



# SHIMANO BB30/PF30

68MM ROAD | 73MM MTN

## 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 BB30/PF30 frame shell is clean. If a BB30 frame, remove the 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.

## 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.

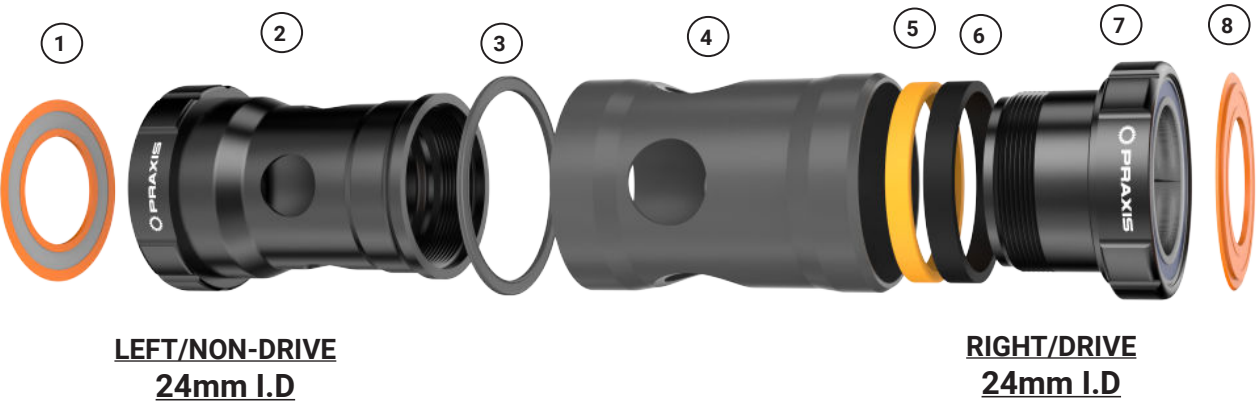
THIS WRITTEN EXPRESS WARRANTY IS IN LIEU OF ALL OTHER WARRANTIES, IMPLIED OR EXPRESSED. This warranty gives you specific legal rights, and you may also have other rights which vary state to state. **For more information on warranty policy and instructions for completing a warranty claim, check out the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

Shimano BB30/PF30/OSBB   Compatibility and Spec	
CRANKSET	Compatible with SHIMANO HOLLOWTECH II <b>68mm for ROAD Cranks only - 73mm for MTB Cranks only</b>
FRAME SHELL	Only for BB30, PF30, and Specialized OSBB frames 68mm or 73mm
FRONT DERAILLEUR	Braze-on, Clamp-on, or Direct Mount. No E-Type or BB Mounted Guides

## REQUIRED TOOLS

- Press Tool
- **2qty Shimano 16-Notch BB Tools**
- Cup removal tool
- Anti-Seize Compound
- Waterproof Grease

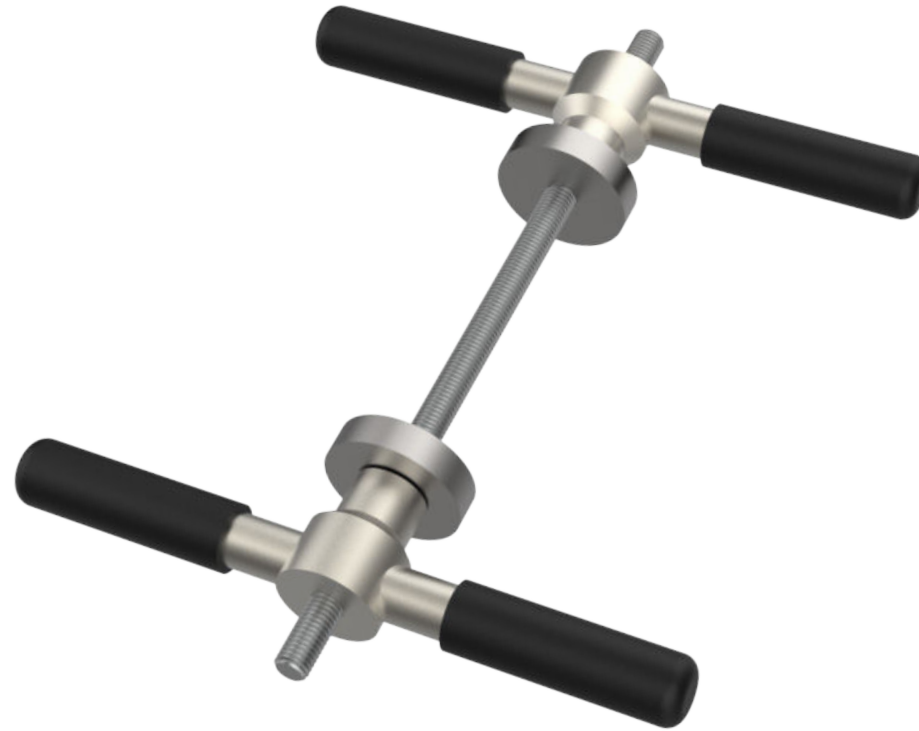
Included Parts		
Number	Part	Qty
1.	Shimano Bearing Cover	1
2.	LEFT/NON-DRIVE Cup <b>24mm</b> ID Bearing	1
3.	Width Tolerance O-Ring	1
4.	Delrin PF Sleeve (used on PF30 frames)	1
5.	Orange Rubber Collet	1
6.	Black Plastic Compression sleeve	1
7.	RIGHT/DRIVE Cup <b>24mm</b> ID Bearing	1
8.	Shimano Bearing Cover	1



