



PRAXIS WORKS TURN GIRDER M30 CRANKSET



Price: £229.00 (with 32T Chainring), £34.99–59.99 (M30 Bottom Bracket)
From: Upgrade, upgradebikes.co.uk // Tested: Six months



The standard opening line for a crank and bottom bracket review is to basically complain about how many different standards there are for cranks and bottom brackets. I'm not going to do that though, because I have a word limit to adhere to. Also, I've just finished off six months of flawless testing with the bombproof Turn Girder M30 crankset and Praxis Works' versatile M30 bottom bracket. And all mounted to a frame with a...*gasp*...PF30 bottom bracket shell.

"BUT HOW IS THAT POSSIBLE?!", I hear you screaming at the page as you slam down your cup of tea.

Firstly, let's talk about that M30 BB. Like Praxis' other BBs, the M30 features alloy cups that are forged, machined and heat-treated. The two-piece BB joins together via a threaded collet system, which expands inside the bottom bracket shell to ensure a tight fit with evenly dispersed pressure. It also allows for better alignment of the huge sealed cartridge bearings which sit outside the frame's bottom bracket shell, rather than being squished inside it.

And it works! I've had zero creaks throughout the entire test period, which is far more [fewer - Ed] than can be said for other PF30 frames I've ridden.

The second part of the equation is the Turn Girder M30 crank. Turn is Praxis Works' crank brand, and the Girder M30 is its alloy mountain bike crankset. Girder is an appropriate name too. The chunky hollow-forged arms look like they've been borrowed from a foundation for a bridge.

The cranks use a forged alloy spider and a fat 30mm alloy spindle. Unlike other BB30 cranks, the Girder's spindle steps down

to 28mm at the non-drive side in a similar fashion to SRAM's GXP system. This does mean you'll need the M30 bottom bracket to use the Girder cranks on your bike, though Praxis offer options to suit English threaded, PF86/92, and PF30/BB30 frames.

As a system, the Girder M30 crankset is hella stiff. The hollow-forged crank arms are certainly tough, though the wide-stance bottom bracket and oversized bearings also contribute to the Girder's stable feel underfoot. Speaking of which, the Girder M30 cranks do sit wide with a 185mm Q-factor. This gives great stability on a trail bike, but high-mileage cross-country riders may find their pedalling action compromised.

All that beef does add up on the scales too. Including the stock Praxis 32T chainring, our 175mm test cranks came in at 684 grams. Not bad, but then add 142g for the necessary M30 BB. As with all Praxis products, the Girder M30 places its emphasis on durability and reliability. The cranks are impressively stiff, and those who are hard on their gear will love them. With shorter 165 and 170mm crank lengths available, they'd be ideal for long-travel trail bikes with belly-scraping BBs.

Overall: They aren't super-light, but given their sturdiness, the no-fuss BB, and the fact that I never dropped a chain, I'd have no troubles recommending them for BB30 users. Really, you'd be fussy asking for more. But, if you must have lighter, check out Turn's newly announced Lyft carbon crank that is purported to weigh some 200gm less than the Girder.

Wil Barrett