



# M30 PF41

BB86 ROAD  
BB90 MTN  
BB92 MTN  
BB104.5 DH  
BB107 DH

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

## COMPATIBILITY AND SPEC

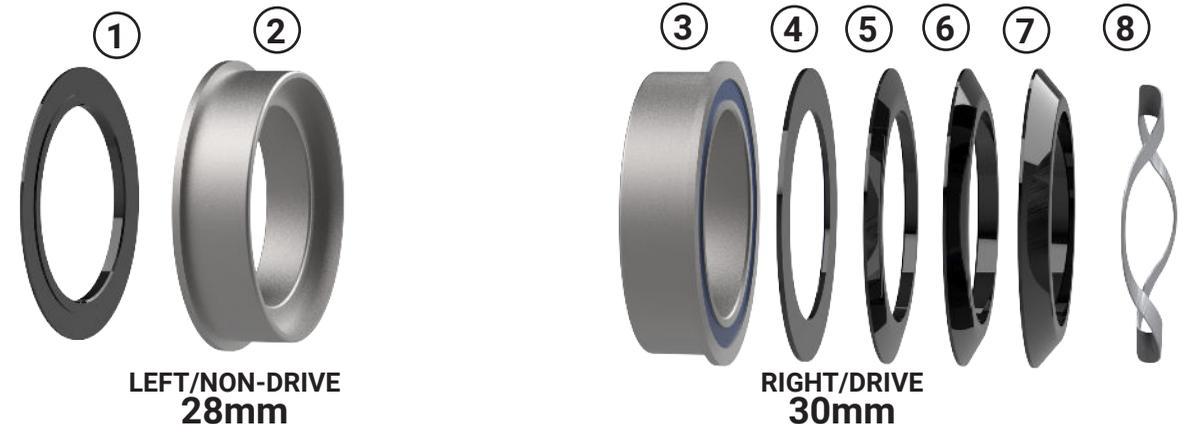
CRANKSET	Compatible with Praxis M30 Based Cranks BB86 for ROAD Cranks only   BB90/BB92/104.5/107 for MTN Cranks only
FRAME SHELL	BB86 ROAD   BB90/92 MTN   104.5/107 DH - <b>41mm Diameter PF Shell</b>
FRONT DERAILLEUR	Braze-on or Clamp-on

## REQUIRED TOOLS

- Bearing Press Tool
- Loctite 609 (Metal BB shell)
- Hammer
- Loctite Superflex Clear RTV (Carbon BB Shell)
- Park Tool BBT-30.4 Bearing Remover

## INCLUDED PARTS

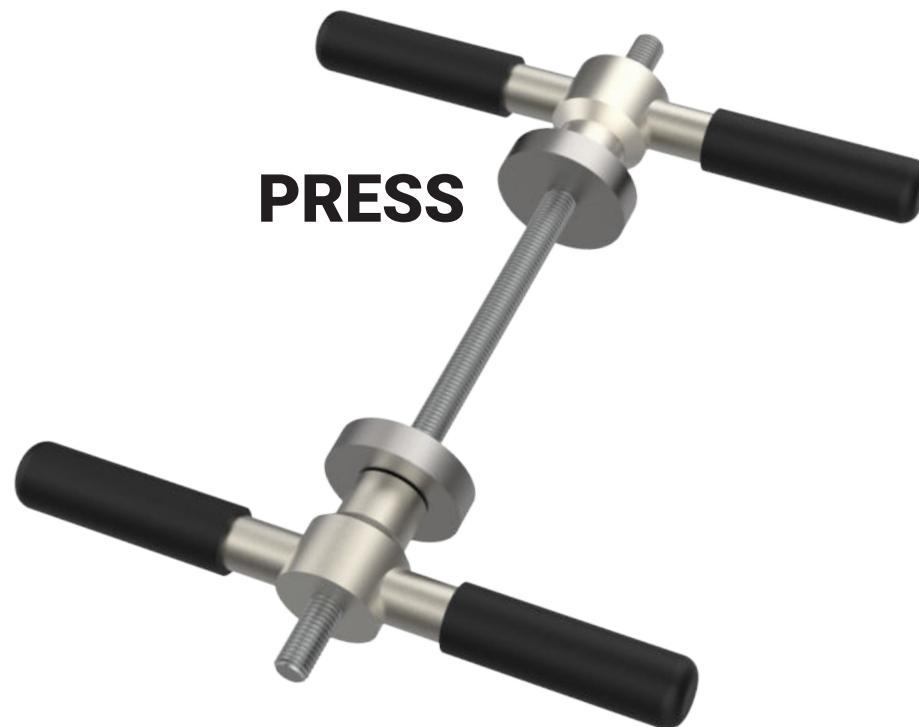
Number	Part	Qty
1.	28mm ID X 2mm Dust Cover	1
2.	<b>LEFT/NON-DRIVE 28mm I.D PF Bearing</b>	1
3.	<b>RIGHT/DRIVE 30mm I.D PF Bearing</b>	1
4.	30mm ID X 1mm Dust Cover	1
5.	30mm ID X 2mm Dust Cover	1
6.	30mm ID X 3mm Dust Cover	1
7.	30mm ID X 5mm Dust Cover	1
8.	Wave Washer	1