# TOOLS REQUIRED



**PRESS**



**CUP REMOVER**



**2qty SOCKET  
WRENCHES**



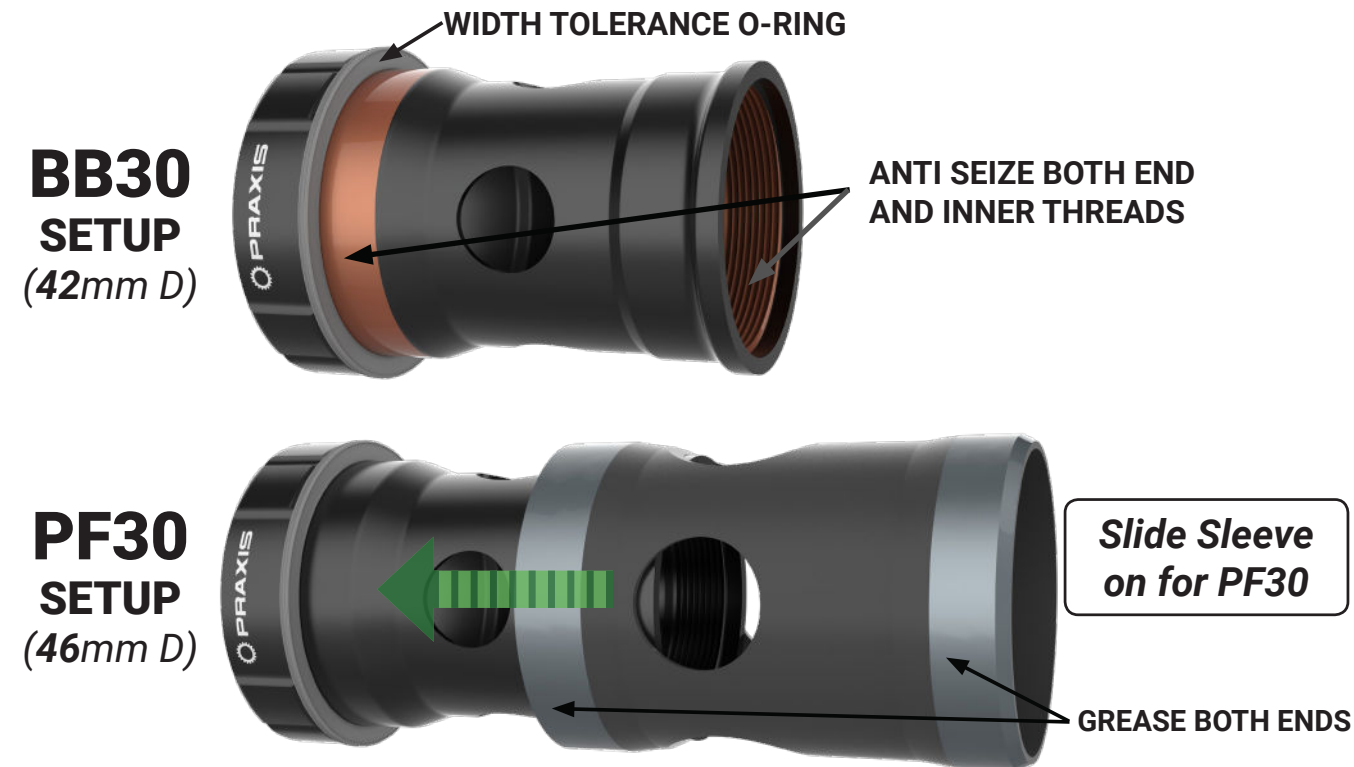
**2qty SHIMANO  
16-NOTCH TOOLS**



# 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



Next page *INSTALLATION...*



# 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



- 2 Start threading the **Right/Drive Cup** in **CLOCKWISE** with your **16-Notch BB tool**.

