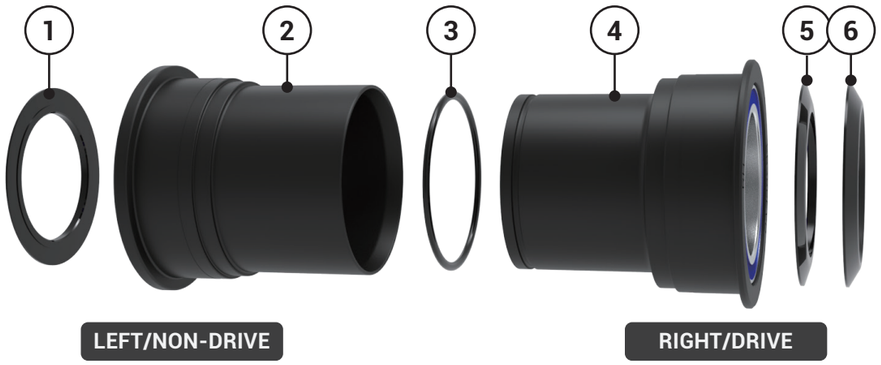
THIS WRITTEN EXPRESS WARRANTY IS IN LIEU OF ALL OTHER WARRANTIES, IMPLIED OR EXPRESSED. This warranty gives you specific legal rights, and you may also have other rights which vary state to state. **For more information on warranty policy and instructions for completing a warranty claim, check out the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

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

Rev I

M30 THRU BB386 EVO Compatibility and Spec	
CRANKSET	Compatible with Praxis M30 THRU & other-brand ROAD cranks
FRAME SHELL	BB386 EVO ROAD Frames
FRONT DERAILLEUR	Braze-on or Clamp-on

Included Parts		
Number	**Part**	**Qty**
1	30mm ID X 2mm Dust Cover	1
2	LEFT/NON-DRIVE Cup 30mm I.D Bearing	1
3	Cup Sealing O-ring	1
4	RIGHT/DRIVE Cup 30mm I.D Bearing	1
5	30mm ID X 2mm Dust Cover	1
6	30mm ID X 3mm Dust Cover	1



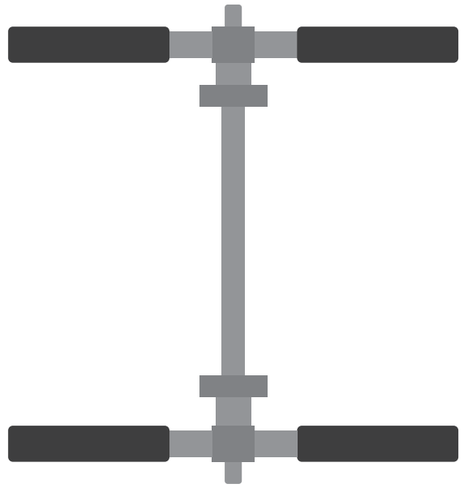
Praxis Works, LLC 207 MCPHERSON ST. SUITE E. SANTA CRUZ, CA 95060 www.praxis-works.com

TOOLS REQUIRED

Tools Needed

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

1



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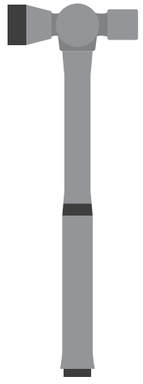

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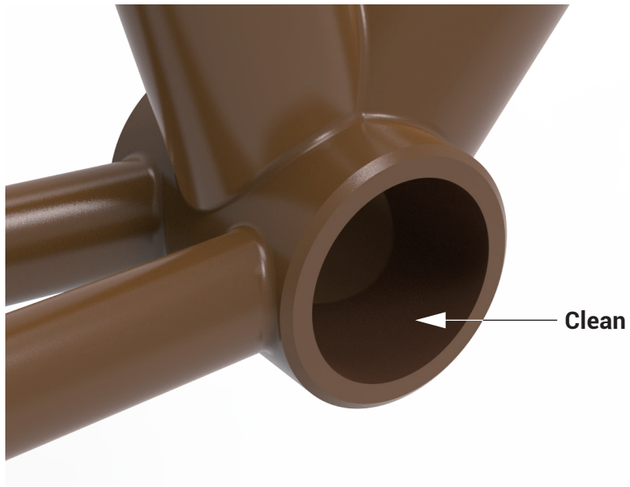
BB & FRAME PREPARATION