LEFT/NON-DRIVE  
28mm

RIGHT/DRIVE  
30mm

# TOOLS REQUIRED



# FRAME & BEARING PREPARATION

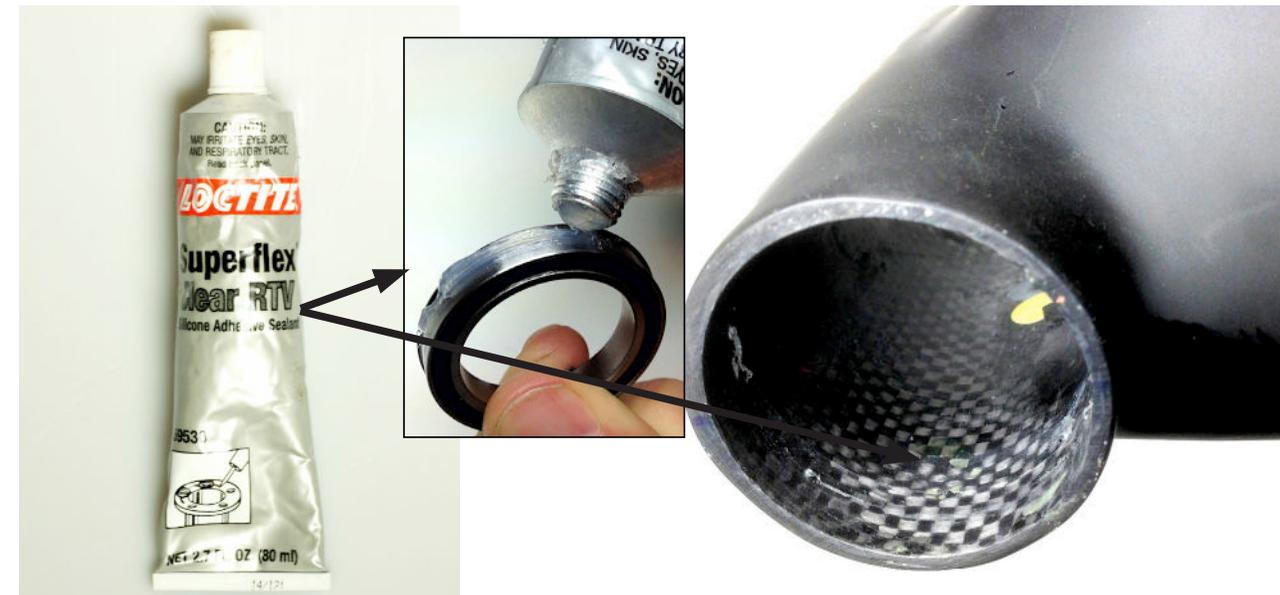
## METAL BB SHELL

- 1 Clean the metal BB shell with solvent to remove any grease
- 2 Use **Loctite 609, 603, or 638** retaining compound
- 3 Spread a thin coat of retaining compound around the metal BB shell and on the outer bearing race



## CARBON BB SHELL

- 1 Clean the carbon BB shell with solvent to remove any grease
- 2 Use **Loctite Superflex** RTV Silicone Adhesive (Room Temp Vulcanizing)
- 3 Spread a thin coat of the RTV Silicone around the carbon BB shell and on the outer bearing race
- 4 **Once pressed, it must cure for 24hrs before riding**



Next page *INSTALLATION*.....