As it threads in, you will feel friction build as the Orange Rubber Collet expands inside the frame. **THIS IS NORMAL**

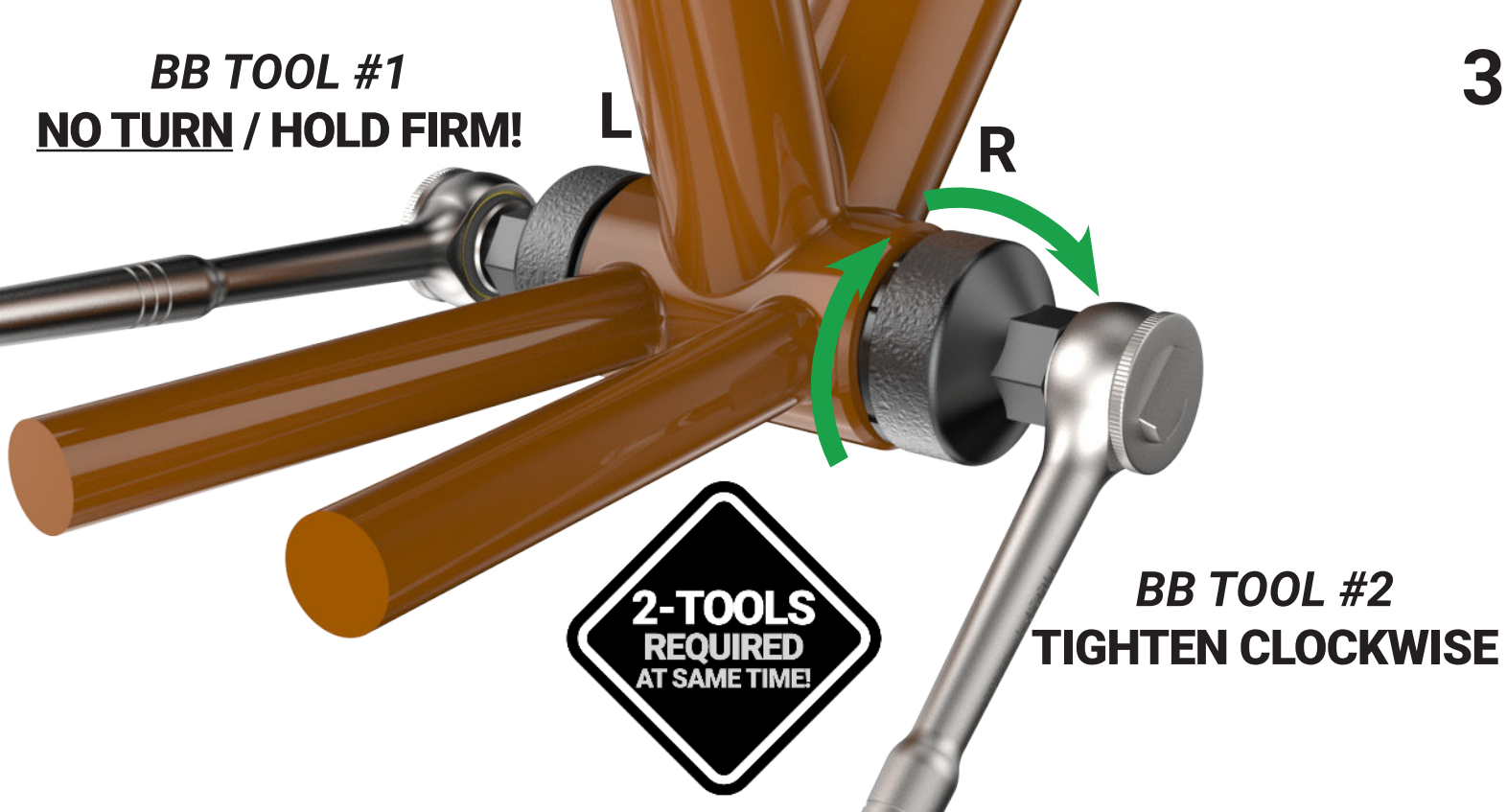
**Now you must get your second BB tool...**



(Example Ref 16notch BB tool)



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### **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** Lightly grease underside of Dust/Seal Covers and place them over bearings.

