M30-THRU BB30/PF30 ROAD 68mm / MTN 73mm

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 (for BB30 frames, remove 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. 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 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.
- Except as expressly required by law, Praxis Works shall not be held liable for any indirect, special, or consequential damages.

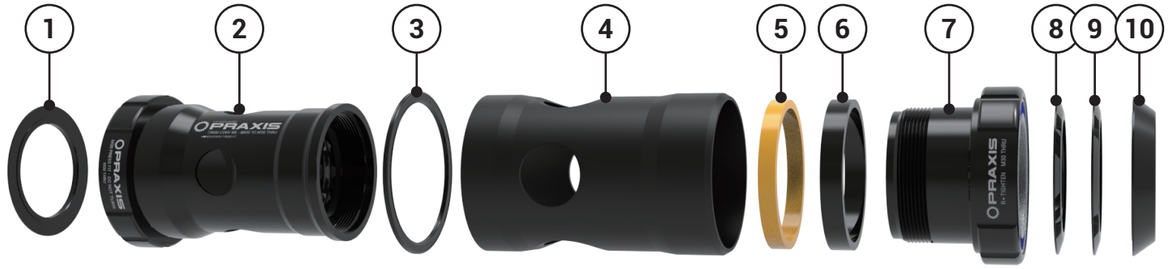
THIS WRITTEN EXPRESS WARRANTY IS IN LIEU OF ALL OTHER WARRANTIES, IMPLIED OR EXPRESSED. This warranty gives you specific legal rights, and you may also have other rights which vary state to state. **For more information on warranty policy and instructions for completing a warranty claim, check out the 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 H

M30-THRU | BB30/PF30 BB Compatibility and Spec	
CRANKSET	Compatible with Praxis **M30-THRU** & other-brand cranks
FRAME SHELL	68mm BB30/PF30 Road Frames | 73mm BB30/PF30 MTB Frames
FRONT DERAILLEUR	Braze-on, Clamp-on, or Direct Mount

Included Parts		
Number	**Part**	**Qty**
1	30mm ID X 2mm Dust Cover	1
2	LEFT/NON-DRIVE Cup 30mm ID Bearing	1
3	LEFT/NON-DRIVE Width Tolerance O-Ring	1
4	Delrin PF Sleeve	1
5	Orange Rubber Collet	1
6	Black Plastic Compression sleeve	1
7	RIGHT/DRIVE Cup 30mm ID Bearing	1
8	30mm ID X 2mm Dust Cover	1
9	30mm ID X 3mm Dust Cover	1
10	30mm ID X 6mm Dust Cover	1



