praxis works
BICYCLE COMPONENTS

M30 Bottom Bracket
For BB30/PF30/OSBB

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 threads are clean, and PF30 frame shell is clean, and BB30 cir-clips/bearings removed.
- Conversion BB - Make sure the black O-ring is on the Non-Drive Cup prior to pressing into Non-Drive side.
- 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 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.
- 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 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**

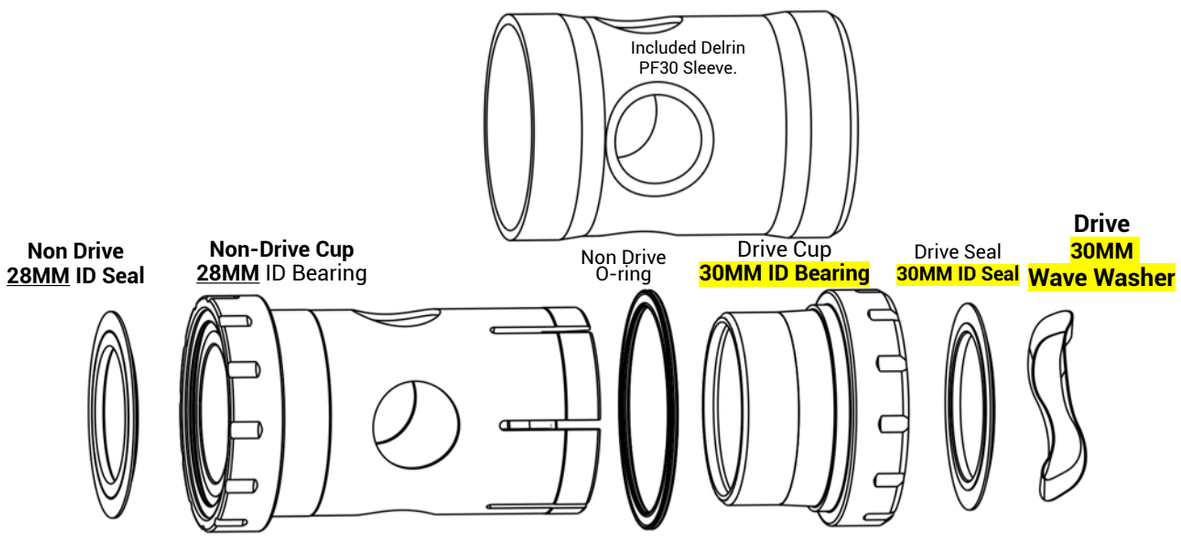
Note: specifications are subject to change without notice. © October 2013 by Praxis Works, LLC

M30 BB BB30/PF Compatibility & Spec	
CRANKSET	Compatible with Praxis M30 Based cranks cranks. **68mm for ROAD cranks only - 73mm for MTB cranks only.**
FRAME SHELL	BB30, PF30 frames. Specialized OSBB Road 68mm or 73mm
FRONT DERAILLEUR	Braze On, ST clamp, or Direct Mount. E-Type only for BSA MTB builds.

NEEDED TOOLS:
Use a Press tool to install the longer NonDrive cup first. PF/OSBB Sleeves are included if needed for your specific frame. ***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.

Please read the step by step instructions provided on the other side.

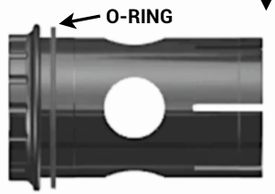
VIDEO : Please watch Installation and removal video at www.praxis-works.com



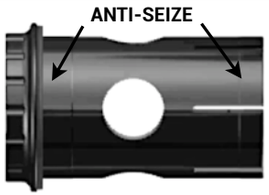
The M30 bottom bracket allows the use of one spindle for four of the most common bottom bracket frame standards in the market. The M30 bottom bracket is available as an English threaded BB or in the very popular Praxis Conversion for BB30, PF30, and Specialized OSBB road frames. This design keeps the cartridge bearings outboard the frame free of frame tolerance issues and keeps the bearings aligned for longer wear and noise free riding.

Praxis Works, LLC 820 SWIFT ST. SUITE B. SANTA CRUZ, CA 95060 www.praxis-works.com

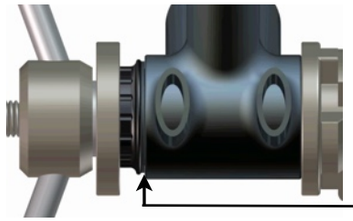
BB30/OSBB AL INSTALL



1. Slide rubber O-ring down onto the longer Non-Drive cup to the cup lip. **This O-ring must be installed on <u>Non-Drive side</u> to accommodate frame width variances.**

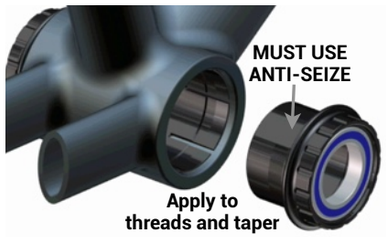


2. Apply **ANTI-SEIZE** on the Non-Drive shell towards the ends. Only needed on the ends of the cups and not in the middle.