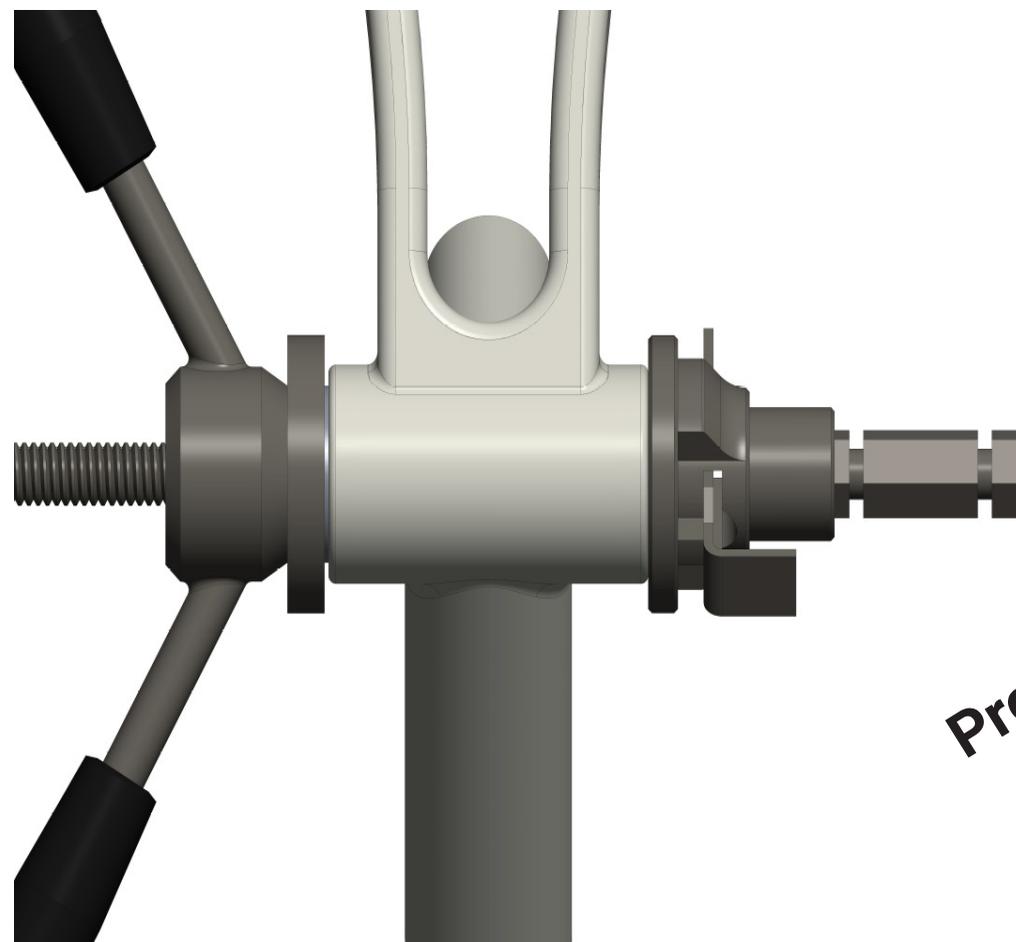
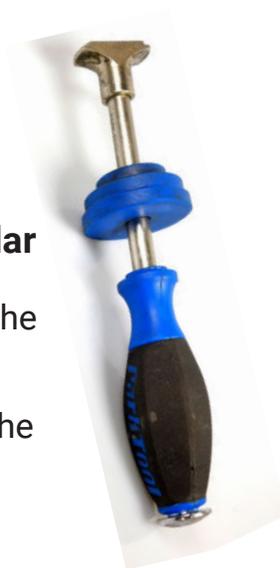
# BOTTOM BRACKET INSTALLATION

