



# M30 ROAD CRANK

## ALLOY 30/28 SPINDLE INTEGRATED 110BCD/130BCD

### 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 these crank service instructions carefully before installing it. Loose, worn or damaged parts may cause riding problems and serious injury may occur as a result. If installation and adjustments are not performed 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.**

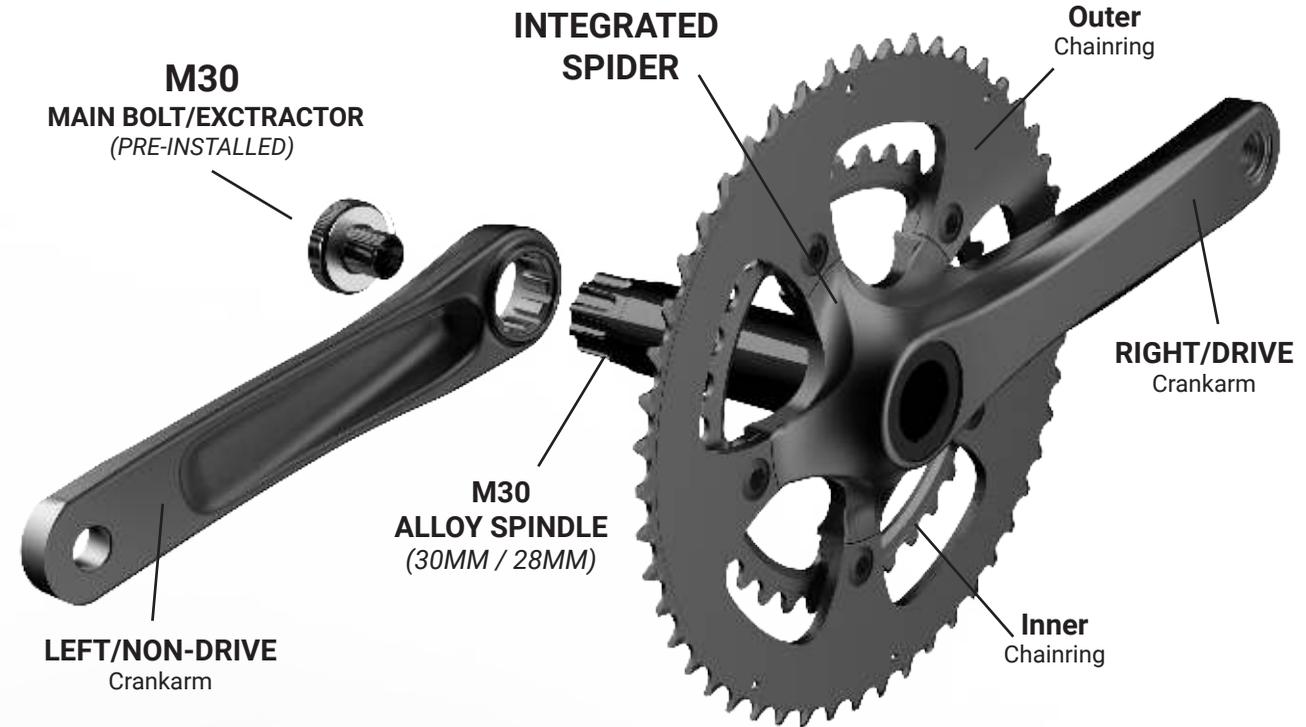
- Be careful not to let your clothing get caught in the chain while riding, otherwise you may fall off the bicycle.
- Check that the chain tension is correct and that the chain is not damaged. If the tension is too weak or the chain is damaged, the chain should be replaced or else it may break and you may fall off the bicycle.
- Use a torque wrench to check the final tightening torque of the main crank bolt. Furthermore, after riding approximately 60 miles (100 km), use a torque wrench to re-check the tightening torques, including the chainring bolts. *Main Crank bolt = Torque 48-52nm. Chainring Bolts = Torque 8-10nm.*
- If the frame bottom bracket shell is not parallel, shifting performance will be affected and performance will drop.
- Check that there are no cracks in the crankarms before riding the bicycle. If there are any cracks, the crankarm may break and you may fall off the bicycle.
- Before riding the bicycle, check that there is no play or looseness in the bottom bracket connection. Also, be sure to retighten the crank, chainring bolts, and pedals at periodic intervals.
- If you feel any looseness or 'play' in the bearings, the bottom bracket should be inspected/replaced.
- To ensure the designed performance, only use 10 or 11sp chains.
- **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.

