



Praxis Works M30 BSA English Threaded

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 the BSA English threaded **frame shell is clean before installation.**
- Before riding the bicycle, check that there is no play or looseness in the bottom bracket connection. Also, be sure to retighten the crank arms 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.
- Wear and tear Parts/Bearings 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 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 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**

M30 BB Compatibility & Spec	
CRANKSET	Compatible with Praxis M30 Based cranks cranks.
FRAME SHELL	BSA 68MM ROAD FRAMES BSA 68/73MM MTN FRAMES
FRONT DERAILLEUR	Braze On, ST clamp, Direct Mount or E-Type

PART INCLUDED:

- 1 RH/Drive Wave Washer (ID=30mm)
- 1 RH/Drive Cover (ID=30mm)
- 1 RH/Drive M30 BSA Threaded Cup (ID=30mm)
- 1 LH/Non-Drive M30 BSA Threaded Cup (ID=28mm)
- 1 LH/Non Drive Cover (ID=28mm)
- 3 Spacers for use with MTB frames (2.5mm each)

NEEDED TOOLS:

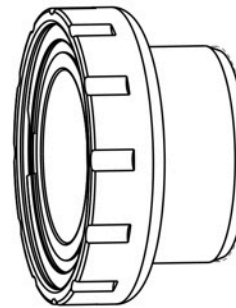
- M30 BB socket tool.
- 3/8" Socket wrench.
- Anti-Seize / Grease

28mm NON-DRIVE / LEFT

28mm ID
LH/Non Drive
Cover

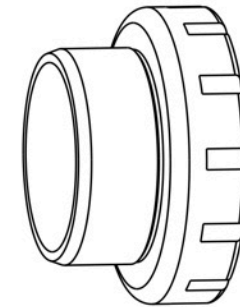


28mm ID
LH/Non Drive
Bearing



30mm DRIVE / RIGHT SIDE

30mm ID
RH/Drive
Bearing



30mm ID
RH/Drive
Cover



30mm ID
RH/Drive
Wave Washer



1. LUBRICATION

Grease or AntiSeize the threads of your BSA frame. Please coat all around the threads making sure all threads are covered.



2. SPACERS/CUPS

Look at graphic far right, determine if your frame needs to use the included 2.5mm spacers. **Once determined, use the BB cup markings with arrows to guide your installation.** Thread each cup into their required side. Right hand cup into the Right hand side, and Left hand cup into the Left hand side of frame.



3. TORQUE

Using your M30 tool and 3/8" socket wrench, tighten each cup to **40 newton meters of torque.**



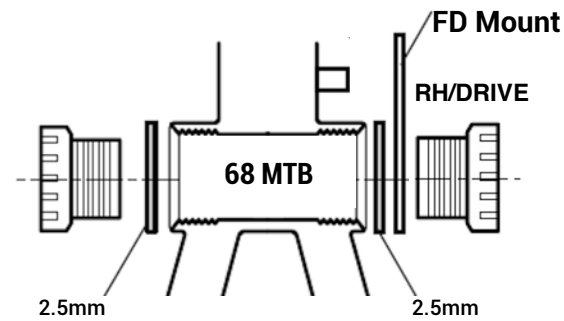
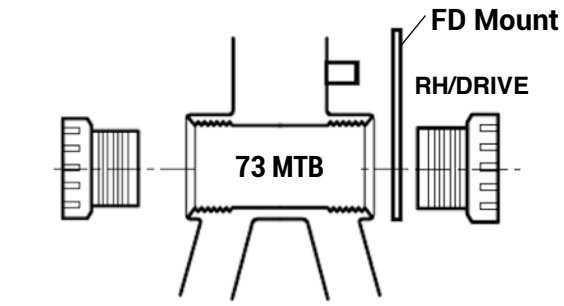
4. SEALS/CRANK

Slide wave washer onto spindle first. Now place the 30mm ID seal on RH/DRIVE side cup with logo facing out. The 28mm ID seal is placed on the LH/NON-DRIVE cup with logo facing out. **Logos face outward.**

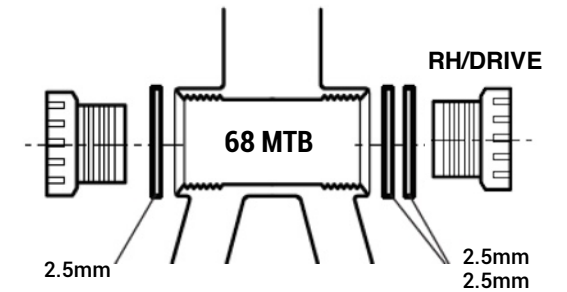
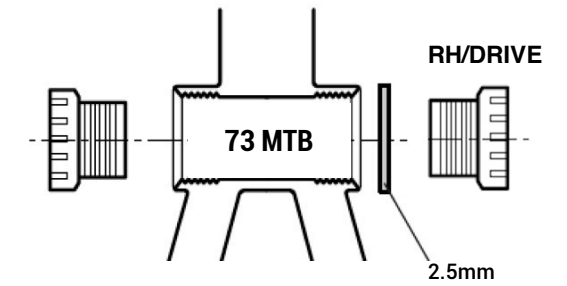
Install the M30 spindle crank by following the crank instructions.



BB Mounted FD



Band or Direct Mounted FD



Band or Braze-On FD