- 1 Press the 28mm ID bearing into the Left/Non-Drive side of the frame
- 2 Then press the 30mm ID bearing into the Right/Drive side of the frame
- 3 Wait 24hrs for silicone to cure if pressed into carbon BB shell

## BB REMOVAL

Use Park BBT-30.4 Removal Tool or similar

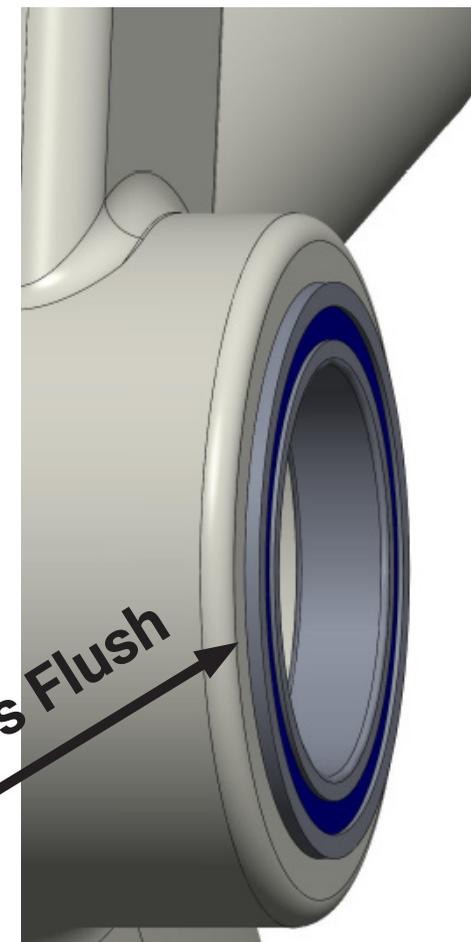
1. Using bearing removal tool, hammer out the *Non-Drive Side Bearing* from the inside out
2. Using bearing removal tool, hammer out the *Drive-Side Bearing* from the inside out



### Installation Notes

- Press all bearings using a professional press tool
- Press all bearings flush against the bottom bracket shell
- **Press one bearing at a time!**

Press Flush



## CRANK INSTALLATION

Please see CRANK instructions at [www.praxiscycles.com/manuals](http://www.praxiscycles.com/manuals)

# BB DUST COVER SETUP

Only 1 cover per side!

LEFT/NON-DRIVE  
28mm I.D.



RIGHT/DRIVE  
30mm I.D.

(NON-Stepped 28 Cover)

