



M30 BSA

English Threaded BB
For M30 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 BSA frame shell is clean.
- Conversion BB - Make sure the black O-ring is on the Non-Drive Cup prior to pressing into Non-Drive side.
- Apply **Anti-Seize** to the drive cup threads and smooth taper area before installing.
- 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 THAT ARE PROVIDED ON THE OTHER SIDE.

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 BSA Compatibility and Spec

CRANKSET	Compatible with ALL Praxis M30 Based Cranks
FRAME SHELL	BSA 68mm Road Frames BSA 68/73mm MTB Frames
FRONT DERAILLEUR	Braze-on, ST Clamp, or Direct Mount - E-type only when on 68mm MTB

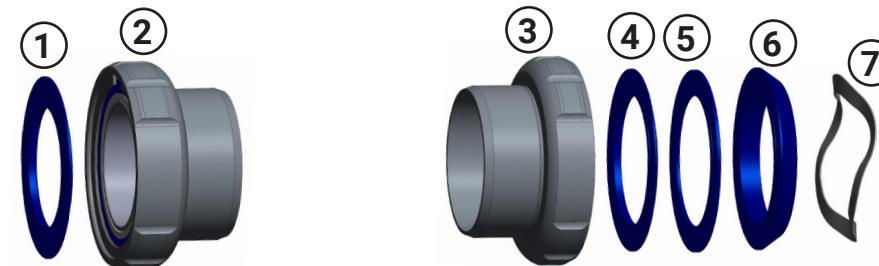
REQUIRED TOOLS

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

INCLUDED PARTS BELOW

Number	Part	Qty
①	28mm ID X 2mm Dust Cover <i>(Stepped Cover)</i>	1
②	Non-Drive Side (L) Cup 28mm ID Bearing	1
③	Drive Side (R) Cup 30mm ID Bearing	1
④	30mm ID X 1mm Dust Cover	1
⑤	30mm ID X 2mm Dust Cover	1
⑥	30mm ID X 5mm Dust Cover	1
⑦	Wave Washer	1

FOR PARTS IDENTIFICATION USE ONLY



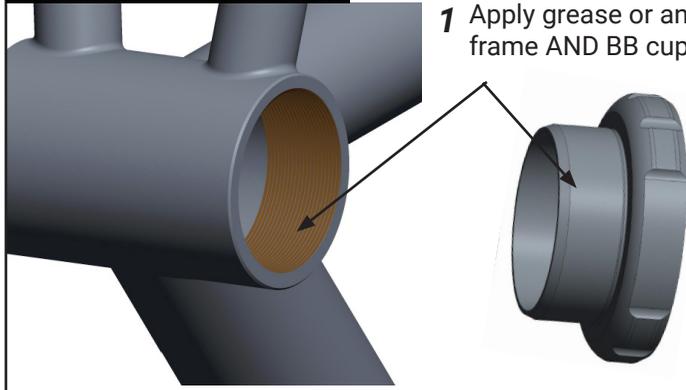
LEFT/NON-DRIVE
28mm I.D.

RIGHT/DRIVE
30mm I.D.

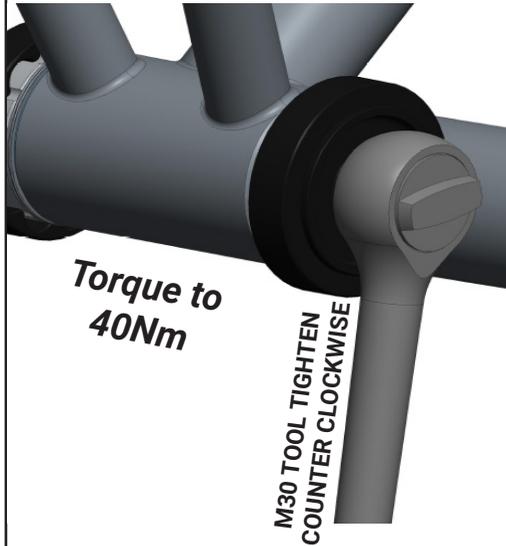
1. BB INSTALL

BB Cup and Frame Prep

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



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



1. Note the directional arrows on the cups.
2. Thread the Right/Drive cup into the frame's Right/Drive side.
3. Thread the Left/Non-Drive cup into the frame's Left/Non-Drive side.
4. With Praxis M30 tool, tighten each cup to 40Nm of torque.

BB DUST COVER SETUP GRAPHIC

LEFT/NON-DRIVE
28mm I.D.

Only 1 cover per side!

RIGHT/DRIVE
30mm I.D.

2mm Cover
ALL CRANKS
(Stepped Cover)

28mm



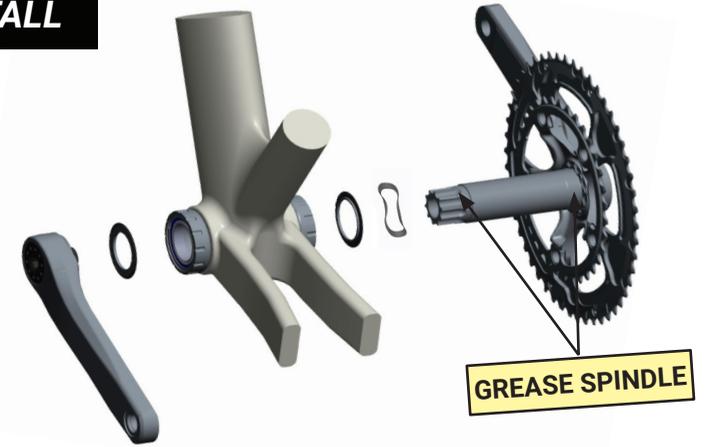
30mm

1mm Cover
FOR 3-BOLT DM CRANKS ROAD & MTB

2mm Cover
FOR INTEGRATED SPIDER CRANKS ROAD & MTB

5mm Cover
FOR INTEGRATED SPIDER CRANKS ROAD & MTB

2. CRANK INSTALL

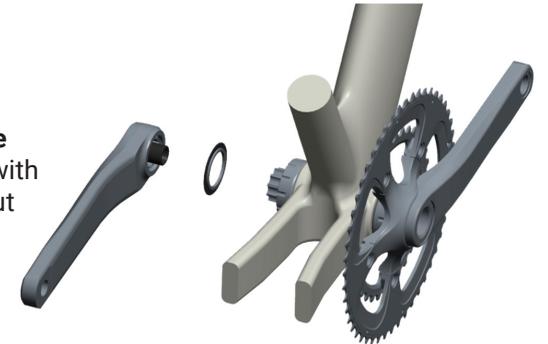


1. Slide the Drive Side Wave Washer onto the spindle.

Next slide on the correct 30mm ID Drive Side **Dust Cover** for your exact crank with the Praxis wordmark facing out/away from the frame. **SEE DUST COVER SETUP GRAPHIC!**

Now grease the spindle and insert the crankset into the Drive cup and push spindle through bottom bracket.

2. Slide the 28mm ID Non-Drive Side Dust Cover onto the spindle, with the Praxis wordmark side facing out and away from the frame.



3. Use an 8mm hex torque wrench and tighten the Non-Drive crankarm bolt to 48-55Nm.

Spin crank to make sure it moves freely.

Your installation is now complete.

