



**M30-THRU
PF41**

BB86 ROAD
BB90 MTN
BB92 MTN
BB104.5 DH
BB107 DH

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.
- 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.
- **Parts are not guaranteed against natural wear and tear 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.

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

WARRANTY

- Praxis Works Bottom Bracket products are warranted 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.

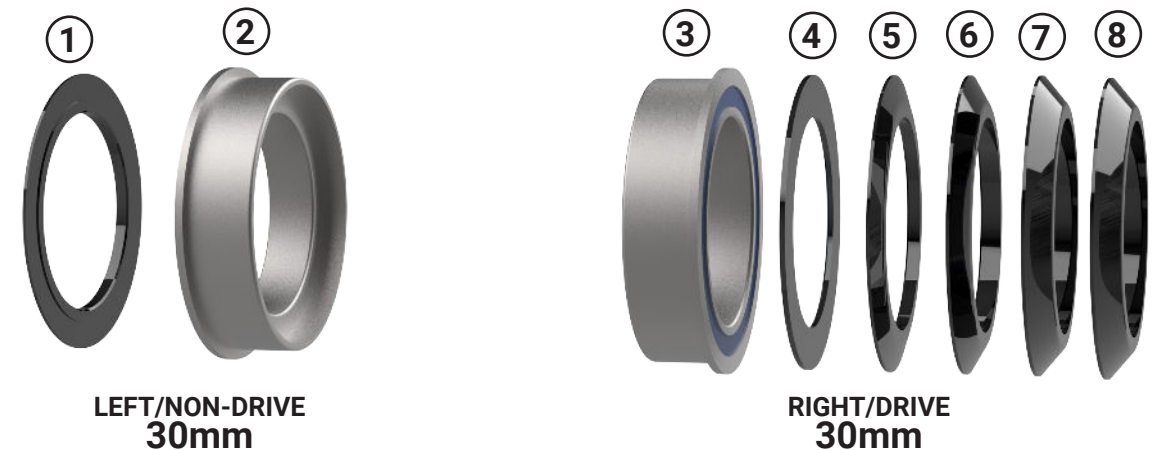
THIS WRITTEN EXPRESS WARRANTY IS IN LIEU OF ALL OTHER WARRANTIES, IMPLIED OR EXPRESSED. This warranty gives you specific legal rights, and you may also have other rights which vary state to state. **For more information on warranty policy and instructions for completing a warranty claim, check out the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

M30-THRU BB86/90/92 PF41 DIAMETER	
CRANKSET	Compatible with Praxis M30-THRU & other-brand cranks BB86 ROAD BB90/92 for MTN Cranks only
FRAME SHELL	BB86 ROAD BB90 MTN BB92 MTN
FRONT DERAILLEUR	Braze-on or Clamp-on

