



Since specific tools and experience are necessary for proper installation, it is recommended that the product be installed by a qualified bicycle technician.

- Ensure that the BB30/PF30 frame shell is clean. If a BB30 frame, remove the c-clips/bearings so frame shell is empty.
- 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.

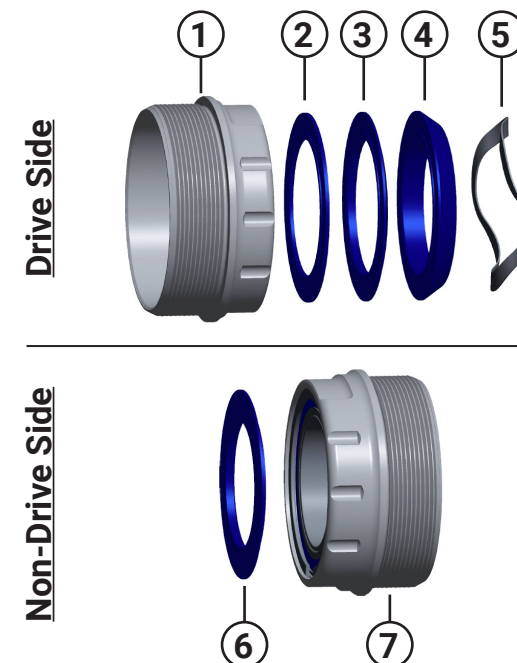
- Praxis Works Bottom Bracket products are warranted to be free from defects in materials or workmanship for two years after original purchase. The warranty is non-transferable and valid to the original purchaser of the product only.
- Any attempt to modify the product in any way such as drilling, grinding 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 T47 Compatibility and Spec	
CRANKSET	Compatible with ALL Praxis M30 Based Cranks
FRAME SHELL	T47 68mm Road Frames T47 68/73mm MTB Frames
FRONT DERAILLEUR	Braze-on, ST Clamp, or Direct Mount

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

Included Parts		
Number	Part	Qty
1	Drive Side (RH) Cup with 30mm ID Bearing	1
2	30mm ID X 1mm Dust Cover	1
3	30mm ID X 2mm Dust Cover	1
4	30mm ID X 5mm Dust Cover	1
5	Wave Washer	1
6	28mm ID X 2mm Dust Cover	1
7	Non Drive Side (LH) Cup with 28mm ID Bearing	1



Praxis Dust Cover Setup Chart		
Crank Type	Non-Drive Side	Drive Side
Direct Mount MTB	28mm ID / 2mm	30mm ID / 1mm
Standard MTB		30mm ID / 5mm
Direct Mount ROAD		30mm ID / 1mm
Standard ROAD		30mm ID / 2mm

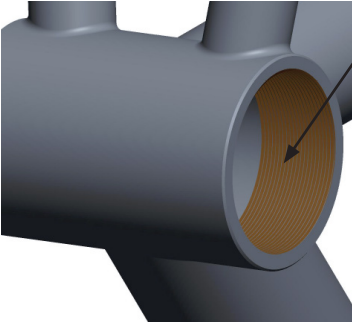
Drive Side Dust Covers

5mm
OR
2mm
OR
1mm
+
Wave Washer

Use the **28mm ID X 2mm** cover on the **Non-Drive side**

1. BB PREP

BB Cup and Frame Prep



1 Add grease or anti-seize to the frame threads

2 Add grease or anti-seize to the BB cup threads



BB Dust Cover Prep

Select the correct dust cover for your crank

Crank Type	Non-Drive Side	Drive Side
Direct Mount MTB	28mm ID / 2mm	30mm ID / 1mm
Standard MTB		30mm ID / 5mm
Direct Mount ROAD		30mm ID / 1mm
Standard ROAD		30mm ID / 2mm

Drive Side Dust Covers

5mm

2mm

1mm

+

Wave Washer

OR

OR

Use the 28mm ID X 2mm cover on the Non-Drive side

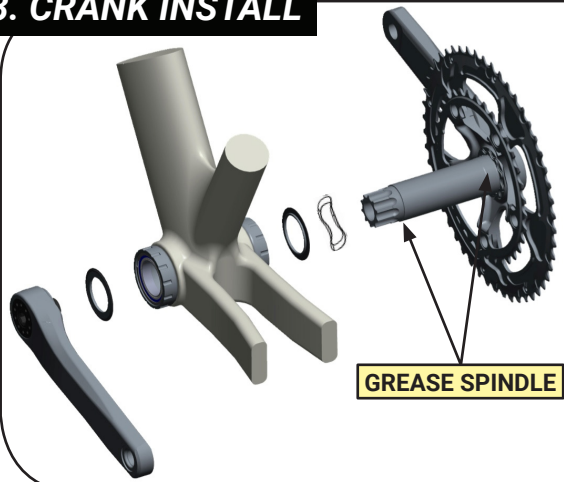
2. BB INSTALL



Torque to 40Nm

- 1 For installation, note the directional arrows on the cups
- 2 Thread the Right-hand cup into the Right-hand (Drive) side of the frame
- 3 Thread the Left-hand cup into the Left-hand (Non-drive) side of the frame
- 4 Tighten each cup to 40Nm of torque

3. CRANK INSTALL



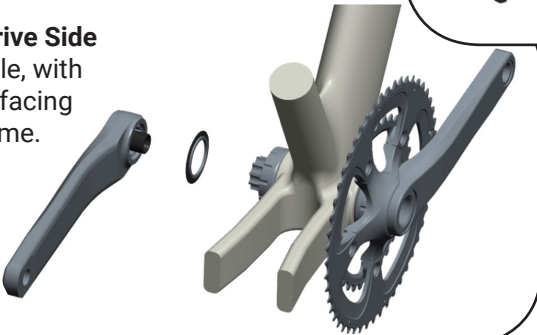
GREASE SPINDLE

1 Slide the Drive Side 30mm ID Wave Washer onto the spindle.

Next slide on the 30mm ID Drive Side Dust Cover with the Praxis wordmark facing out/away from the frame.

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.

Torque to 48-55Nm