***Now you can install the crank***

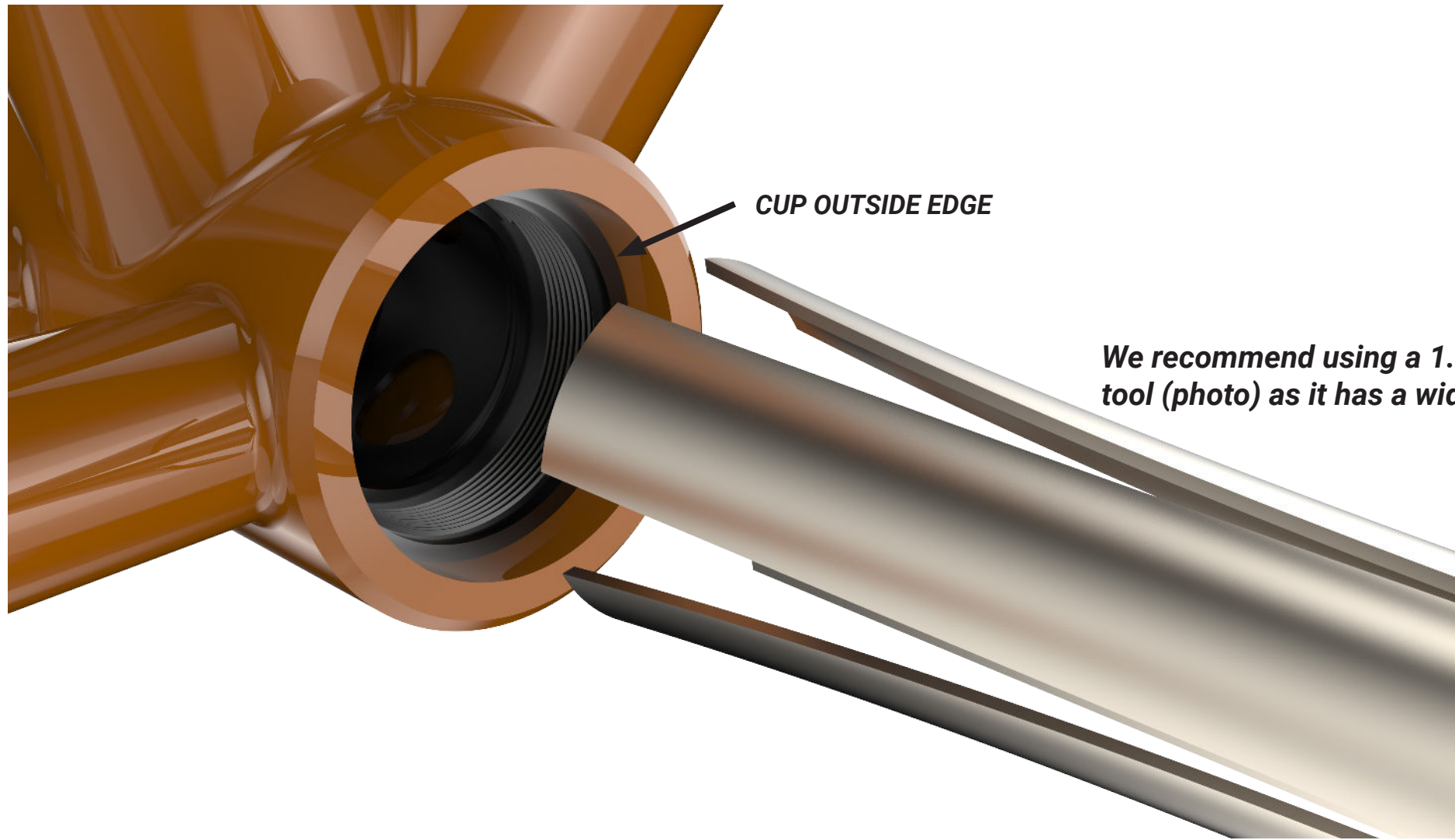


# BOTTOM BRACKET REMOVAL

**1** Unscrew the Right/Drive Cup **COUNTER-CLOCKWISE** and remove. **Use one tool to hold the Left side for leverage, and the other to *unscrew the Drive cup.***