### WARRANTY

- Praxis Works 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)**

M30 Road INTEGRATED Spider   Compatibility and Spec			
BOTTOM BRACKET	M30 BB REQUIRED - 68mm BSA, 68mm BB30/PF30, BB86, 386EVO, BBRight, T47		
FRONT DERAILLEUR	Braze-on or Clamp-on		
GEARING	46/36, 48/32, 50/34, 52/36	53/39, 54/42, 56/42	38, 40, 42
BCD	110	130	
CRANKARM LENGTH	160, 165, 170, 172.5, 175, 177.5		
CHAIN	10 / 11 / 12sp READ RING MARKINGS (No Campy for 1X)		



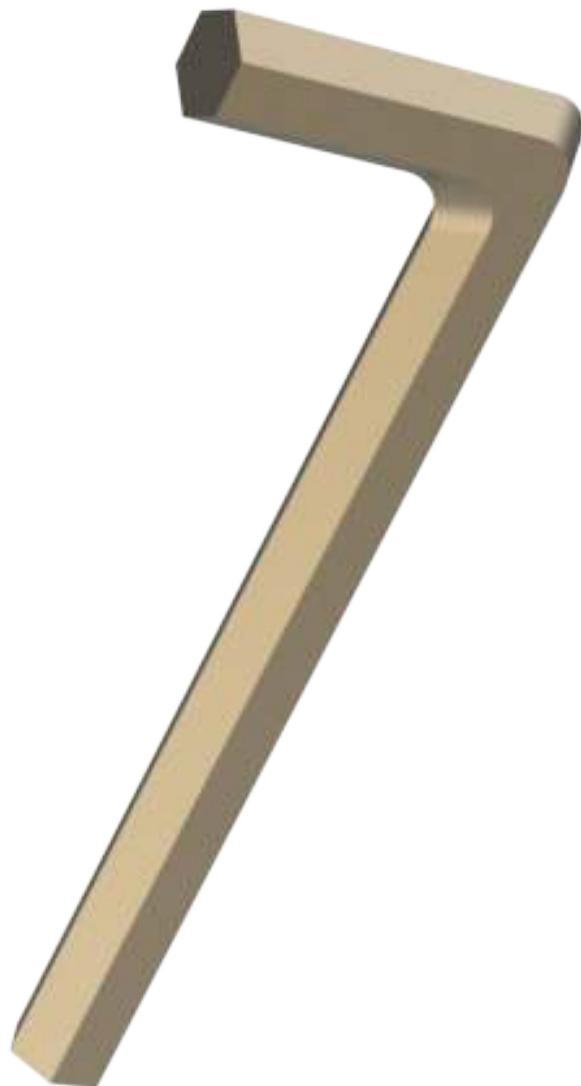
CRANK INSTALLATION TOOLS
8mm Allen wrench
Torque wrench