LEFT/NON-DRIVE
30mm I.D

RIGHT/DRIVE
30mm I.D

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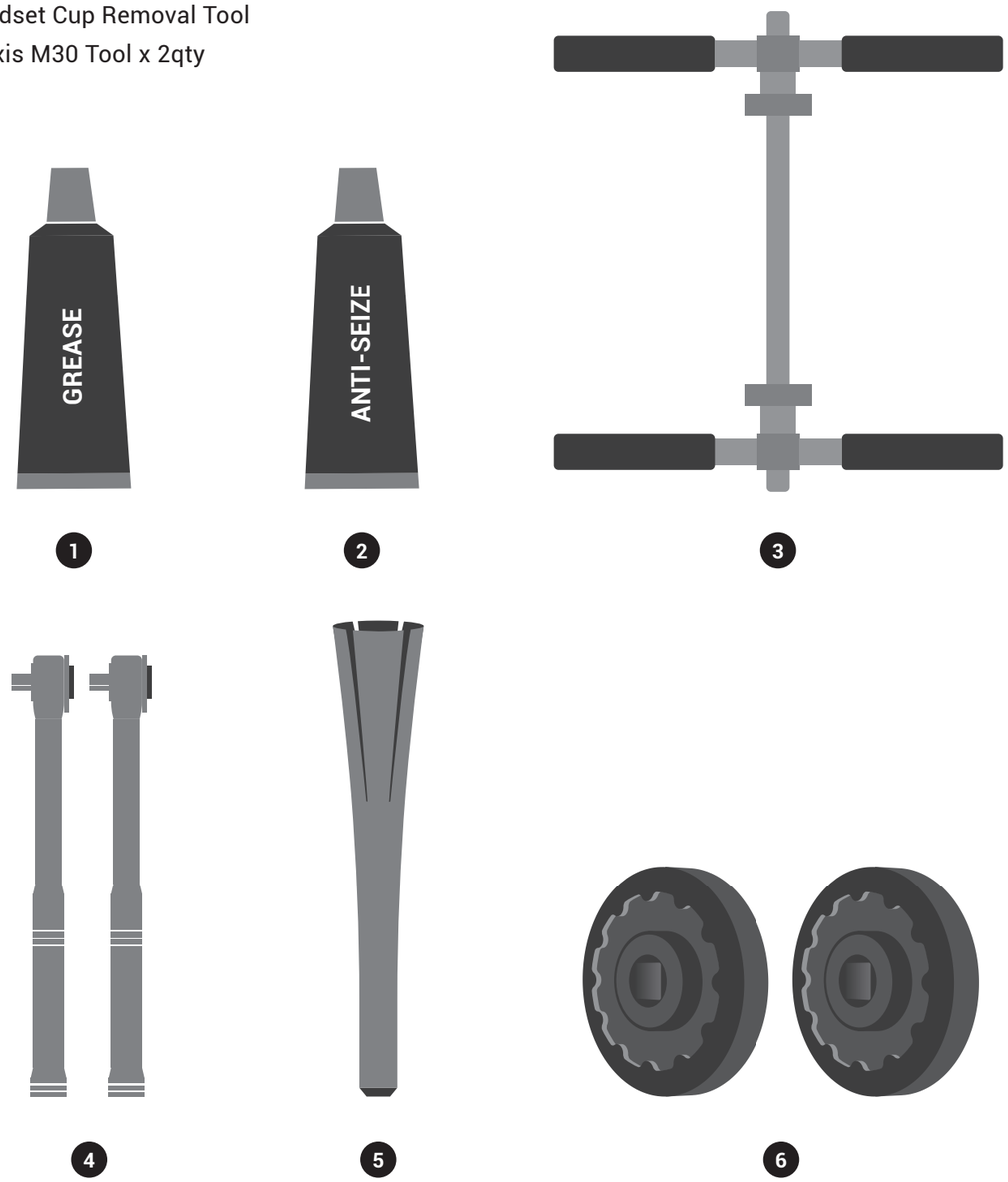
TOOLS REQUIRED

Tools Needed

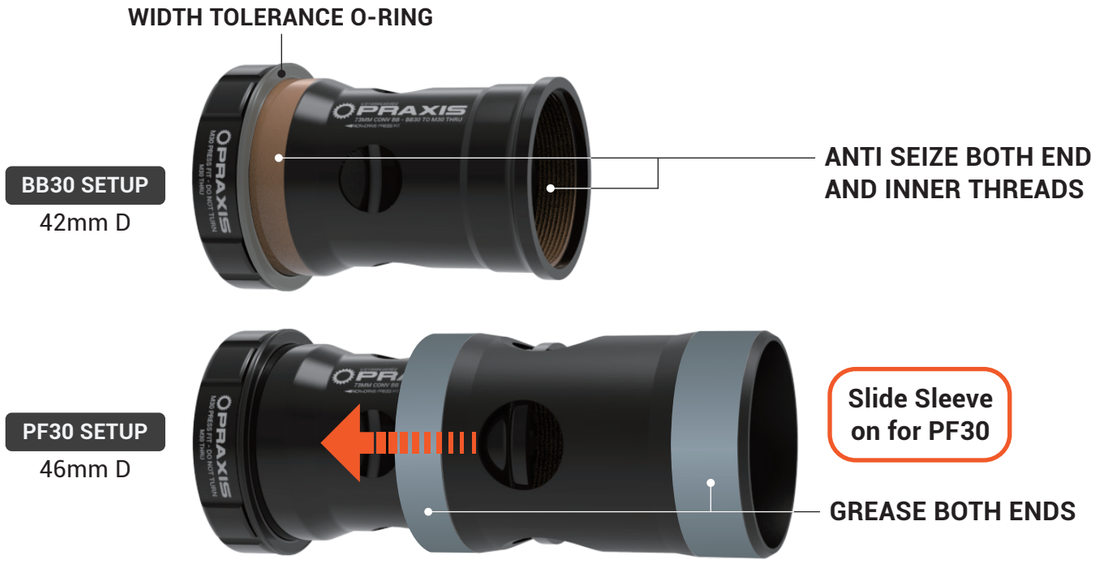
1. Waterproof Grease
2. Anti-seize
3. Bearing Press Tool
4. 3/8" Socket Wrench x 2qty
5. Headset Cup Removal Tool
6. Praxis M30 Tool x 2qty



