

Manuals+

[Q & A](#) | [Deep Search](#) | [Upload](#)

[manuals.plus](#) /

- › [Praxis](#) /
- › [Praxis BSA 68/73mm Bottom Bracket Instruction Manual](#)

Praxis 68-0001

Praxis BSA 68/73mm Bottom Bracket Instruction Manual

Model: 68-0001

INTRODUCTION

This manual provides essential information for the proper installation, operation, and maintenance of your Praxis BSA 68/73mm Bottom Bracket. Designed for compatibility with Shimano Hollowtech II cranksets, this bottom bracket features a robust construction with CNC machined 7075-T6 aluminum cups and durable sealed Enduro 2437 steel bearings. Please read this manual thoroughly before beginning installation to ensure safe and optimal performance of your bicycle components.

PRODUCT OVERVIEW



Figure 1: Angled view of the Praxis BSA 68/73mm Bottom Bracket, showing the main body and threaded cups with orange seals.



Figure 2: Side view of the Praxis BSA 68/73mm Bottom Bracket, highlighting the "SHIM" and torque specifications (40N-m) on the cups.

The Praxis BSA 68/73mm Bottom Bracket is engineered for durability and smooth performance. It features precision CNC machined 7075-T6 aluminum cups for strength and a long-lasting anodized finish. Inside, sealed Enduro 2437 steel bearings provide excellent fluidity and resistance to wear.

SETUP AND INSTALLATION

Required Tools:

- Praxis M30 Bottom Bracket Tool (specific tool required for installation)
- Torque Wrench
- Grease (for threads)
- Clean Rags

Installation Steps:

1. **Prepare the Frame:** Ensure the bicycle's bottom bracket shell threads are clean and free of debris. It is recommended to have the bottom bracket shell faced and chased by a professional bicycle mechanic for optimal alignment and performance.
2. **Apply Grease:** Apply a thin, even layer of high-quality bicycle grease to the threads of both the bottom bracket shell and the Praxis bottom bracket cups.
3. **Install Drive Side Cup:** Identify the drive-side cup (typically marked 'R' for right or drive side). Carefully thread it into the drive-side of the bottom bracket shell. Ensure it threads smoothly by hand to avoid cross-threading.
4. **Install Non-Drive Side Cup:** Identify the non-drive side cup (typically marked 'L' for left or non-drive side). Carefully thread it into the non-drive side of the bottom bracket shell. Again, ensure it threads smoothly by hand.
5. **Torque Cups:** Using the Praxis M30 Bottom Bracket Tool and a torque wrench, tighten both cups to the manufacturer's specified torque. The cups are marked with a recommended torque of **40 N-m**. Adhering to this specification is crucial for proper function and longevity.
6. **Install Crankset:** Refer to your crankset manufacturer's instructions for proper installation onto the newly installed bottom bracket.

Important Note: Incorrect installation or over-tightening can damage the bottom bracket or bicycle frame. If you are unsure about any step, consult a professional bicycle mechanic.

OPERATION

Once properly installed, the Praxis BSA 68/73mm Bottom Bracket operates seamlessly with your Shimano Hollowtech II compatible crankset. Its sealed Enduro 2437 steel bearings are designed to provide smooth, low-friction rotation for efficient power transfer.

No specific user operation is required for the bottom bracket itself beyond ensuring it is correctly installed and maintained. The bottom bracket facilitates the rotation of your crankset, allowing you to pedal your bicycle.

MAINTENANCE

Regular maintenance will extend the lifespan and ensure the smooth operation of your Praxis BSA 68/73mm Bottom Bracket.

- **Regular Cleaning:** Periodically clean the exterior of the bottom bracket and the surrounding frame area to prevent accumulation of dirt and grime, which can ingress into the bearings over time.
- **Check for Play:** Every few months, or if you notice any unusual noises from the bottom bracket area, check for play in the crankset. To do this, firmly grasp both crank arms and attempt to move them side-to-side relative to the frame. Any noticeable movement indicates potential wear or loosening.
- **Re-torque:** If play is detected, or as part of a comprehensive bike service, check the torque of the bottom bracket cups using your torque wrench and Praxis M30 Bottom Bracket Tool. Re-tighten to 40 N-m if necessary.
- **Bearing Inspection:** While the bearings are sealed, extreme conditions or prolonged use may lead to wear. If the bottom bracket feels rough or noisy during rotation (after removing the chain from the chainrings and spinning the cranks by hand), it may be time for bearing replacement or bottom bracket overhaul/replacement. This typically requires specialized tools and expertise.

Caution: Do not attempt to disassemble the sealed bearings unless you have the proper tools and knowledge, as this can damage the unit.