TORQUE SPECS	
M30 Main Crank Bolt	48-52 Nm
Chainring Bolts	8-10 Nm

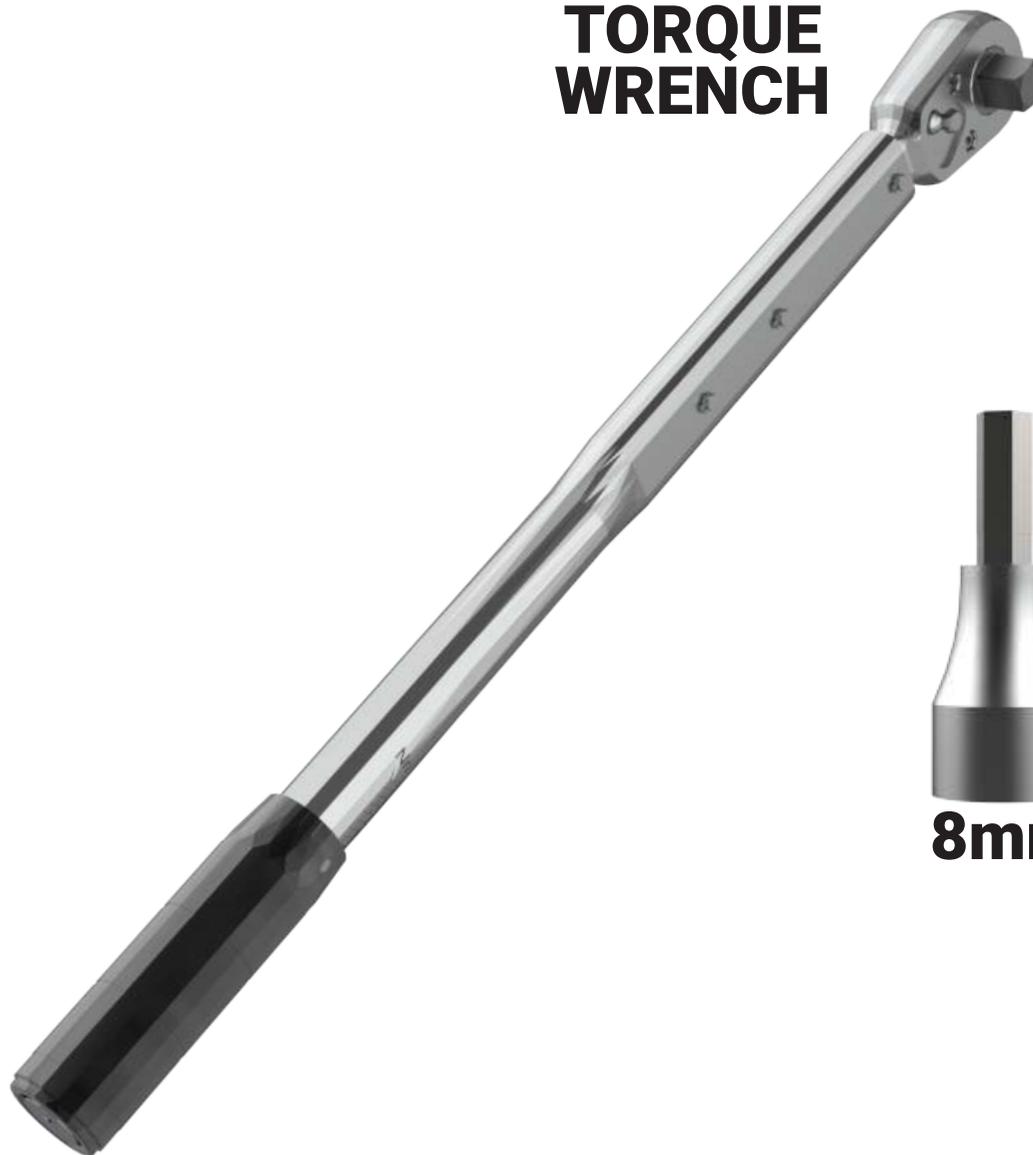
# TOOLS REQUIRED



**8mm**



**TORQUE  
WRENCH**



**8mm**

# CRANK INSTALLATION (110BCD INTEGRATED SPIDER)

## BEFORE YOU START, READ THIS:

- Your Praxis M30 bottom bracket (sold separately) must be installed in frame
- Use correct M30 BB Dust Covers and Wave Washer that came with M30 bottom bracket - SEE GUIDE ON LAST PAGE!
- For full M30 bottom bracket instructions: [www.praxiscycles.com/manuals](http://www.praxiscycles.com/manuals)

