Shimano BSA

Threaded External Bearing BB For Shimano cranks only

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 BB shell is clean.
- 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 THAT ARE PROVIDED ON THE OTHER SIDE.

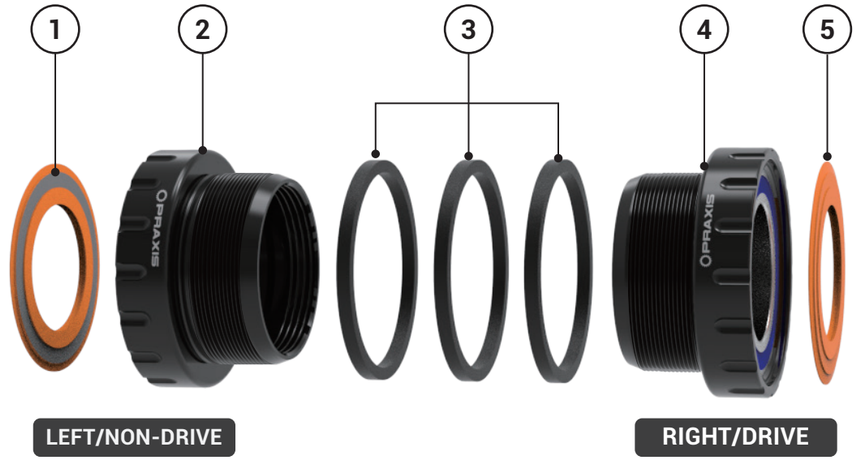
WARRANTY

- 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**

Shimano BSA Compatibility and Spec	
CRANKSET	Compatible with Shimano Hollowtech II cranksets
FRAME SHELL	**68mm Road Frames | 68/73mm MTB Frames**
FRONT DERAILLEUR	Braze-on, Clamp-on, or Direct Mount

Included Parts		
Number	**Part**	**Qty**
1	Shimano Dust Cover	1
2	LEFT/NON-DRIVE Cup with 24mm ID Bearing	1
3	2.5mm Spacer for MTB use	3
4	RIGHT/DRIVE Cup with 24mm ID Bearing	1
5	Shimano Dust Cover	1



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

Rev D

Praxis Works, LLC 207 MCPHERSON ST. SUITE E. SANTA CRUZ, CA 95060 www.praxis-works.com

TOOLS REQUIRED

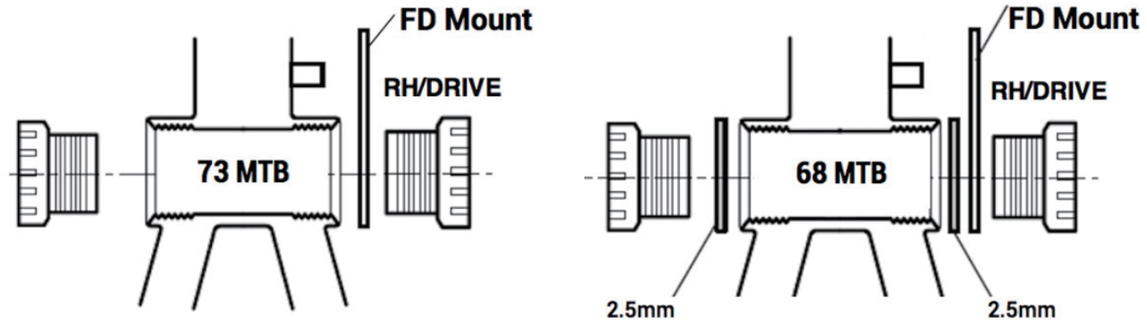
Tools Needed

1. Waterproof Grease
2. Anti-Seize Compound
3. 3/8" Drive Torque Wrench
4. Shimano TL-FC32 or TLFC33, Park BBT-9, Sunlite TL-6400 or similar BB cup tool

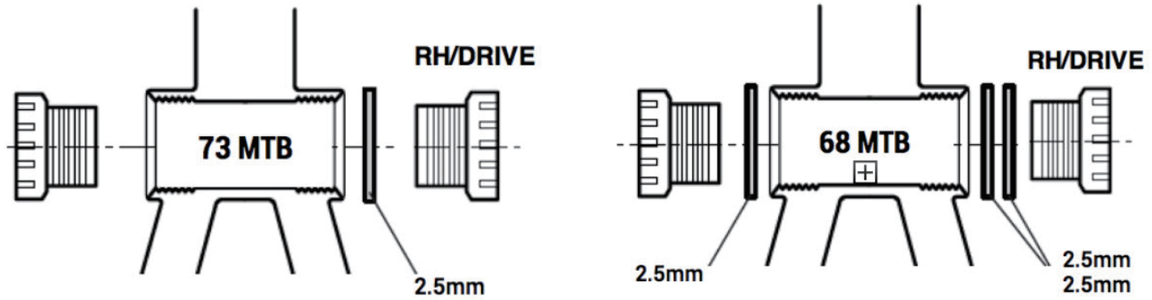
BOTTOM BRACKET SETUP CHART

REFER to chart to determine whether to use 2.5mm cup spacer(s), and if so, where to place them