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

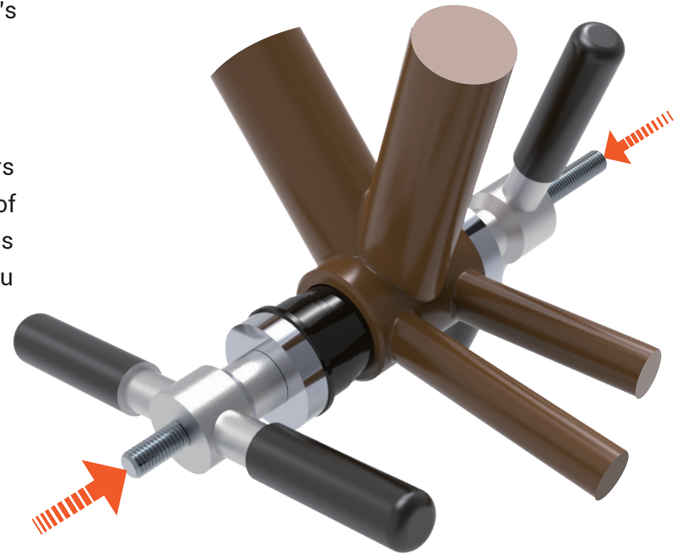


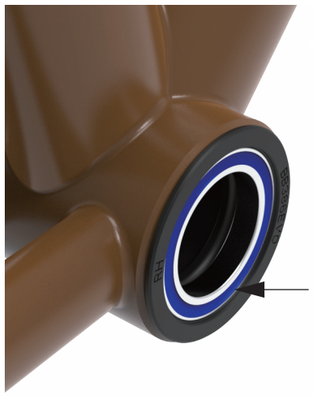
2. Use Loctite Superflex RTV Silicone Adhesive (Room Temp Vulcanizing) for all frame materials (or similar RTV adhesive)

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

BOTTOM BRACKET INSTALLATION

1. Press the 30mm 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

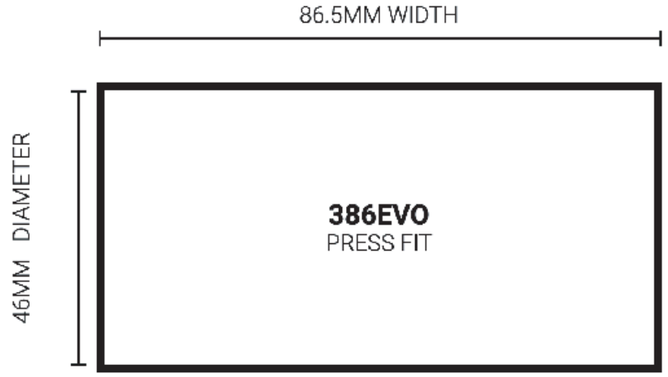
✱CRANK INSTALLATION✱

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

BB DUST COVER SETUP

No more than 1 cover per side!

REFERENCE
FRAME BB SPECS



CRANK SPINDLE MEASUREMENT CHECK!

103mm or longer for Road

BB DUST COVER GUIDE

ROAD M30-THRU	WIDTH	CRANK	LEFT 30mm COVER	LEFT CUP SPACER	RIGHT CUP SPACER	RIGHT 30mm Cover
BSA	68mm	DOON	Preload Ring **Only**	-	-	3mm
		OTHER BRAND	2mm	-	-	2mm
T47 E.B.	68mm	DOON	Preload Ring **Only**	-	-	3mm
		OTHER BRAND	2mm	-	-	2mm
T47 I.B.	85.5mm	DOON	Preload Ring **Only**	-	-	3mm
		OTHER BRAND	2mm	-	-	2mm
T47 Asym	76.75mm	DOON	Preload Ring **Only**	-	-	3mm
		OTHER BRAND	2mm	-	-	2mm
BB86	86.5mm	DOON	Preload Ring **Only**	-	-	3mm
		OTHER BRAND	2mm	-	-	2mm
* **386EVO**	86.5mm	DOON	Preload Ring **Only**	-	-	3mm
		OTHER BRAND	2mm	-	-	2mm
BB30/PF30	68mm	DOON	Preload Ring **Only**	-	-	3mm
		OTHER BRAND	2mm	-	-	2mm
BBRight	79mm	DOON	Preload Ring **Only**	-	-	3mm
		OTHER BRAND	2mm	-	-	2mm