TROUBLESHOOTING

Problem	Possible Cause	Solution
Creaking/Clicking Noise from BB Area	1. Loose bottom bracket cups 2. Insufficient grease on threads 3. Worn bearings 4. Crankset bolts loose 5. Seatpost/saddle or pedal issues (often mistaken for BB noise)	1. Re-torque bottom bracket cups to 40 N-m. 2. Remove cups, clean threads, re-grease, and re-install. 3. Inspect bearings for roughness; replace bottom bracket if necessary. 4. Check and tighten crankset bolts according to crank manufacturer's specs. 5. Isolate noise by checking other components.
Crankset has Side-to-Side Play	1. Loose bottom bracket cups 2. Worn bearings 3. Incorrect crankset installation	1. Re-torque bottom bracket cups to 40 N-m. 2. Replace bottom bracket if bearings are worn. 3. Re-install crankset according to manufacturer's instructions.
Rough or Grinding Feel when Pedaling	1. Contaminated or worn bearings 2. Insufficient lubrication (less common for sealed units)	1. Replace bottom bracket. 2. Ensure proper installation and sealing.

If problems persist after attempting these solutions, it is recommended to seek assistance from a qualified bicycle mechanic.

SPECIFICATIONS

Feature	Detail
Model Name	Pedaler BSA 68mm Road Shimano 68-0001
Part Number	68-0001
Brand	Praxis
Compatibility	BSA 68/73mm Road frames, Shimano Hollowtech II cranksets
Material	CNC Machined 7075-T6 Aluminum Cups
Bearings	Sealed Enduro 2437 Steel Bearings
Color	Black
Recommended Torque	40 N-m
Package Dimensions (L x W x H)	4.37 x 2.24 x 2.13 inches
Package Weight	0.13 Kilograms




WARRANTY AND SUPPORT




Specific warranty information for the Praxis BSA 68/73mm Bottom Bracket is not provided in this manual. Please refer to the official Praxis website or contact their customer support for detailed warranty terms and conditions.

For technical support, installation queries, or any issues not covered in this manual, please visit the [Praxis Cycles official website](#) or contact their customer service department.

© 2024 Praxis. All rights reserved.

Related Documents - 68-0001

	<p>Praxis Shimano T47 I.B. Bottom Bracket Installation Guide & Specs</p> <p>Comprehensive guide for installing the Praxis Shimano T47 I.B. bottom bracket, including compatibility, parts list, required tools, step-by-step instructions, and warranty information.</p>
	<p>Praxis M30 Bearing Rebuild Kit - Installation and Maintenance Guide</p> <p>Comprehensive guide for rebuilding Praxis M30 bottom bracket bearings. Learn how to identify bearing sizes, use correct tools for removal and installation, and ensure proper fit for various M30 BB models.</p>
	<p>Praxis M24 Road Crankset: Installation, Specifications, and Safety Guide</p> <p>A comprehensive guide to the Praxis M24 Road Crankset, detailing installation procedures, technical specifications, compatibility, safety precautions, and warranty information. Includes torque values, required tools, and BB dust cover compatibility.</p>

 The image shows the cover of the 'Praxis Wetbench Instruction Manual'. It features a black and white photograph of the Wetbench, a modular open-air computer case, with various components like the motherboard, storage, and PSU visible. The text on the cover includes 'PRAXIS WETBENCH INSTRUCTION MANUAL' and 'FOR THE ORIGINAL WETBENCH'.	<p>Praxis Wetbench Instruction Manual for Original Wetbench</p> <p>Comprehensive instruction manual for assembling the Praxis Wetbench, a modular open-air computer case. Includes detailed lists of mounting and wetbench hardware, step-by-step assembly guides for all components including motherboard, storage, PSU, GPU, radiators, and vandal switches, along with compatibility information.</p>
 The image shows the cover of the 'Praxis E-Crank General Manual and Installation Guide'. It features a black and white photograph of the E-Crank, a modular open-air computer case, with various components like the motherboard, storage, and PSU visible. The text on the cover includes 'PRAXIS E-CRANK GENERAL MANUAL AND INSTALLATION GUIDE'.	<p>Praxis E-Crank General Manual and Installation Guide</p> <p>Comprehensive guide for Praxis E-Crank installation, safety information, and warranty details. Includes torque specifications and removal instructions.</p>
 The image shows the cover of the 'Praxis Crank Bolts & Extractors Guide'. It features a black and white photograph of the crank bolts and extractors. The text on the cover includes 'PRAXIS CRANK BOLTS - GUIDE' and 'M30 - MAIN BOLT/EXTRACTOR'.	<p>Praxis Crank Bolts & Extractors Guide</p> <p>A technical guide from Praxis detailing the M30 and M24 main crank bolts and extractors, including installation torque specifications and required tools for bicycle maintenance.</p>