



# TURN GIRDER M30 MTB CRANK



## 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.**

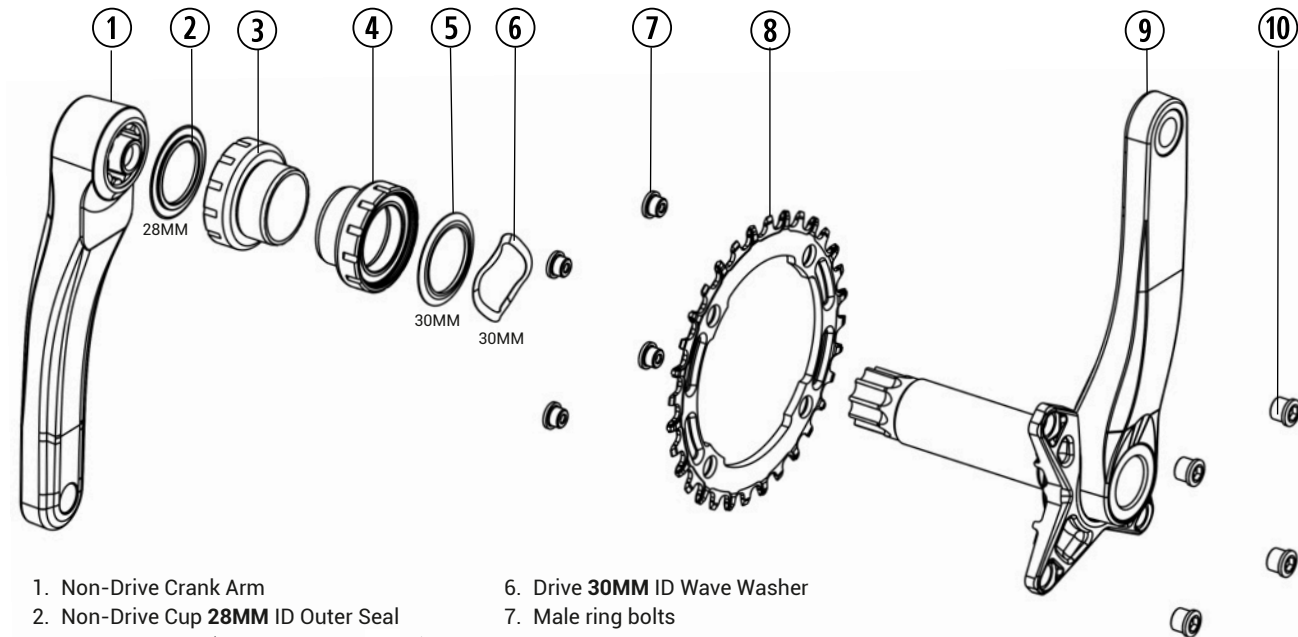
- Be careful not to let your clothing get caught in the chain while riding, otherwise you may fall off the bicycle.
- Check that the tension of the chain is correct and that the chain is not damaged. If the tension is too weak or the chain is damaged, the chain should be replaced. The chain may break 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

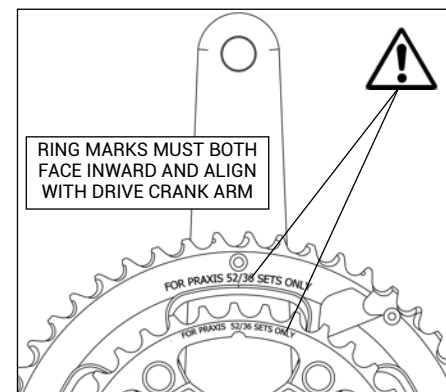
- TURN products are warranted to be free from defects in materials or workmanship for two years after original purchase. The warranty is non-transferable and valid to the original purchaser of the product only.
- Any attempt to modify the product in any way such as drilling, grinding, painting, or changing 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)**

TURN ZAYANTE CRANK SPEC & COMPATIBILITY		
FRAME SHELL	68/73 MM MTB BSA FRAMES, BB92 MTB, 73MM BB30 or PF30 MTB frames.	
BOTTOM BRACKET	Praxis Works M30 BB for BSA, M30 Conversion BB30/PF30	
FRONT DERAILLEUR	Braze On or ST clamp	Etype only with BSA frames
BCD	104/64 2X	104 1X
CRANK ARM LENGTH	165, 170, 175, 180	
CHAIN	10 or 11 speed KMC, Shimano	