BB CUP PREPARATION

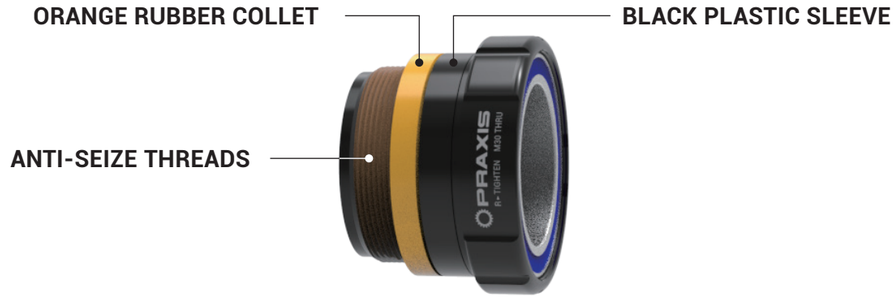
NON-DRIVE/LEFT CUP

1. Make sure Width Tolerance O-ring is on Left/Non-Drive Cup. This is required to accommodate frame BB width variances
2. **FOR BB30** - Remove PF Sleeve **(not used with BB30!)**. Apply thin coating of **anti-seize** to both ends of the BB cup contact surfaces and the threads
3. **FOR PF30** - Slide PF Sleeve on. **Grease** both ends of the PF Sleeve contact surfaces. Then put **anti-seize** on the inner threads



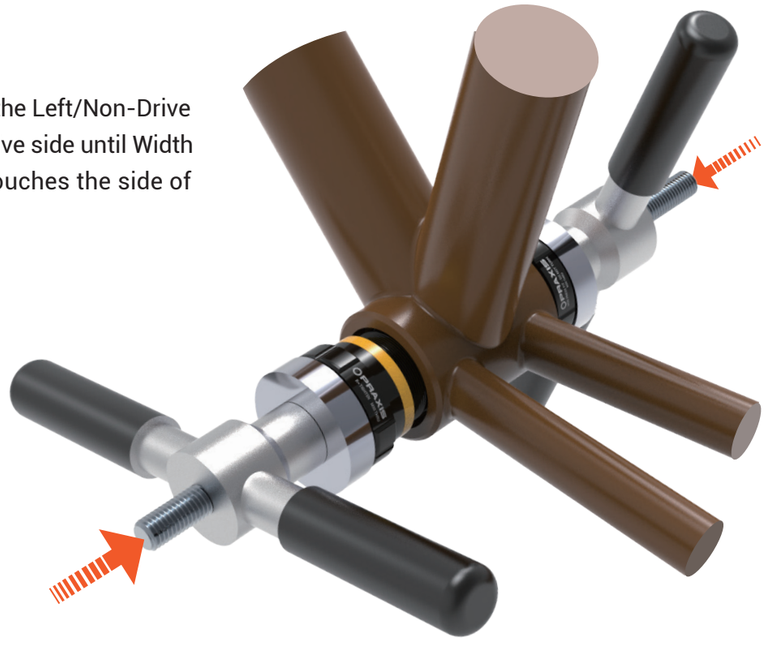
DRIVE/RIGHT CUP

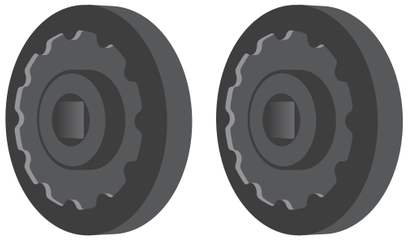
1. Slide the Black Plastic Sleeve and then the Orange Rubber Collet onto the cup. **This is critical to the function of your BB**
2. Apply thin coating of **anti-seize** to the Right/Drive cup threads
3. Apply thin coating of **grease** to the outside of the Orange Rubber Collet and Black Plastic Sleeve



BOTTOM BRACKET INSTALLATION

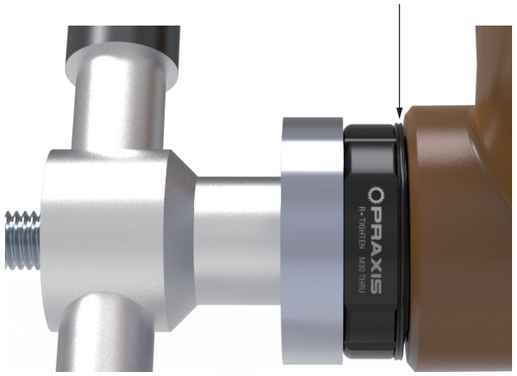
1. With a press tool, **GENTLY** press the Left/Non-Drive cup into the frame's Left/Non-Drive side until Width Tolerance O-ring just **BARELY** touches the side of frame