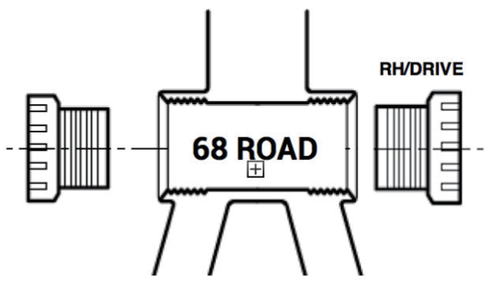
BB Mounted FD

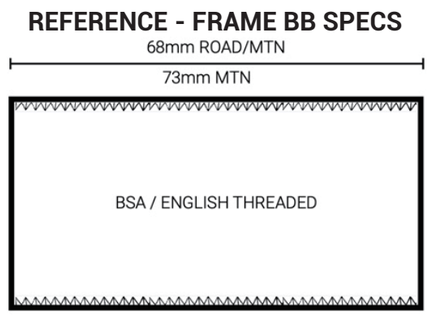


Band or Direct Mounted FD



Band or Braze-On FD

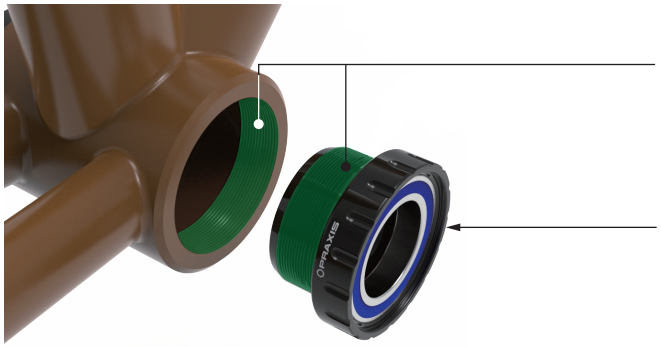


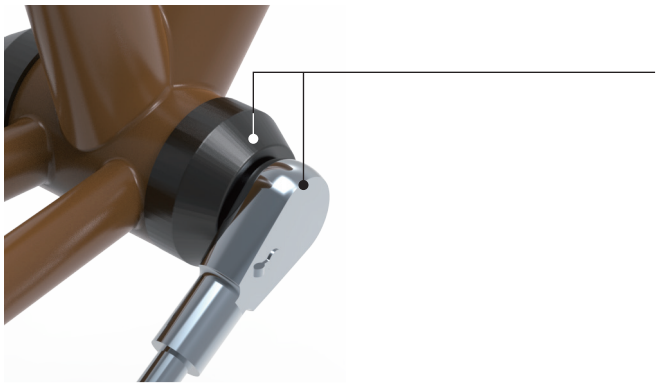


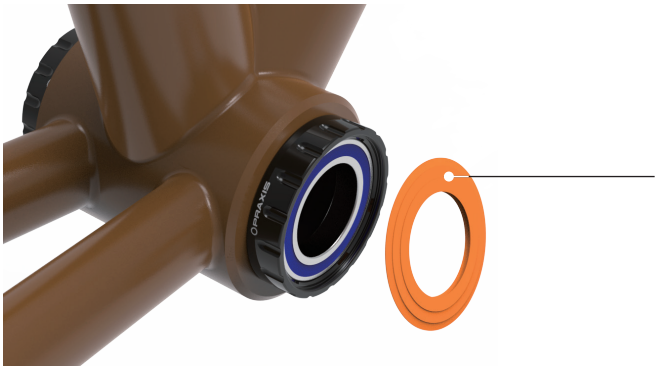
BOTTOM BRACKET INSTALLATION

1. Apply grease or anti-seize to the frame & BB cup threads. If required for your frame, put 2.5mm spacer(s) on cup(s)
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. Tighten both cups to 40Nm with a torque wrench
6. Dab some grease on the underside of the included Outer Seals, then place them over the bearings with the **Praxis logo facing outward.**

The BB install is now finished and you can install your crank







*** CRANK INSTALLATION ***

Please see CRANK INSTRUCTIONS at **www.praxiscycles.com/manuals**