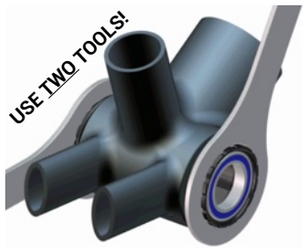


3. With a press tool, <u>GENTLY</u> press Non-Drive cup into Non-Drive side of frame so the O-ring just <u>BARELY</u> touches the side of frame. **DO NOT COMPRESS O-RING.**

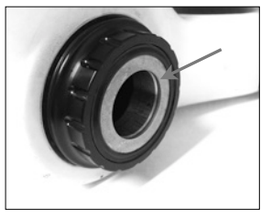
Do not compress the O-ring.



4. On the Drive Cup, apply **ANTI-SEIZE** *on the threads and the smooth taper area just above the threads.* Then start threading the Drive Cup in **CLOCKWISE** with your M30 BB tool. As it threads in, you will feel friction build as the collet expands. ***This is normal and when you grab your 2nd BB tool.***

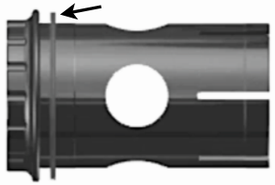


5. **TURN THE DRIVE CUP UNTIL IT STOPS -** With 2nd BB tool, hold the Non-Drive firm while you tighten down the Drive cup. This gives you leverage and allows you to tactically feel when the Drive cup bottoms out on the Non-Drive cup. ***The <u>Drive Cup</u> has a* machined stop and *by design* it must be tightened until it bottoms out on the Non-Drive cup**. This precisely sets/stops the collet expansion to specification. ***NOTE**- It is normal to feel a good amount of friction build up as drive cup threads in and expands collet.*

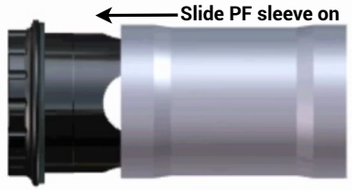


6. Dab some grease on the underside of the included Outer Seals, then place them over the bearings with the **Praxis word mark facing outward.** The BB install is now finished and you can now install your M30 spindle crank according to crank instructions.

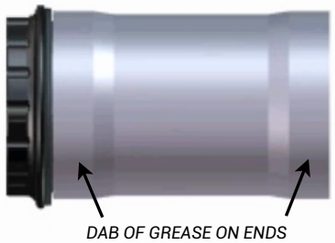
PF30 INSTALL



1. Slide rubber O-ring down onto the longer Non-Drive cup to the cup lip. **This O-ring must be installed on <u>Non-Drive side</u> to accommodate frame width variances.**



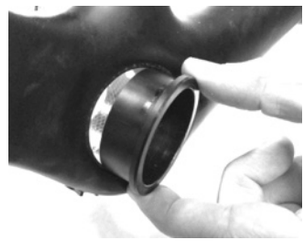
2. Put a thin layer of grease on the Non Drive cup ends, *and then slide the included PF sleeve on.* The grease is only needed on the ends of the cups and not in the middle.



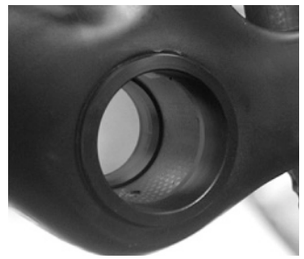
3. With the the O-ring and PF sleeve installed, put a thin layer of grease on the sleeve towards the ends of the cups.

OSBB CARB INSTALL

1. Remove the stock BB/bearing assembly so the Specialized Carbon frame shell is <u>completely empty like the photo here</u>. If any left over debris from prior BB, please clean out so frame shell is perfectly clean.



2. Put a tiny dab of grease on the provided Praxis Delrin PF cups. Then using your press tool, press one PF cup into each side of frame.



3. The Delrin PF cups need to be pressed in flush to the frame. Once you make sure the PF cups are flush, you're ready to install the Conversion BB.

NOW, Continue with steps 3-6 from the <u>BB30</u> install to the far <u>left</u>.

REMOVAL OF M30 CONVERSION BB

Unscrew ***COUNTERCLOCKWISE*** the Drive Cup and remove. **Use one tool to hold the Non-Drive side for leverage, and the other on to unscrew the Drive cup.** Once Drive Cup is removed, slide a cup removal tool through from the drive side and **it will catch a machined lip inside** the Non Drive cup. Carefully bracing the tool/frame, very gently hammer/tap the removal tool to push the Non Drive Cup out of frame. We recommend using a 1.5" cup removal tool as it has wider stance and works best.

1.

2.