1. Non-Drive Crank Arm
2. Non-Drive Cup **28MM** ID Outer Seal
3. Non-Drive Cup (*BSA Threaded shown*)
4. Drive Cup (*BSA Threaded shown*)
5. Drive Cup **30MM** ID Outer Seal
6. Drive **30MM** ID Wave Washer
7. Male ring bolts
8. Chain ring
9. Drive Crank Arm
10. Female ring bolts (**Torque 8-10nm**)



### CHAIN RING INSTALLATION

The Praxis Works chain rings are matched sets and smooth shifting will not be possible if the chainrings are incorrectly installed. Be sure to install the chainrings in the correct positions as the graphic shows.

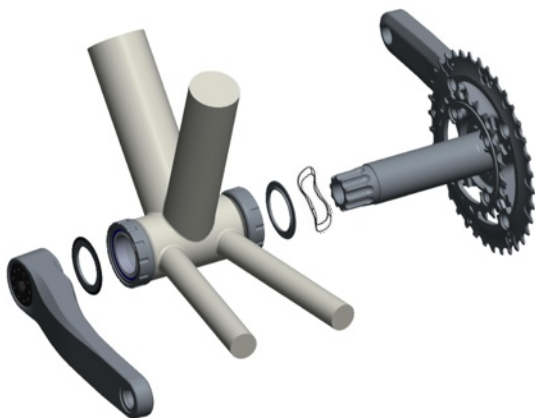
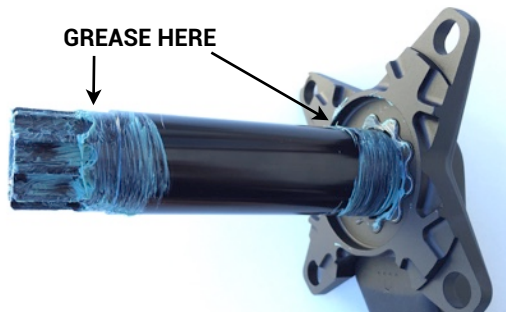
### CROSS GEARING SMALL/SMALL

When the chain is in the position shown at the right, the chain may contact the front chainrings or front derailleur and make noise. If the noise is a problem, shift the chain onto the next-larger rear sprocket or the one after.

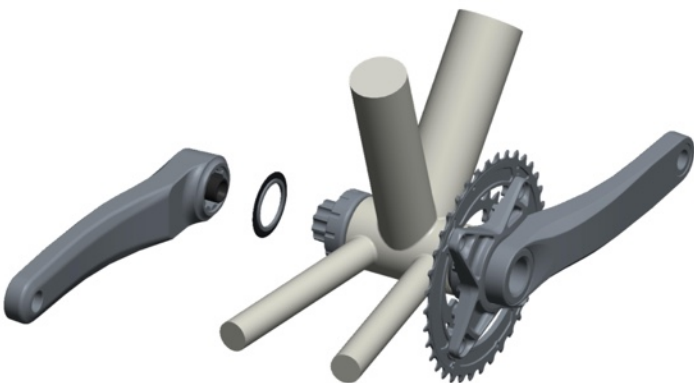


## INSTALLATION OF CRANKSET

GREASE HERE



1. First slide the Drive side Wave Washer onto the spindle.  
Next slide on the 30mm ID seal with the Praxis word mark facing out/away from the frame.  
Now insert the crankset into the Drive cup and push spindle through bottom bracket.



2. Slide the Non-Drive 28mm ID 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.



## NEEDED TOOLS:

M30 BSA BB - One M30 socket tool is needed.

M30 CONVERSION BB - **Two 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.

Zayante M30 can be installed with any of these 3 Praxis M30 Bottom Brackets



**M30 PF30  
CONVERSION BB**  
(Add delrin sleeve)



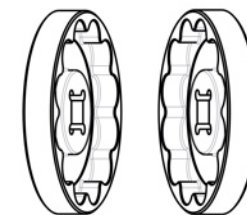
**M30 BB30  
CONVERSION BB**



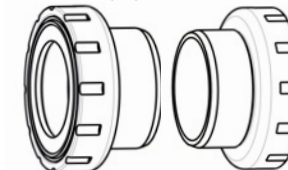
**M30 BSA  
ENGLISH THREADED**



**M30 Socket  
Tool**



**M30 BSA  
ENGLISH THREADED**



**M30 BB30 / PF30  
CONVERSION BB**