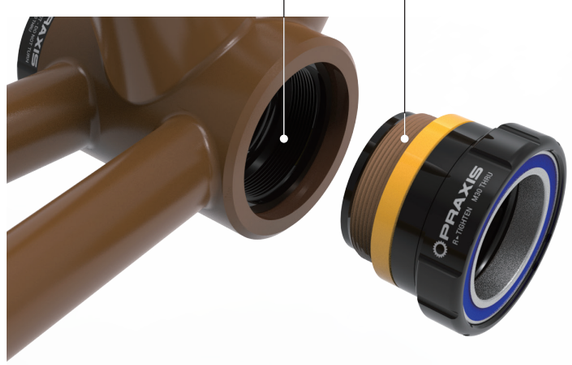




Praxis M30 Tool x 2qty

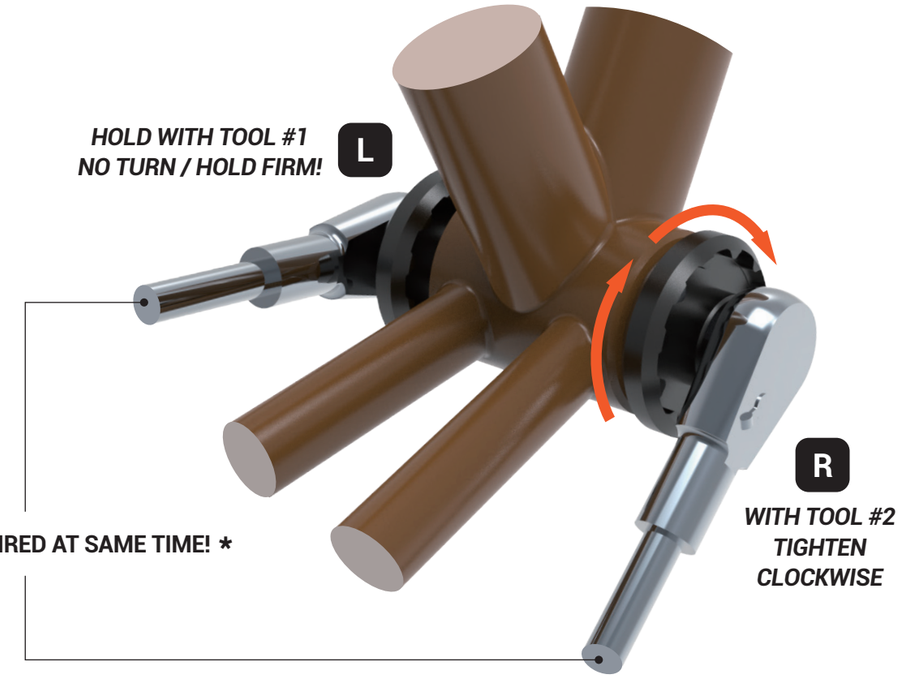
2. Start threading the **Right/Drive Cup** in **CLOCKWISE** with your **M30 BB tool**. As it threads in, you will feel friction build as the Orange Rubber Collet expands inside the frame. ***THIS IS NORMAL***

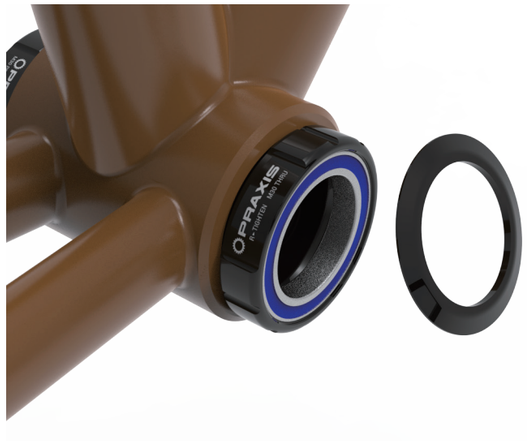




3. **TURN Right/Drive Cup UNTIL IT STOPS.** With 2nd BB tool, hold Left/Non-Drive Cup in place while you **tighten Drive cup fully.** The 2nd tool gives you leverage so you feel when the Drive cup bottoms out on the Non-Drive cup

The Drive Cup has a machined stop and by design it **MUST** be tightened until it bottoms out on the Non-Drive cup. This precisely sets/stops the Collet expansion.





4. See next page for 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

BB DUST COVER GUIDE

Only 1 cover per side!

LEFT/NON-DRIVE
30mm I.D.

RIGHT/DRIVE
30mm I.D.

NEXT PAGE FOR DUST COVER GUIDE

REFERENCE FRAME BB SPECS

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

CRANK SPINDLE MEASUREMENT CHECK!

103mm or longer for Road

108mm or longer for MTN

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

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