



M30 BB30/PF30 BB

For 68mm ROAD BB30/PF30 BB
&
For 73mm MTB BB30/PF30 BB

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.
- 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 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 BB30/PF30 Compatibility and Spec

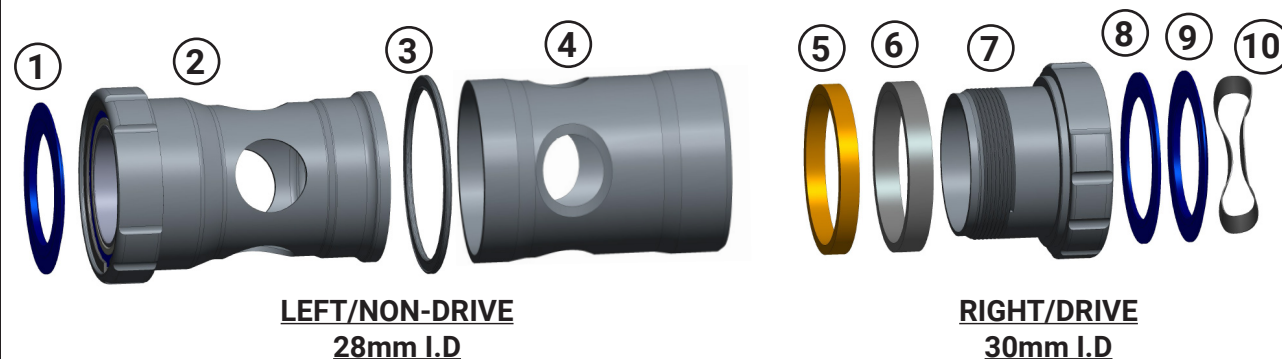
CRANKSET	Compatible with Praxis MTB or ROAD Cranksets 73mm for MTB Cranks only - 68mm for Road Cranks only
FRAME SHELL	Only for BB30, PF30, and Specialized OSBB Frames

REQUIRED TOOLS

- Press Tool
- Two M30 BB Tools or wrench
- Two 3/8" Drive Ratchets
- Headset cup removal tool
- Anti-Seize
- Waterproof Grease

Included Parts

Number	Part	Qty
①	28mm ID X 2mm Dust Cover	1
②	LEFT/NON-DRIVE Cup 28mm ID Bearing	1
③	Width Tolerance O-Ring	1
④	Delrin PF Sleeve (used on PF frames)	1
⑤	Orange Rubber Collet	1
⑥	Black Plastic Compression sleeve	1
⑦	RIGHT/DRIVE Cup 30mm ID Bearing	1
⑧	30mm ID X 1mm Dust Cover	1
⑨	30mm ID X 2mm Dust Cover	1
⑩	Wave Washer	1



1. PREP

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** - Apply thin coating of **ANTI-SEIZE** to both ends of the BB cup contact surfaces and the threads.

3. **FOR PF30** - **GREASE** both ends of the PF Sleeve contact surfaces. Then put **ANTI-SEIZE** on the inner threads.

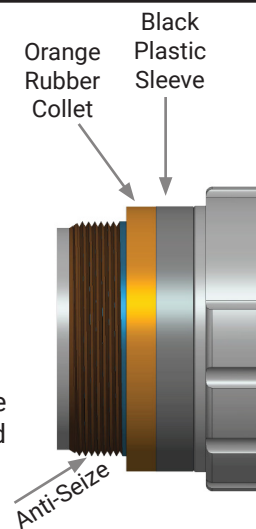
Slide Sleeve on for PF30

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.



