



# M30 T47 I.B.

T47 85.5mm width Road Frames  
T47 89.5mm width MTB Frames

## 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.**

- Before installing new BB, ensure that the frame shell is clean and empty of all parts.
- 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.**

## 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](http://www.praxis-works.com)**

## M30 T47 Internal Bearing (I.B.) BB Compatibility and Spec

CRANKSET	Compatible with ALL Praxis M30 Based Cranks
FRAME SHELL	T47 85.5mm width Road Frames   T47 89.5mm width MTB Frames
FRONT DERAILLEUR	Braze-on, ST vv/Clamp, or Direct Mount

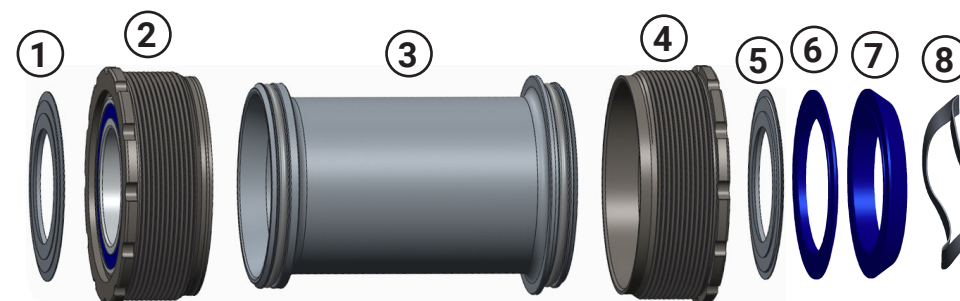
### REQUIRED TOOLS

- One Praxis #TP-0030 M30 BB Tool
- 3/8" Drive Torque Wrench
- Anti-Seize Compound
- Waterproof Grease

### Included Parts Below

Number	Part	Qty
①	28mm ID 2mm Dust Cover <i>(Stepped Cover)</i>	1
②	Non-Drive/Left Cup 28mm ID Bearing	1
③	Sleeve	1
④	Drive/Right Cup 30mm ID Bearing	1
⑤	30mm ID X 1mm Dust Cover	1
⑥	30mm ID X 2mm Dust Cover	1
⑦	30mm ID X 5mm Dust Cover	1
⑧	Wave Washer	1

### FOR PARTS IDENTIFICATION USE ONLY



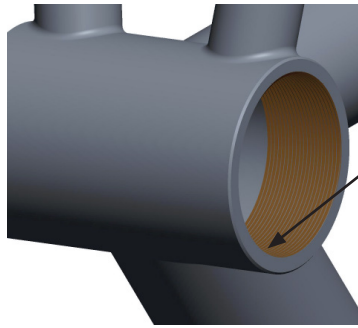
**LEFT/NON-DRIVE**  
28mm I.D.

**RIGHT/DRIVE**  
30mm I.D.

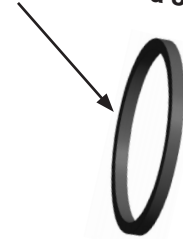
## 1. BB INSTALL

### BB Frame and Cup Prep

- 1 Add grease or anti-seize to the frame AND BB cup threads.

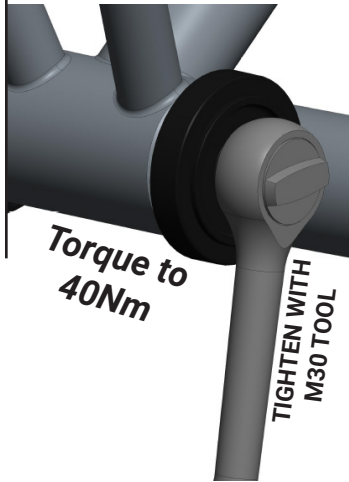


**NOTE** - The included BB Cup spacer is **ONLY** used on the Right/DS when installing MTB crank on a 89.5mm MTB frame.



**IMPORTANT:** Note the directional arrows on the cups in order to thread them into frame in the correct direction.

- 2 Thread the Right cup into the Right/Drive side of the frame. See NOTE above for when to use included **Right/DS** Cup spacer.
- 3 Thread the Left cup into the Left/Non-Drive side of the frame (hidden from view in illustration).
- 4 Tighten each cup to **40Nm** with the **Praxis M30 BB Tool**.
- 5 Grease the underside of the correct included Dust Covers for your crankset (see chart below). Then place them over the bearings with the **Praxis wordmark** facing outward. The grease will keep them in place.



## BB DUST COVER SETUP GRAPHIC

LEFT/NON-DRIVE  
28mm I.D.

Only 1 cover per side!

RIGHT/DRIVE  
30mm I.D.

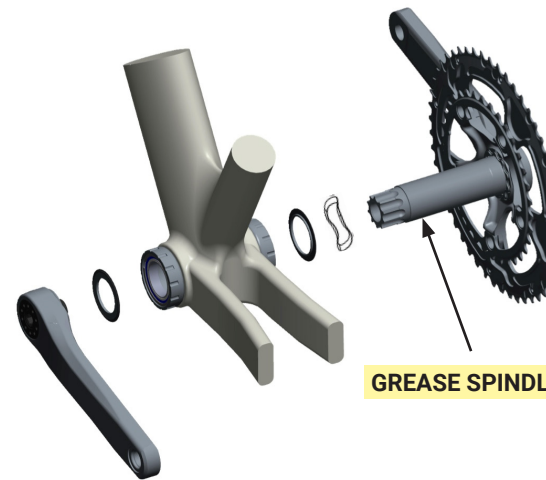
2mm Cover  
ALL CRANKS  
(Stepped Cover)



**1mm Cover**  
FOR 3-BOLT DM CRANKS ROAD & MTB  
**2mm Cover**  
FOR INTEGRATED SPIDER CRANKS ROAD  
**5mm Cover**  
FOR INTEGRATED SPIDER CRANKS MTB

## 2. CRANK INSTALL

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



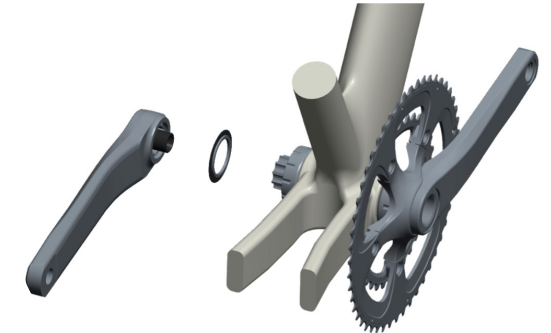
Now grease the spindle and insert the crankset into the Drive cup and push spindle through bottom bracket.

**NOTE:** The Dust Covers in these two drawings are shown "floating" for clarity only. You should have already placed them against the BB Cup bearings per Step 5 in BB INSTALL (left).

- 2 Carefully align the left crankarm so that its internal spline mates with the spindle spline.

Then use an **8mm hex** wrench to thread the bolt into the spindle.

Keep turning until the bolt is snug and the crankarm is fully on the spindle.



Torque to  
**48-55Nm**



- 3 Now, 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.

