



# M30 BSA

English Threaded BB  
For M30 Road or MTB Cranks

## 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 frame shell is clean.
- Apply **Anti-Seize** to the drive cup threads and smooth taper area before installing.
- Before riding the bicycle, check that there is no play or looseness in the bottom bracket connection. Also, be sure to retighten the crankarms 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.
- **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.

**READ THE STEP-BY-STEP INSTRUCTIONS THAT ARE 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](http://www.praxis-works.com)**

## M30 BSA Compatibility and Spec

CRANKSET	Compatible with ALL Praxis M30 Based Cranks
FRAME SHELL	BSA 68mm Road Frames    BSA 68/73mm MTB Frames
FRONT DERAILLEUR	Braze-on, Clamp-on, or Direct Mount    -    E-type only when on 68mm MTB

### REQUIRED TOOLS

- One Praxis M30 BB Tool
- 3/8" Drive Torque Wrench
- Anti-Seize Compound
- Waterproof Grease

Number	INCLUDED PARTS BELOW	Qty
①	28mm ID X 2mm Dust Cover <i>(Stepped Cover)</i>	1
②	Non-Drive Side (L) Cup 28mm ID Bearing	1
③	BB Cup Spacer for 68mm MTB <b>ONLY</b>	1
④	Moisture Seal	1
⑤	BB Cup Spacer for 68mm MTB <b>ONLY</b>	1
⑥	Drive Side (R) Cup 30mm ID Bearing	1
⑦	30mm ID X 1mm Dust Cover	1
⑧	30mm ID X 2mm Dust Cover	1
⑨	30mm ID X 4mm Dust Cover	1
⑩	30mm ID X 5mm Dust Cover	1
⑪	Wave Washer	1

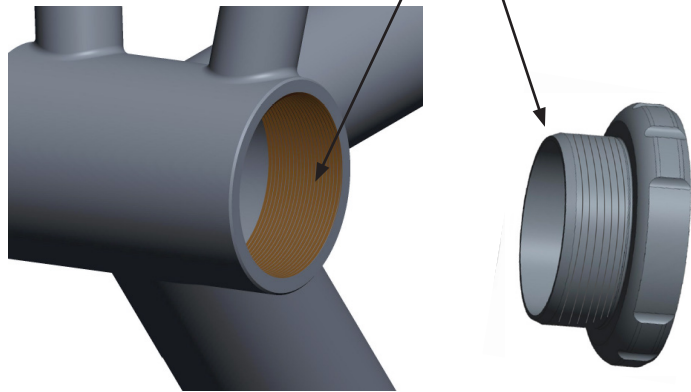


# BOTTOM BRACKET INSTALLATION

**BEFORE YOU START, READ THIS:** The 2 Cup Spacers included with this BB are ONLY used on MTN bike frames with 68mm wide bottom brackets. If you're not sure about your MTN bike, measure across the bottom bracket of the frame (remove the old bottom bracket parts first)



**BB Cup and Frame Prep**



1. Apply grease or anti-sieze to the frame & BB cup threads
2. Locate, read and follow the directional arrows on the cups
3. Thread the Right/Drive cup into the frame's Right/Drive side

4. Thread the Left/Non-Drive cup with the attached moisture seal into the frame's Left/Non-Drive side

5. Finish by tightening both cups to 40Nm of torque with a **Praxis M30 Tool**

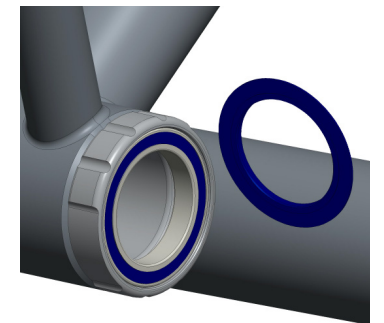
6. See next page to find correct Dust Covers for your crank. Lightly grease underside of Dust Covers and place them over bearings **with Praxis logos facing outward**. Now you can install the crank

**Torque both cups to 40Nm with Praxis M30 Tool**



## CRANK INSTALLATION

Please see CRANK instructions at [www.praxiscycles.com/manuals](http://www.praxiscycles.com/manuals)



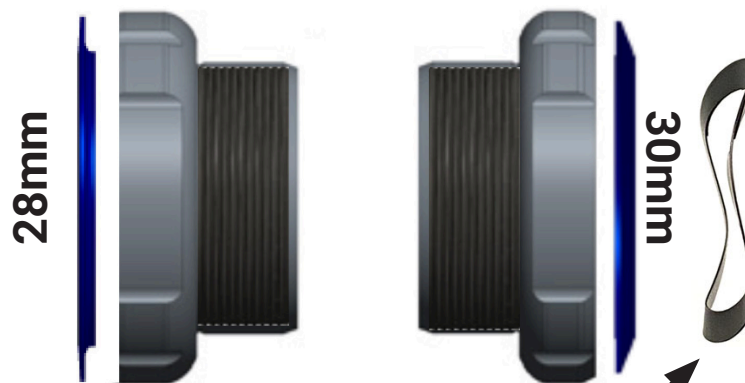
# BB DUST COVER SETUP

Use *ONLY 1* Dust Cover per side!  
Wave Washer goes on the *RIGHT/DRIVE* side!

**LEFT/NON-DRIVE**  
**28mm I.D.**

**RIGHT/DRIVE**  
**30mm I.D.**

**2mm Cover**  
ALL CRANKS  
(Stepped Dust Cover)



**1mm Cover**

FOR 3-BOLT DM ROAD & GEN1 MTB CRANKS

**2mm Cover**

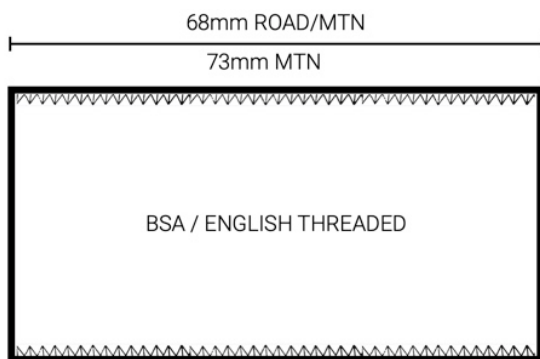
FOR NON-DM ROAD CRANKS

**4mm Cover**

FOR 3-BOLT DM GEN2 MTB CRANKS

**5mm Cover**

FOR NON-DM GEN1 MTB CRANKS



REFERENCE - FRAME BB SPECS