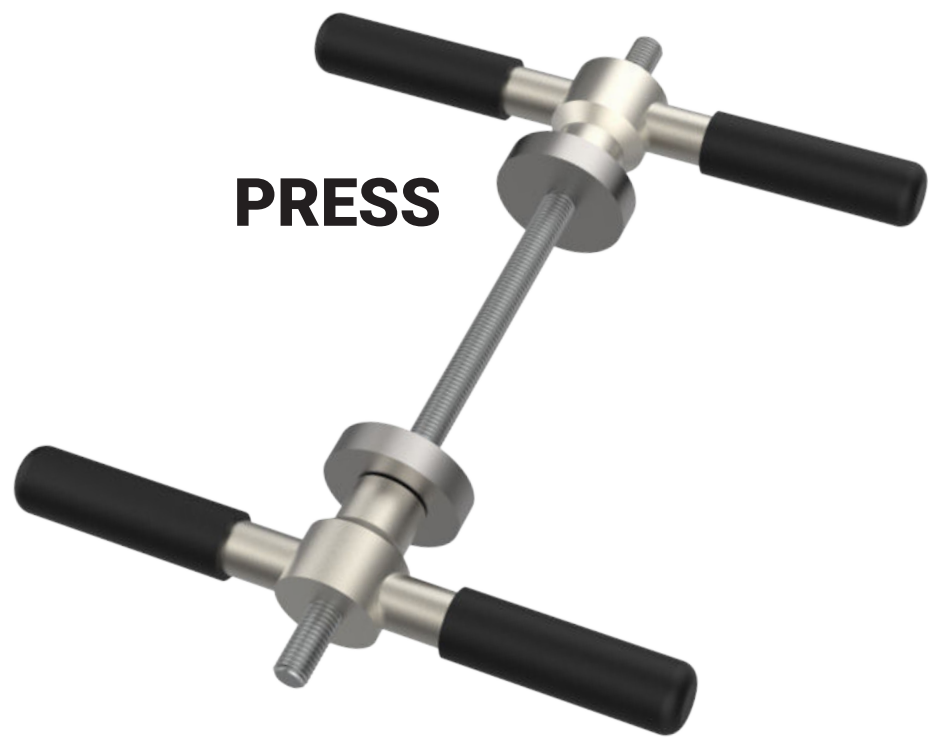
REQUIRED TOOLS

- Bearing Press Tool
- Loctite 609 (Metal BB shell)
- Hammer
- Loctite Superflex Clear RTV (Carbon BB Shell)
- Park Tool BBT-30.4 Bearing Remover

Included Parts		
Number	Part	Qty
1	30mm ID X 2mm Dust Cover	1
2	30mmID Bearing	1
3	30mmID Bearing	1
4	30mm ID X 1mm Dust Cover	1
5	30mm ID X 2mm Dust Cover	2
6	30mm ID X 3mm Dust Cover	1
7	30mm ID X 4mm Dust Cover	1
8	30mm ID X 6mm Dust Cover	1



TOOLS REQUIRED



PRESS



CUP REMOVER

FRAME & BEARING PREPARATION

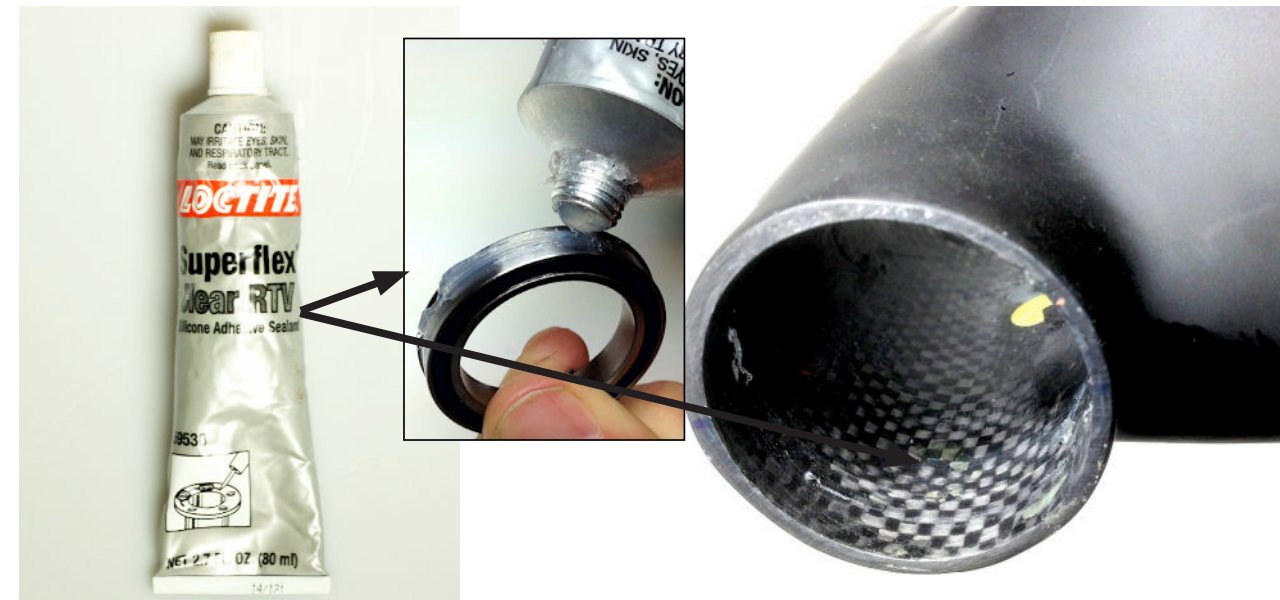
METAL BB SHELL

- 1 Clean the metal BB shell with solvent to remove any grease
- 2 Use **Loctite 609, 603, or 638** retaining compound
- 3 Spread a thin coat of retaining compound around the metal BB shell and on the outer bearing race



CARBON BB SHELL

- 1 Clean the carbon BB shell with solvent to remove any grease
- 2 Use **Loctite Superflex** RTV Silicone Adhesive (Room Temp Vulcanizing)
- 3 Spread a thin coat of the RTV Silicone around the carbon BB shell and on the outer bearing race
- 4 Once pressed, it must cure for **24hrs** before riding



Next page *INSTALLATION*.....

