



M30 Thru BSA

English Threaded BB
For M30 Thru 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. 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 Thru BSA Compatibility and Spec

CRANKSET	Compatible with ALL Praxis M30 Thru 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

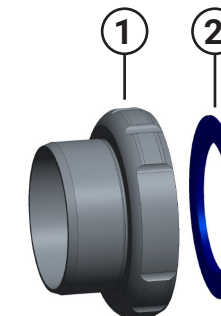
REQUIRED TOOLS

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

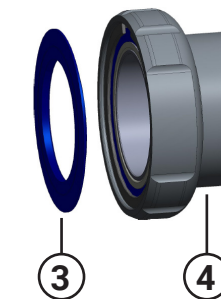
Included Parts

Number	Part	Qty
1	Drive Side (RH) Cup with 30mm ID Bearing	1
2	30mm ID X 2mm Dust Cover	1
3	30mm ID X 2mm Dust Cover	1
4	Non Drive Side (LH) Cup with 30mm ID Bearing	1

Drive Side



Non-Drive Side



Dust Cover Setup Chart

Crank	Non-Drive Side	Drive Side
PRAXIS CRANKS	No Dust Cover	30mm ID / 2mm
OTHER CRANKS	See Crank Instructions	

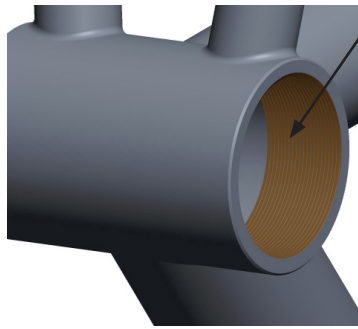
Included BB Spacers For 68mm MTB



The **M30 THRU** bottom bracket allows the use of some 30mm MTB cranks by Race Face and Rotor in BB30 or PF30 frames. The unique Praxis BB design keeps the 6806 cartridge bearings outboard of the frame free of frame tolerance issues and keeps the bearings aligned for longer wear and noise free riding.

1. BB PREP

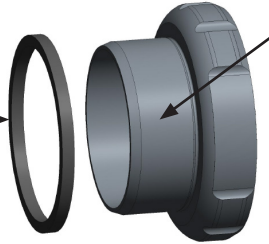
BB Cup and Frame Prep



1 Add grease or anti-seize to the frame threads

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

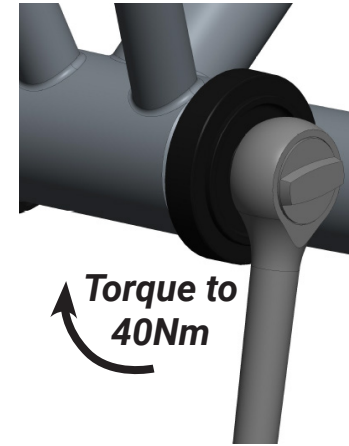
Add BB Cup Spacers for 68mm MTB ONLY



Dust Cover Setup Chart

Crank	Non-Drive Side	Drive Side
PRAXIS CRANKS	No Dust Cover	30mm ID / 2mm
OTHER CRANKS	See Crank Instructions	

2. BB INSTALL



Torque to 40Nm

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

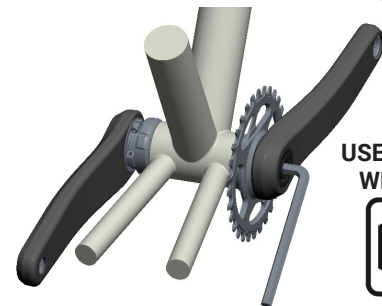
3. CRANK INSTALL

- Install your specific M30 THRU BB with the correct Dustseal/ Covers for your Lyft crank. See grid on other side of instructions for Dustseal setup.

LEFT/NON-DRIVE :
Ensure the preload ring is tightened against the crankarm and the spindle is greased.

Insert the Left/Non-Drive arm with spindle through the M30 THRU BB.

- RIGHT/DRIVE :**
Grease spindle splines and main crank bolt. Using an 8mm Allen torque wrench, attach and torque the Right Hand/Drive crankarm to 48-55Nm.



USE TORQUE WRENCH!



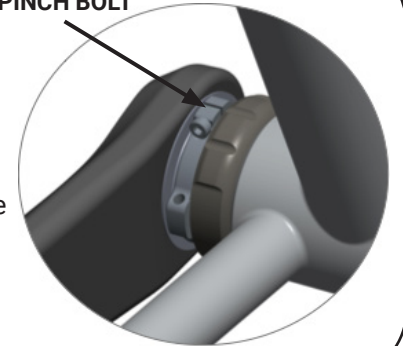
3 PRELOAD RING :

With the main crank bolt torqued, hand tighten the preload ring to tune the bearing play/preload.

Once the preload is set, screw in the pinch bolt with a 2.5mm Allen wrench to secure the preload.

****Do NOT overtighten this bolt****

PRELOAD RING W/ PINCH BOLT



RF/Rotor CRANK INSTALL

- Slip crank into M30 Thru BB
- Tighten crank bolt to manufacturers' recommended torque spec
- Preload BB bearings using the crank preload dial

Please see Rotor/RF instructions for placement of their spindle spacers to reach a specific chainline.