M30 T47-ASYM

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 INSTALLATION 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.

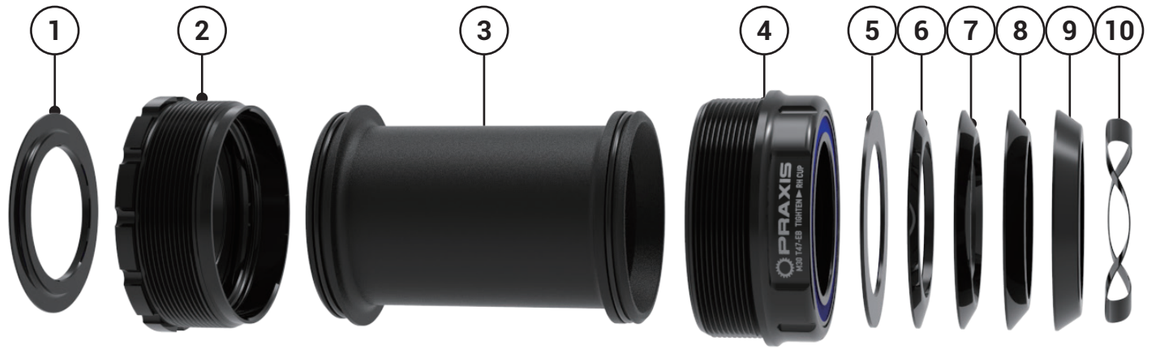
THIS WRITTEN EXPRESS WARRANTY IS IN LIEU OF ALL OTHER WARRANTIES, IMPLIED OR EXPRESSED. This warranty gives you specific legal rights, and you may also have other rights which vary state to state. **For more information on warranty policy and instructions for completing a warranty claim, check out the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

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

Rev C

M30 T47 "ASYM" I BB Compatibility and Spec	
CRANKSET	Compatible with ALL Praxis M30 Based Cranks
FRAME SHELL	T47 ASYM - **ROAD FRAMES 76.75mm I MTN FRAMES 81.25mm**
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	Non-Drive/Left Cup I 28mm ID Bearing	1
3	Sleeve	1
4	Drive/Right Cup I 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 4mm Dust Cover	1
9	30mm ID X 5mm Dust Cover	1
10	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

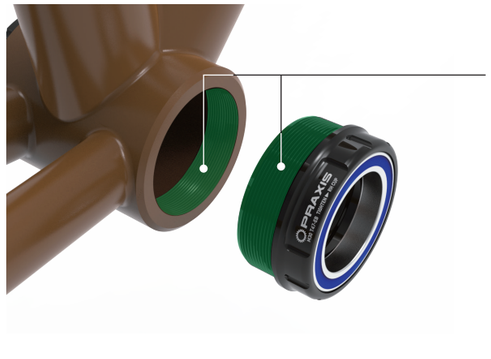
TOOLS REQUIRED

Tools Needed

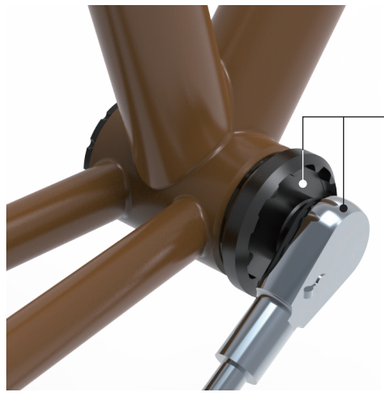
1. Waterproof Grease
2. Anti-Seize
3. 3/8" Torque Wrench
4. Praxis M30 BB Tool

BOTTOM BRACKET INSTALLATION

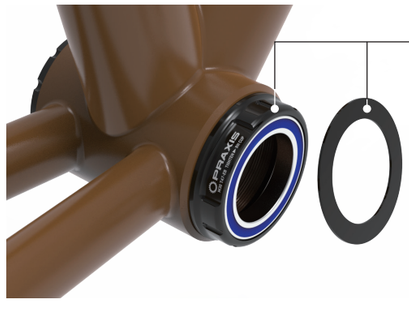
1. Apply grease or anti-seize to the frame & BB cup threads
2. **Locate, Read** and **Follow** the directional arrows on the cups
3. Thread the Right/Drive cup into the frame's Right/Drive side
4. Thread the Left/Non-Drive cup with the attached moisture seal into the frame's Left/Non-Drive side
5. Finish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



Add grease or anti-seize to the frame AND BB cup threads.



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 SETUP

Only 1 cover per side!

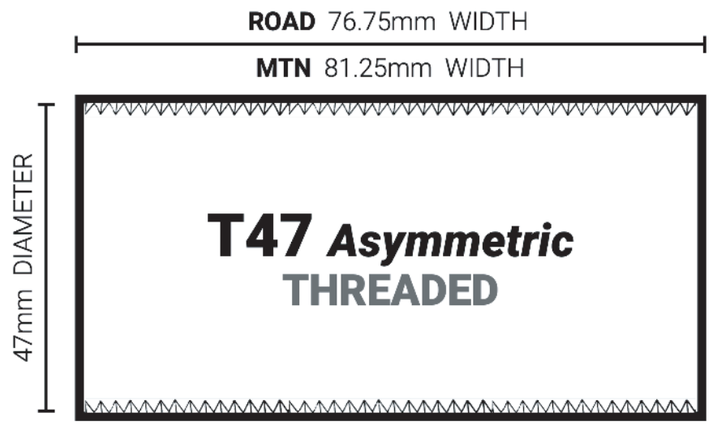
LEFT/NON-DRIVE
28mm I.D.
(Stepped Cover)

RIGHT/DRIVE
30mm I.D.

NEXT PAGE FOR
DUST COVER GUIDE

RIGHT/DRIVE
WAVE WASHER

REFERENCE
FRAME BB SPECS



BB DUST COVER GUIDE

ROAD M30	WIDTH	CRANK	LEFT 28MM COVER	LEFT CUP SPACER	RIGHT CUP SPACER	RIGHT 30MM COVER
T47 Asym	76.75mm	ROAD DM	2mm	-	-	1mm
		ROAD DM "GR"	2mm	-	-	3mm
		ROAD DM-DM	2mm	-	-	2mm

MTN M30	WIDTH	CRANK	LEFT 28MM COVER	LEFT CUP SPACER	RIGHT CUP SPACER	RIGHT 30MM COVER
T47 Asym	81.25mm	GEN1 MTN DM	2mm	-	-	1mm
		GEN1 MTN MON-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 (Removeable Spider "GR" crank)