**2** Once the Drive Cup is removed, slide a headset cup removal tool through from the drive side and it **will catch outside edge of the Non-Drive cup**

**3** Carefully bracing the tool and frame, very gently hammer/tap the removal tool to push the Non-Drive Cup out of frame



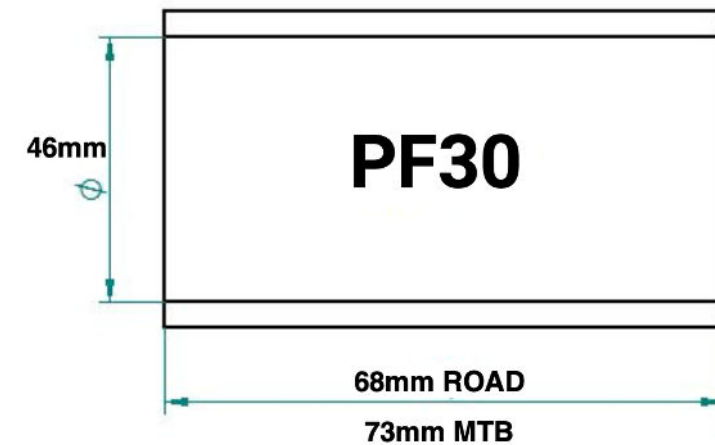
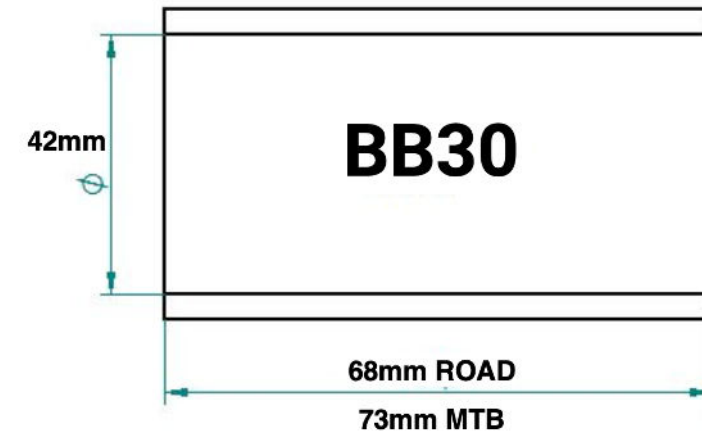


# BB DUST/SEAL COVER SETUP

*Only 1 cover per side!*



## REFERENCE FRAME BB SPECS



# REFERENCE - FRAME SPEC / VISUAL

## \* YOU MUST VISUALLY INSPECT YOUR BB30/PF30 FRAME FOR OBSTRUCTIONS \*

- BB30 frames must have removable C-clips for Conversion BB to be able to press in.
- Frame shell cannot have any inner shell obstructions that prevent BB from installing.
- DO NOT Modify! If you are unsure of your specific frame shell, please contact your frame manufacturer.

EXAMPLE OF POTENTIAL OBSTRUCTIONS... These will prevent Praxis unit from being installed.



Non-Removable  
Machined "lip" 🚫

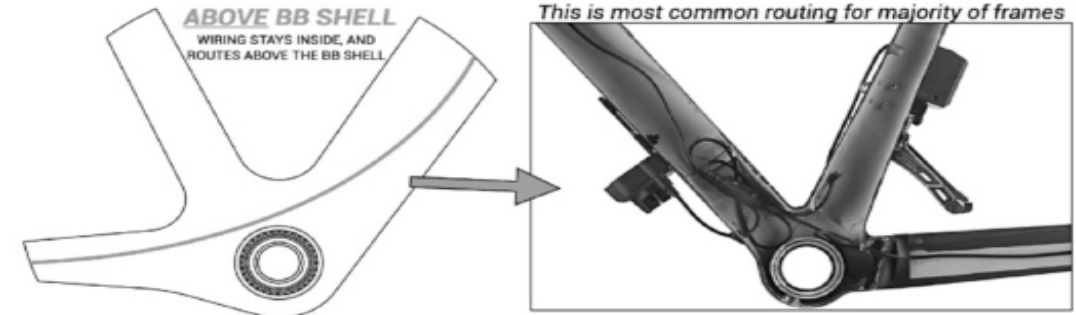


Non-Removable  
Carbon "lip" 🚫



Cable guide  
poking up through 🚫

## e-WIRING NOTES



Other options.....

