

**Praxis 854053003880**

# Praxis BB M30 Road 68 mm BB30/PF30 Bottom Bracket Instruction Manual

Model: 854053003880

## 1. INTRODUCTION

The Praxis BB M30 Road 68 mm BB30/PF30 Bottom Bracket is a high-quality component designed to provide a smooth and reliable interface between your bicycle's crankset and frame. This bottom bracket is specifically engineered for BB30 and PF30 frame standards, accommodating frame diameters of 42mm or 46mm and widths of 68mm, 73mm, or 61.5mm (for Specialized OSBB). It is compatible with Praxis M30 30-28mm cranksets. This manual will guide you through the proper installation, operational understanding, maintenance, and troubleshooting of your Praxis bottom bracket to ensure its optimal performance and longevity.



Figure 1: Praxis BB M30 Road 68 mm BB30/PF30 Bottom Bracket, showing its robust construction and integrated bearings.

## 2. SETUP AND INSTALLATION

### 2.1. Compatibility Check

Before installation, it is crucial to confirm that your bicycle frame and crankset are compatible with the Praxis BB M30 bottom bracket. This bottom bracket is designed for:

- **Frame Standards:** BB30 and PF30.
- **Frame Internal Diameter:** 42mm or 46mm.
- **Frame Shell Width:** 68mm, 73mm, or 61.5mm (Specialized OSBB).
- **Crankset Compatibility:** Praxis M30 30-28mm cranksets only. This bottom bracket is not compatible with other 30mm systems.

For detailed frame compatibility, refer to the general bottom bracket compatibility chart below. It is highly recommended to dismantle your original bottom bracket to accurately measure your frame's internal diameter and width.



Figure 2: Side view of the Praxis BB M30 Bottom Bracket, highlighting the precision-machined cups and internal structure.

## 2.2. General Bottom Bracket Compatibility Chart

Internal Diameter	Box Width	Assembly Type	Standard	Recommended BB
34.8 mm	68 mm	Threaded	BSA / BSC	24 mm / GXP / Dub 29 mm
36 mm	70 mm	Threaded	Italian	24 mm
37 mm	90.5 mm	Press-Fit	BB 90 (Trekking)	24 mm / GXP / Dub 29 mm
41 mm	86.5 mm	Press-Fit	PF 86 (Shimano)	24mm / GXP / Dub 29 mm
41 mm	89.5 mm	Press-Fit	PF 90 (Shimano)	24mm / GXP / Dub 29 mm
42 mm	68 mm	Press-Fit	BB 30	30 mm / Dub 29 mm
42 mm	79 mm	Press-Fit	BB Right	30 mm / Dub 29 mm
46 mm	61 mm	Press-Fit	Specialized	30mm / Dub 29 mm
46 mm	68 mm	Press-Fit	PF 30	30 mm / Dub 29 mm
46 mm	79 mm	Press-Fit	BB Right PF	30 mm / Dub 29 mm
46 mm	86.5 mm	Press-Fit	386 EVO	30mm / Dub 29 mm

Note: The Praxis BB M30 is a press-fit bottom bracket. Ensure your frame is compatible with press-fit installation.



Figure 3: Included spacers and washers for the Praxis BB M30 Bottom Bracket, essential for proper crankset alignment and bearing preload.

### 2.3. Installation Steps (General Guidance)

Installation of a press-fit bottom bracket requires specific tools and mechanical aptitude. If you are unsure about any step, it is highly recommended to seek assistance from a professional bicycle mechanic.

- 1. Prepare the Frame:** Ensure the bottom bracket shell of your frame is clean, free of debris, and properly faced (if necessary) to ensure a flush fit.
- 2. Apply Grease:** Apply a thin layer of high-quality bicycle grease to the inside of the bottom bracket shell and the outer surfaces of the bottom bracket cups.
- 3. Press the Cups:** Using a dedicated bottom bracket press tool, carefully press each cup into the frame's bottom bracket shell. Ensure they are pressed in straight and evenly. Do not use a hammer or other impact tools.
- 4. Install Crankset:** Follow the instructions provided with your Praxis M30 crankset for proper installation, including any necessary spacers or wave washers.
- 5. Torque Specifications:** Adhere strictly to the torque specifications provided by Praxis for both the bottom bracket and crankset components. Overtightening or undertightening can lead to damage or premature wear.

