



# M30 MTN CRANKS

MODELS - GIRDER & CADET



## SAFETY INFORMATION

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 for 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.**

- Be careful not to let your clothing get caught in the chain while riding, otherwise you may fall off the bicycle.
- Check that the tension of the chain 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. The chain may break and you may fall off the bicycle if this is not done.
- Use a torque wrench to check the final tightening torque of the main crank bolt and chainring bolts. Furthermore, after riding approximately 100 km (60 miles), use a torque wrench to re-check the tightening torques. Main Crank bolt = **Torque 48-52nm**. Chainring Bolts = **Torque 8-10nm**.
- If the bottom bracket shell is not parallel, shifting performance will be affected and performance will drop.
- Check that there are no cracks in the crank arms before riding the bicycle. If there are any cracks, the crank arm 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, chain ring bolts, and pedals at periodic intervals.
- If you feel any looseness or 'play' in the bearings, the bottom bracket should be inspected/replaced.
- 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.
- To ensure the designed performance, only use 10 or 11sp chains by KMC, Shimano, or Campagnolo.
- If the chain keeps coming off the chainrings during use, replace the chainrings and chain.
- **READ THE STEP BY STEP INSTRUCTIONS PROVIDED ON THE OTHER SIDE.**

## WARRANTY

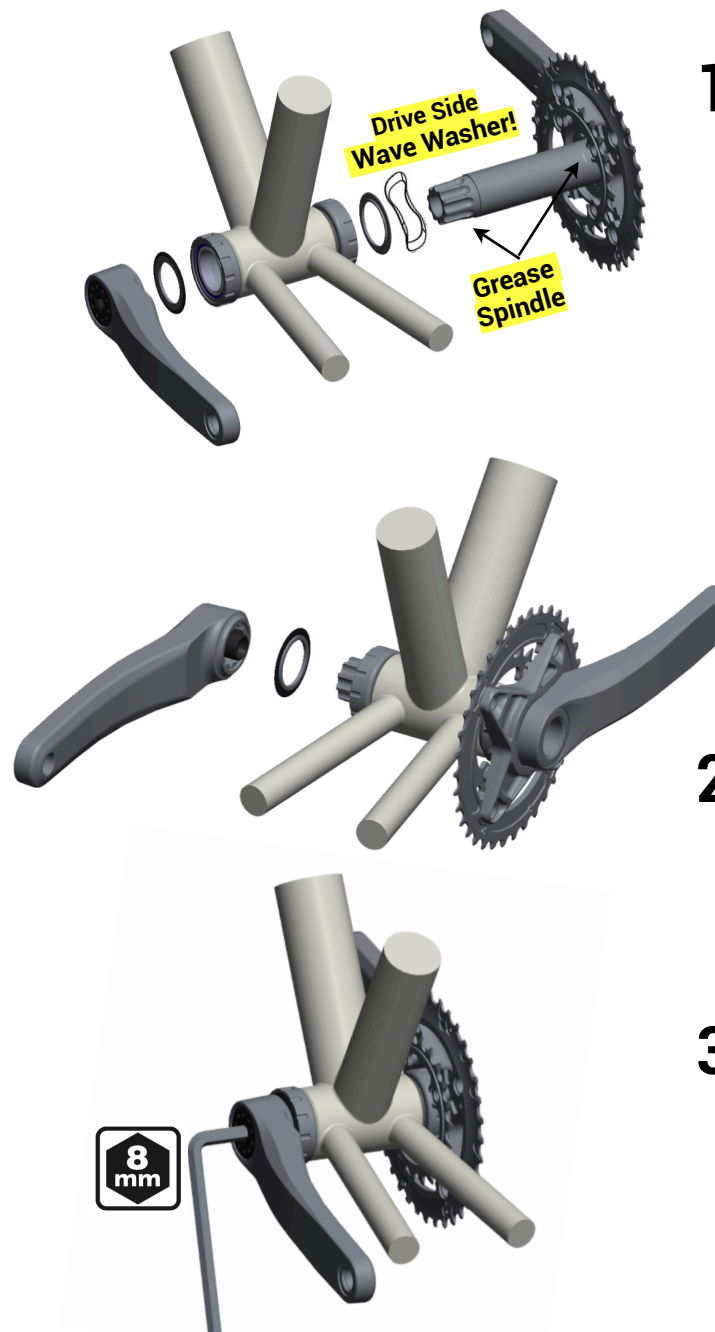
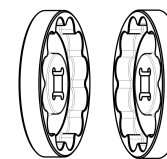
- Praxis products are warranted to be free from defects in materials or workmanship for two years after original purchase. The warranty is non-transferable and valid to the original purchaser of the product only.
- Any attempt to modify the product in any way such as drilling, grinding, painting, or changing out bearings 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.
- Parts are not guaranteed against natural wear or deterioration resulting from normal use.
- 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)**

## NEEDED TOOLS:

- M30 BSA BB - One M30 socket tool is needed.
- M30 BB90/92 - Press tool is only needed.
- M30 CONVERSION BB - **Two Praxis M30 BB tools are required for correct installation.** For removal, use same M30 BB tool to unscrew the Drive cup first, but also a 'Cup' removal tool for when removing the pressed NonDrive Cup.

## M30 Socket Tools



### 1. Slide the Drive side 30mm ID Wave Washer onto the spindle.

Next slide on the **30mm ID Drive side seal** with the Praxis word mark facing out/away from the frame.

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

### 2. Slide the 28mm ID Non-Drive side seal onto the spindle, with the Praxis word-mark side facing out/away from the frame.

### 3. Use an 8mm hex torque wrench and tighten the Non-Drive crank arm bolt to **48-52Nm**.

Spin crank to make sure it moves freely.

You are finished.

PF30 SLEEVE

This exploded view diagram illustrates the assembly of the rear derailleur. It shows two primary configurations: 'DIRECT MOUNT MOUNTAIN' and '2X MOUNTAIN'. The 'DIRECT MOUNT MOUNTAIN' configuration includes a single cage, a single pulley wheel, and a single guide pulley. The '2X MOUNTAIN' configuration includes a double cage, two pulley wheels, and two guide pulleys. Various screws and pins are shown being inserted into the components. Dashed lines indicate the alignment and assembly path for the parts.