BOTTOM BRACKET INSTALLATION

- 1** Press the 30mm ID bearing into the Left/Non-Drive side of the frame
- 2** Then press the 30mm ID bearing into the Right/Drive side of the frame
- 3** Wait 24hrs for silicone to cure if pressed into carbon BB shell

BB REMOVAL

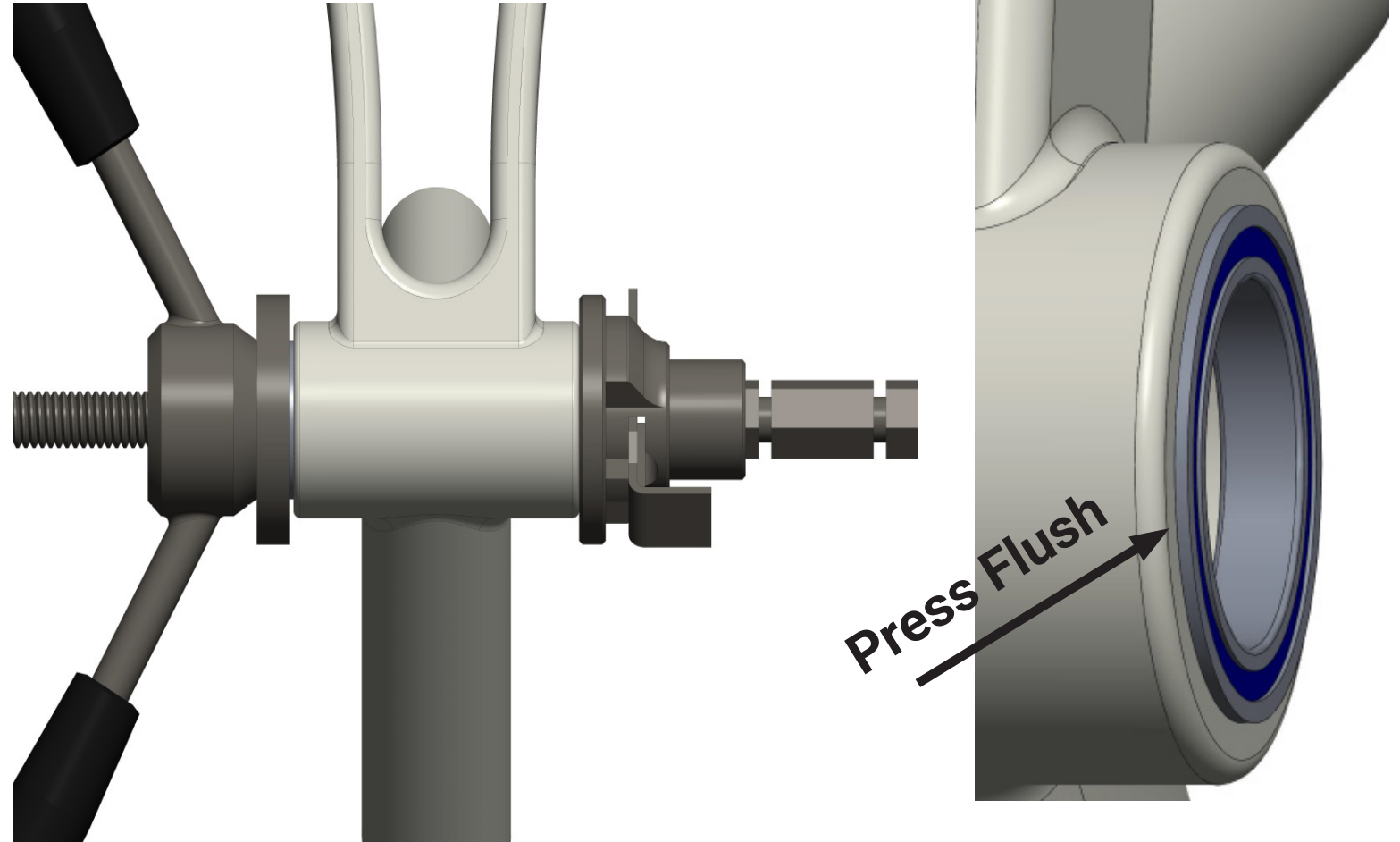
Use Park BBT-30.4 Removal Tool or similar