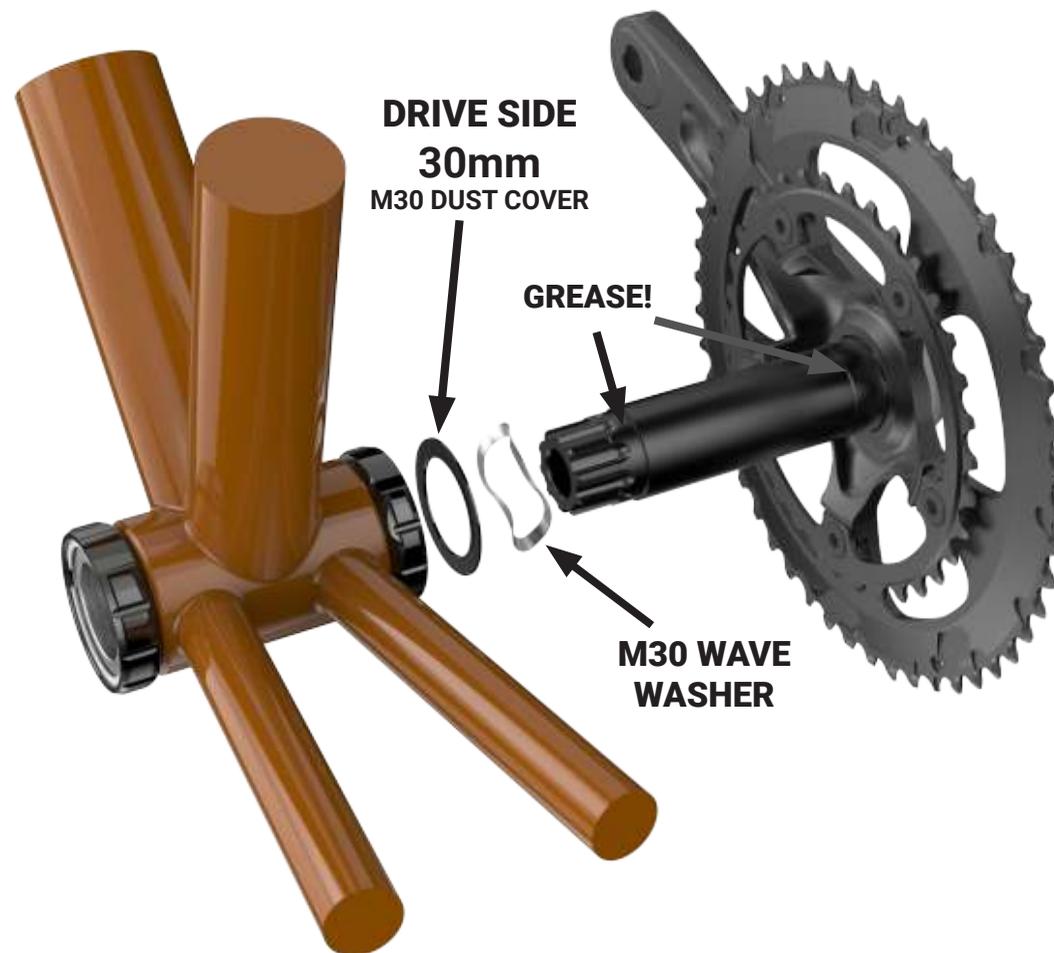
2X 110BCD

1X 110BCD



**1**

1. Check/tighten chain ring bolts to 8-10Nm
2. Grease spindle



**2**

1. Grease spindle
2. Slide M30 Wave Washer onto spindle
3. Put the correct 30mm Dust Cover onto spindle (see guide)
4. Verify Dust Cover Praxis logos face spider

Next page...

# 3

1. Insert crank into Drive Side Cup
2. Push crank fully through bottom bracket
3. Put 2mm / 28mm Non-Drive Side Dust Cover onto spindle
4. Verify Dust Cover Praxis logos face outward

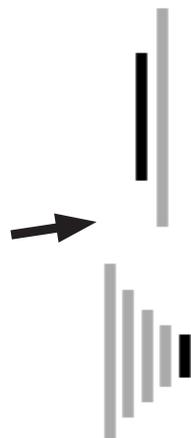
## LEFT/NON-DRIVE SIDE

2mm / 28mm  
M30 DUST COVER



### NOTE : CROSS GEARING

When the chain is in the black/black position, it may contact the chainrings or front derailleur and make noise. If the noise is a problem, shift the chain onto one of the next-larger rear sprockets.



# 4

1. Install Non-Drive Side arm with 8mm Allen wrench
2. Torque arm main 8mm bolt to 48-52Nm
3. Verify crank spins freely.
4. Finished

M30  
MAIN BOLT



### \* SIMPLE CRANK REMOVAL \*

**ONLY** use an **8mm Allen** wrench in the Non-Drive Side crankarm bolt. Turn wrench counterclockwise to loosen the bolt. After it loosens the resistance will increase, which is normal as it is self-extracting. Keep turning to complete removal of crankarm. Once off, remove the crank from the frame.

# BB DUST COVER GUIDE

**\*REFERENCE ONLY\* PLEASE USE YOUR FULL M30 BB INSTRUCTIONS**

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

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