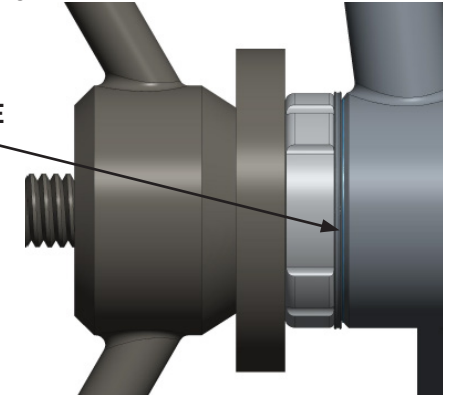
2. PRESS

CONVERSION BB INSTALL

For BB30, and PF30 Frames

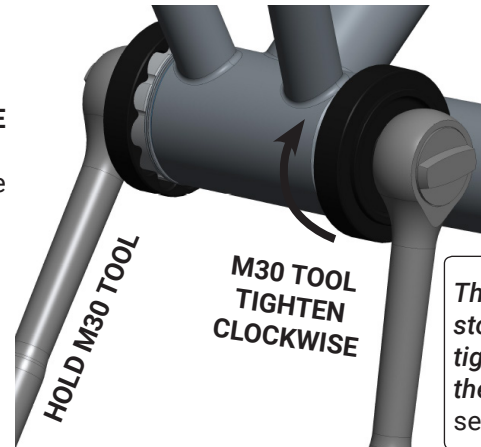
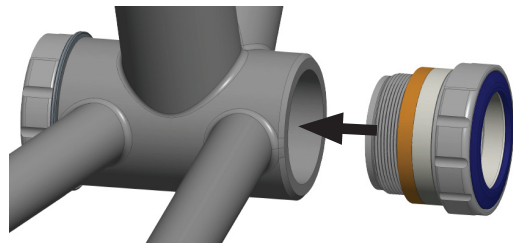
With a press tool, **GENTLY** press the LEFT/NON-DRIVE cup into the frame's LEFT/NON-DRIVE side until Width Tolerance O-ring just **BARELY** touches the side of frame.

DO NOT COMPRESS THE TOLERANCE O-RING.



3. TIGHTEN

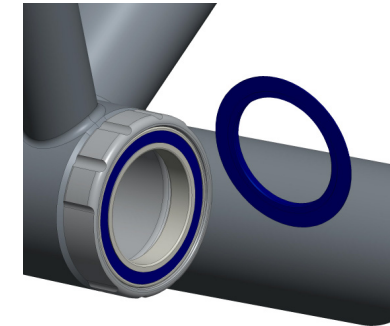
1. Start threading the **RIGHT/DRIVE** Cup in **CLOCKWISE** with your M30 BB tool. As it threads in, you will feel friction build as the Orange Rubber Collet expands inside the frame. **This is normal. Grab your second BB tool at this point.**



M30 TOOL
TIGHTEN
CLOCKWISE

2. **TURN THE RIGHT/DRIVE CUP UNTIL IT STOPS.** With 2nd BB tool, hold the LEFT/NON-DRIVE Cup in place while you tighten the 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.



3. Dab some grease on the underside of the included covers, then place them over the bearings with the **Praxis wordmark facing outward.**

The M30 BB install is now finished. Install your crank using the instructions included with your crank.

BB DUST COVER SETUP GRAPHIC

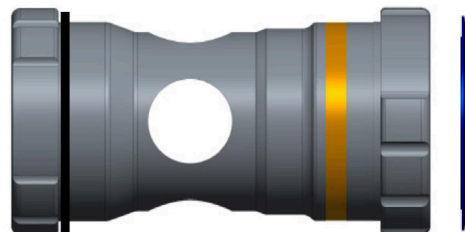
LEFT/NON-DRIVE
28mm I.D.

Only 1 cover per side!

RIGHT/DRIVE
30mm I.D.

2mm Cover
ALL CRANKS
(Stepped Cover)

28mm



30mm

1mm Cover
FOR 3-BOLT DM CRANKS ROAD & MTB

2mm Cover
FOR INTEGRATED SPIDER CRANKS ROAD & MTB

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" headset cup removal tool as it has a wider stance.