NEXT PAGE FOR  
M30 COVER GUIDE

## REFERENCE - FRAME BB SPECS

86.5MM WIDTH

41MM DIAMETER

BB86 ROAD/BMX  
PRESS FIT

89.5MM WIDTH

41MM DIAMETER

BB90 MTN  
PRESS FIT

104.5mm WIDTH  
107mm WIDTH

92MM WIDTH

41MM DIAMETER

BB92 MTN  
PRESS FIT  
104.5mm DH  
107mm DH

# BB DUST COVER GUIDE

ROAD M30	WIDTH	CRANK	LEFT 28MM COVER	LEFT CUP SPACER	RIGHT CUP SPACER	RIGHT 30MM COVER
<b>BSA</b>	68mm	ROAD DM	2mm	-	-	1mm
		ROAD DM "GR"	2mm	-	-	3mm
		ROAD NON-DM	2mm	-	-	2mm
<b>T47 E.B.</b>	68mm	ROAD DM	2mm	-	-	1mm
		ROAD DM "GR"	2mm	-	-	3mm
		ROAD NON-DM	2mm	-	-	2mm
<b>T47 I.B.</b>	85.5mm	ROAD DM	2mm	-	-	1mm
		ROAD DM "GR"	2mm	-	-	3mm
		ROAD NON-DM	2mm	-	-	2mm
<b>T47 Asym</b>	76.75mm	ROAD DM	2mm	-	-	1mm
		ROAD DM "GR"	2mm	-	-	3mm
		ROAD NON-DM	2mm	-	-	2mm
<b>* BB86</b>	86.5mm	ROAD DM	2mm	-	-	1mm
		ROAD DM "GR"	2mm	-	-	3mm
		ROAD NON-DM	2mm	-	-	2mm
<b>386EVO</b>	86.5mm	ROAD DM	2mm	-	-	1mm
		ROAD DM "GR"	2mm	-	-	3mm
		ROAD NON-DM	2mm	-	-	2mm
<b>BB30/PF30</b>	68mm	ROAD DM	2mm	-	-	1mm
		ROAD DM "GR"	2mm	-	-	3mm
		ROAD NON-DM	2mm	-	-	2mm
<b>BBRight</b>	79mm	ROAD DM	2mm	-	-	1mm
		ROAD DM "GR"	2mm	-	-	3mm
		ROAD NON-DM	2mm	-	-	2mm

"DM" = DIRECT MOUNT SPIDER (Removable Spider)

"NON-DM" = NOT DIRECT MOUNT SPIDER (Integrated or Pressed-On Spider)

"DM GR" = DIRECT MOUNT SPIDER - GRAVEL CRANK (Removeable Spider "GR" crank)

MTN M30	WIDTH	CRANK	LEFT 28MM COVER	LEFT CUP SPACER	RIGHT CUP SPACER	RIGHT 30MM COVER
<b>BSA</b>	68mm	GEN1 MTN DM	2mm	2.5	2.5	1mm
		GEN1 MTN NON-DM	2mm	2.5	2.5	5mm
		GEN2 MTN DM	2mm	2.5	2.5	4mm
	73mm	GEN1 MTN DM	2mm	-	-	1mm
		GEN1 MTN NON-DM	2mm	-	-	5mm
		GEN2 MTN DM	2mm	-	-	4mm
	83mm	GEN1 DH HOLLOW	2mm	2.5	-	5mm
		GEN2 DH "9"	2mm	2.5	-	4mm
	100mm	GEN2 FAT CRANK	7.6mm	-	-	9.4mm
<b>T47 E.B.</b>	73mm	GEN1 MTN DM	2mm	-	-	1mm
		GEN1 MTN NON-DM	2mm	-	-	5mm
		GEN2 MTN DM	2mm	-	-	4mm
<b>T47 I.B.</b>	89.5mm	GEN1 MTN DM	2mm	-	-	1mm
		GEN1 MTN NON-DM	2mm	-	-	5mm
		GEN2 MTN DM	2mm	-	-	4mm
<b>T47 Asym</b>	81.25mm	GEN1 MTN DM	2mm	-	-	1mm
		GEN1 MTN NON-DM	2mm	-	-	5mm
		GEN2 MTN DM	2mm	-	-	4mm
<b>* BB90</b>	89.5mm	GEN1 MTN DM	2mm	-	-	2mm
		GEN1 MTN NON-DM	2mm	-	-	5mm
		GEN2 MTN DM	2mm	-	-	5mm
<b>* BB92</b>	92mm	GEN1 MTN DM	2mm	-	-	1mm
		GEN1 MTN NON-DM	2mm	-	-	2mm
		GEN2 MTN DM	2mm	-	-	3mm
<b>* BB104.5</b>	104.5mm	GEN1 DH HOLLOW	2mm	-	-	2mm
		GEN2 DH "9"	2mm	-	-	4mm
<b>* BB107</b>	107mm	GEN1 DH HOLLOW	2mm	-	-	1mm
		GEN2 DH "9"	2mm	-	-	1mm
<b>BB30/PF30</b>	73mm	GEN1 MTN DM	2mm	-	-	1mm
		GEN1 MTN NON-DM	2mm	-	-	5mm
		GEN2 MTN DM	2mm	-	-	4mm