For detailed, step-by-step installation instructions, please refer to the official PDF documentation available on the Praxis Works website, which may be linked from the product page where you purchased this item.

### 3. OPERATING PRINCIPLES

The bottom bracket serves as the central rotating component of your bicycle's drivetrain, allowing the crankset to spin freely and efficiently. The Praxis BB M30 utilizes durable steel cartridge bearings housed within precision-machined 7075 T6 aluminum cups. This design ensures smooth power transfer from your pedals to the rear wheel, minimizing friction and maximizing pedaling efficiency.

Proper installation and maintenance are key to ensuring the bottom bracket operates silently and without resistance, providing a fluid pedaling experience.

## 4. MAINTENANCE

Regular maintenance is essential for the longevity and performance of your Praxis bottom bracket. While the sealed cartridge bearings are designed for durability, periodic checks can prevent issues.

- **Cleaning:** Keep the area around the bottom bracket shell clean from dirt, grit, and road grime. A build-up of contaminants can lead to premature wear of seals and bearings.
- **Inspection for Play:** Periodically check for any lateral play in the crankset. If you detect movement, it may indicate loose crank bolts, worn bearings, or an improperly installed bottom bracket.
- **Lubrication:** The sealed bearings do not require external lubrication. However, ensure that the crank spindle and any interfaces with the bottom bracket are lightly greased during installation to prevent creaking and facilitate future removal.
- **Bearing Replacement:** Like all wear components, the bearings will eventually wear out. If the bottom bracket feels rough, gritty, or develops significant play, it's time for replacement. The Praxis BB M30 is designed for easy replacement of the entire unit.

## 5. TROUBLESHOOTING COMMON ISSUES

If you experience issues with your bottom bracket, consider the following common problems and their potential solutions:

- **Creaking Noise:**

- **Cause:** Often caused by insufficient grease during installation, loose crank bolts, or contamination.
- **Solution:** Remove the crankset and bottom bracket, clean all surfaces thoroughly, reapply appropriate grease, and reinstall ensuring all components are torqued to specification. If creaking persists, bearings may be worn.

- **Loss of Fluidity / Roughness:**

- **Cause:** Worn or contaminated bearings.
- **Solution:** This indicates the bearings have reached the end of their lifespan. The entire bottom bracket unit should be replaced.

- **Play in Crankset:**

- **Cause:** Loose crank bolts, worn bearings, or incorrect spacing/preload.
- **Solution:** First, check and re-torque crank bolts. If play persists, inspect the bottom bracket for wear or ensure all spacers and wave washers are correctly installed according to your crankset's instructions. If bearings are worn, replacement is necessary.

## 6. SPECIFICATIONS

Feature	Detail
Brand	Praxis
Model	BB M30 Road 68 mm BB30/PF30

Feature	Detail
Part Number	854053003880
Material	7075 T6 AL Forged and Heat Machined Cups, Steel Cartridge Bearings
Color	Black
Weight	80 Grams
Frame Compatibility	BB30, PF30 (42mm/46mm ID, 68mm/73mm/61.5mm width)
Crankset Compatibility	Praxis M30 30-28mm cranksets only
Item Package Dimensions	0.04 x 0.04 x 0.04 inches
Package Weight	0.22 Pounds
Date First Available	March 20, 2018

## 7. WARRANTY AND SUPPORT

For information regarding the warranty of your Praxis BB M30 Bottom Bracket, please refer to the official Praxis Works website or contact their customer support directly. Warranty terms typically cover manufacturing defects and material flaws for a specified period from the date of purchase.

For technical support, additional resources, or to find authorized service centers, visit the official Praxis Works website. Always ensure you are using genuine Praxis replacement parts if any are needed.