



M30-THRU BSA

English Threaded BB
For M30-THRU Road or MTB Cranks

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 the 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 THAT ARE 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**

M30-THRU BSA Compatibility and Spec

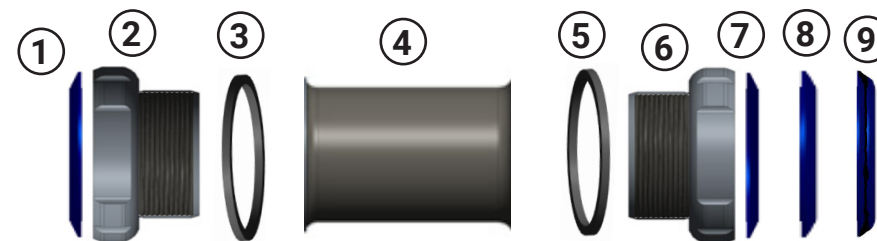
CRANKSET	Compatible with ALL Praxis M30 THRU & other-brand cranks
FRAME SHELL	BSA 68mm Road Frames BSA 68/73mm MTB Frames
FRONT DERAILLEUR	Braze-on, Clamp-on, or Direct Mount - E-type only when on 68mm MTB

REQUIRED TOOLS

- One Praxis M30 BB Tool
- 3/8" Drive Torque Wrench
- Anti-Seize Compound
- Waterproof Grease

Included Parts

Number	Part	Qty
①	30mm ID X 2mm Dust Cover	1
②	LEFT/NON-DRIVE Cup with 30mm ID Bearing	1
③	BB Cup Spacer for 68mm MTB ONLY	1
④	Sleeve (internal dust/moisture seal)	1
⑤	BB Cup Spacer for 68mm MTB ONLY	1
⑥	RIGHT/DRIVE Cup with 30mm ID Bearing	1
⑦	30mm ID X 2mm Dust Cover	1
⑧	30mm ID X 3mm Dust Cover (RIGHT/DRIVE side)	1
⑨	30mm ID X 6mm Dust Cover (RIGHT/DRIVE side)	1



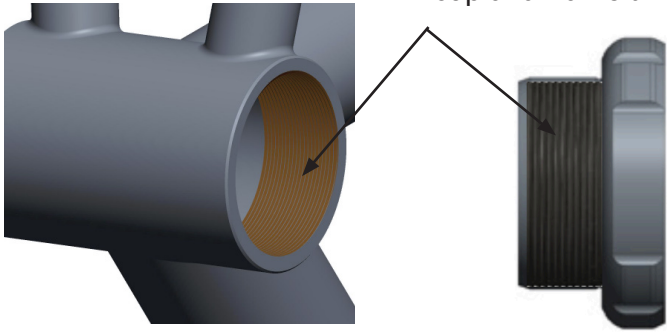
LEFT NON-DRIVE

RIGHT/DRIVE

BB INSTALL

BB Cup and Frame Prep

1 Add grease or anti-seize to the cup and frame threads



- 2 Note the directional arrows on the cups in order to thread them into frame in the correct direction
- 3 Thread the RIGHT/DRIVE cup **COUNTER-CLOCKWISE** into the frame's RIGHT/DRIVE side
- 4 Place Sleeve on LEFT/NON-DRIVE cup and thread cup **CLOCKWISE** into the frame's LEFT/NON-DRIVE side
- 5 With Praxis M30 tool, tighten each cup to **40Nm of torque**
- 6 Grease the underside of the correct included Dust Covers for your crankset (see guide below). Then place them over the bearings with the **Praxis wordmark** facing outward. The grease will keep them in place. Now you can install the crank

IMPORTANT- DO NOT use included BB Cup spacers unless installing MTB crank on a 68mm MTB frame (1 per side)



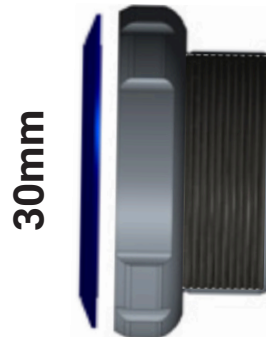
BB DUST COVER SETUP GUIDE

LEFT/NON-DRIVE
30mm I.D.

Use no more than 1 cover per side!

RIGHT/DRIVE
30mm I.D.

No Cover used
GEN1 LYFT CRANK
2mm Cover
OTHER BRAND CRANKS



2mm Cover
GEN1 LYFT CRANK

2mm Cover
OTHER BRAND CRANKS