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**

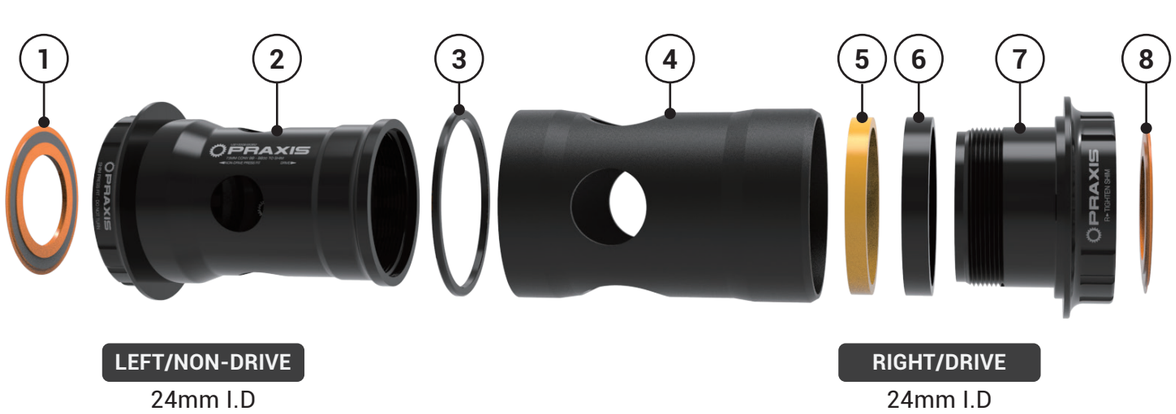
Note: specifications are subject to change without notice. ©MAY 2026 by Praxis Works, LLC

Rev G

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

Included Parts

Number	Part	Qty
1	Shimano Bearing Cover	1
2	LEFT/NON-DRIVE Cup 24mm 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 24mm ID Bearing	1
8	Shimano Bearing Cover	1



LEFT/NON-DRIVE
24mm I.D

RIGHT/DRIVE
24mm I.D

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

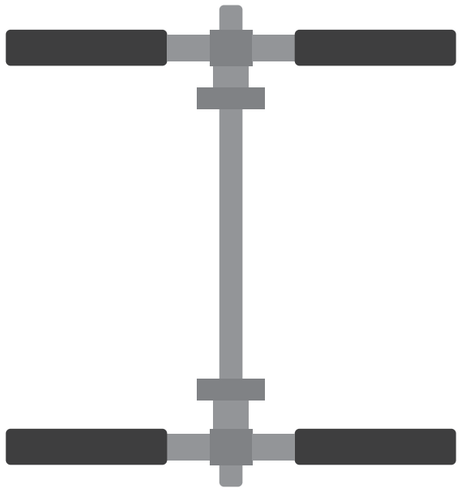
TOOLS REQUIRED

Tools Needed

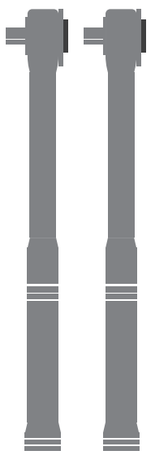
1. Waterproof Grease
2. Anti-Seize Compound
3. Bearing Press Tool
4. Socket Wrench x 2qty
5. Headset Cup Removal Tool
6. SHIMANO 16-Notch tools x 2qty

1

2

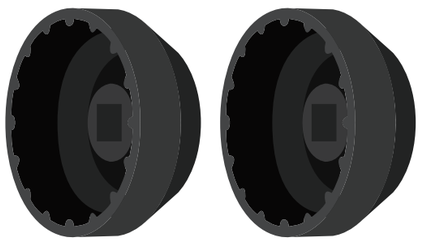


3



4

5



6

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

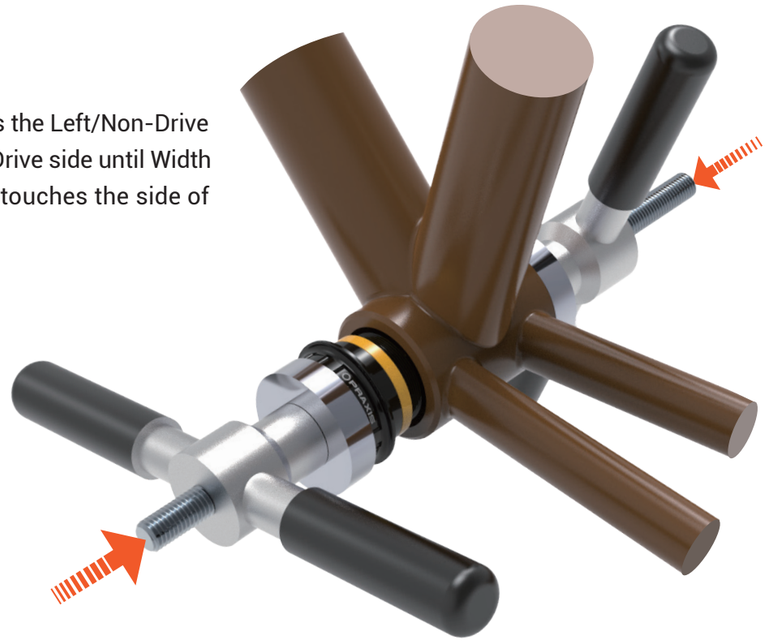
BB30 SETUP
42mm D

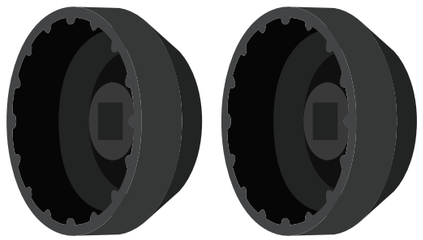
DRIVE/RIGHT CUP

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

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





(Example Ref 16notch BB tool)