- 1.** Using bearing removal tool, hammer out the *Non-Drive Side Bearing* from the inside out
- 2.** Using bearing removal tool, hammer out the *Drive-Side Bearing* from the inside out



Installation Notes

- Press all bearings using a professional press tool
- Press all bearings flush against the bottom bracket shell
- **Press one bearing at a time!**



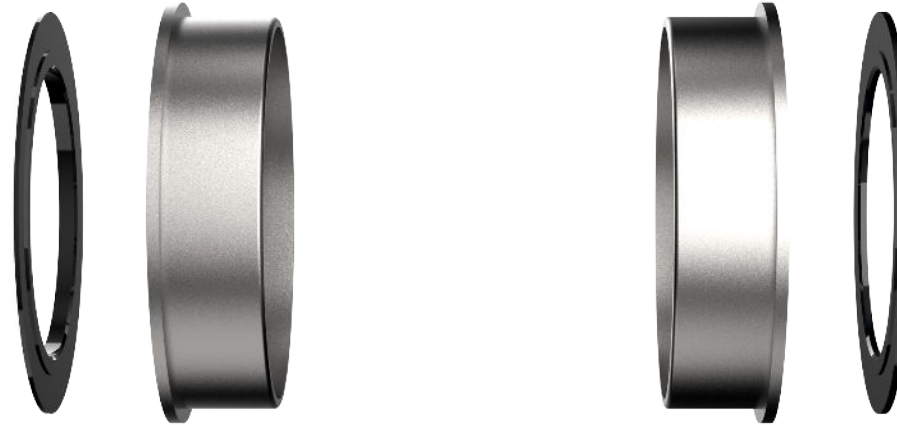
CRANK INSTALLATION

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

BB DUST COVER SETUP

Only 1 cover per side!

**LEFT/NON-DRIVE
30mm I.D.**



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

(NON-Stepped 28 Cover)

**NEXT PAGE FOR
M30-THRU COVER GUIDE**

REFERENCE - FRAME BB SPECS

86.5MM WIDTH

89.5MM WIDTH

104.5mm WIDTH
107mm WIDTH

92MM WIDTH

BB86 ROAD/BMX
PRESS FIT

BB90 MTN
PRESS FIT

BB92 MTN
PRESS FIT

104.5mm DH
107mm DH

BB DUST COVER GUIDE

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

MTN M30-THRU	WIDTH	CRANK	LEFT 30MM COVER	LEFT CUP SPACER	RIGHT CUP SPACER	RIGHT 30MM COVER
BSA	68	GEN1 LYFT	<i>Preload Ring Only</i>	2.5	2.5	2mm
		GEN2 LYFT	<i>Preload Ring Only</i>	2.5	2.5	6mm
		OTHER BRAND	2mm	2.5	2.5	2mm
	73	GEN1 LYFT	<i>Preload Ring Only</i>	-	-	2mm
		GEN2 LYFT	<i>Preload Ring Only</i>	-	-	6mm
		OTHER BRAND	2mm	-	-	2mm
T47 E.B.	73	GEN1 LYFT	<i>Preload Ring Only</i>	-	-	2mm
		GEN2 LYFT	<i>Preload Ring Only</i>	-	-	6mm
		OTHR BRAND	2mm	-	-	2mm
T47 I.B.	89.5	GEN1 LYFT	<i>Preload Ring Only</i>	-	-	2mm
		GEN2 LYFT	<i>Preload Ring Only</i>	-	-	6mm
		OTHER BRAND	2mm	-	-	2mm
* BB90	89.5	GEN1 LYFT	2mm	-	-	2mm
		GEN2 LYFT	1mm	-	-	6mm
		OTHER BRAND	2mm	-	-	2mm
* BB92	92	GEN1 LYFT	<i>Preload Ring Only</i>	-	-	1mm
		GEN2 LYFT	1mm	-	-	4mm
		OTHER BRAND	2mm	-	-	2mm
BB30/PF30	73	GEN1 LYFT	<i>Preload Ring Only</i>	-	-	2mm
		GEN2 LYFT	<i>Preload Ring Only</i>	-	-	6mm
		OTHER BRAND	2mm	-	-	2mm

CRANK SPINDLE MEASUREMENT CHECK!

103mm or longer for Road
108mm or longer for MTN”