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***

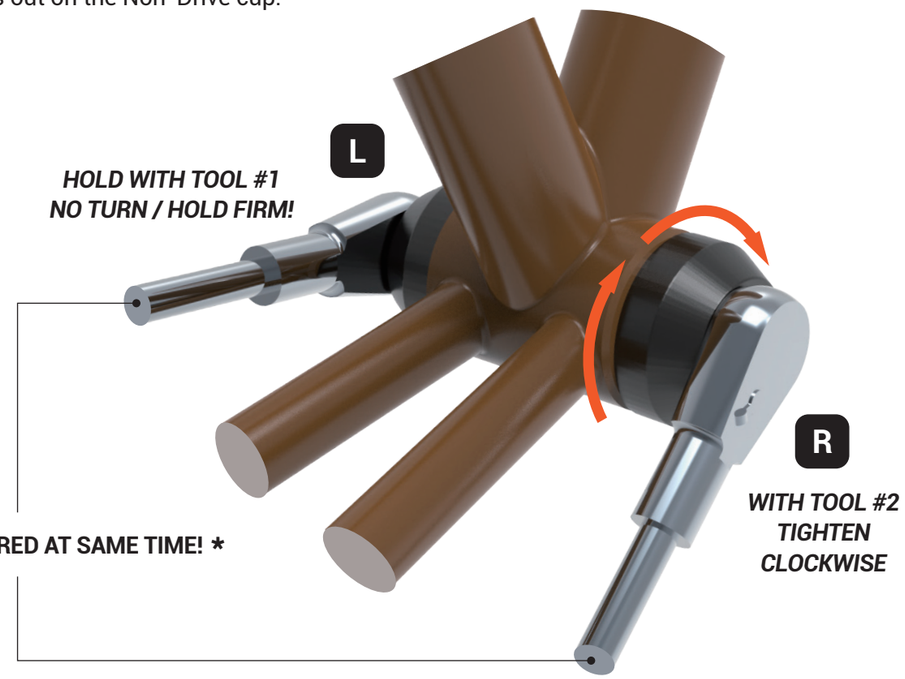
Now you must get your second BB tool...

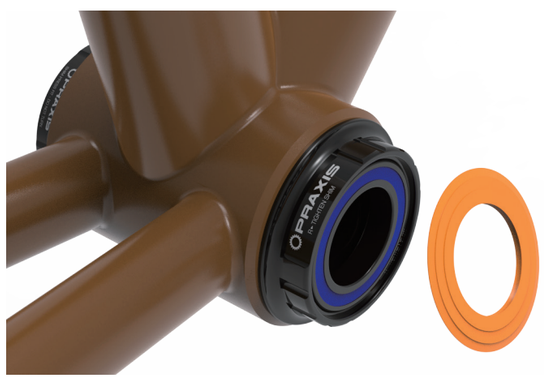
3. **TURN Right/Drive Cup UNTIL IT STOPS.**

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.



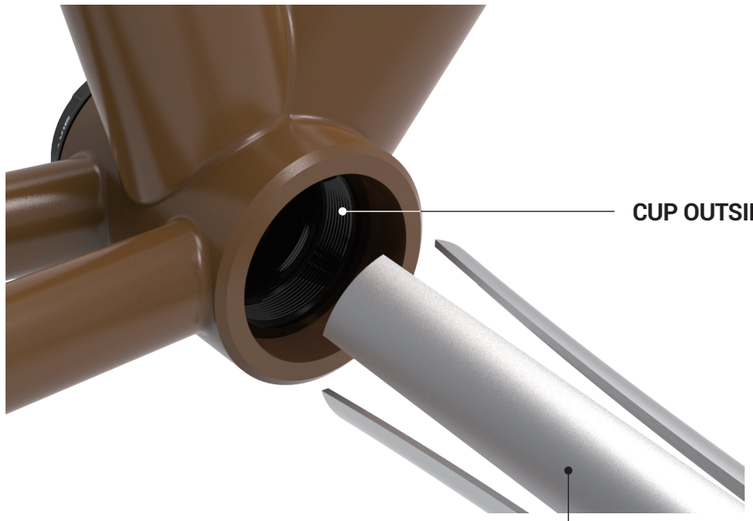


4. Lightly grease underside of Dust/Seal Covers and place them over bearings.

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**



We recommend using a 1.5" cup removal tool (photo) as it has a wide stance.

BB DUST COVER SETUP

Only 1 cover per side!

REFERENCE
FRAME BB SPECS