



BB86 ROAD
BB90 MTN
BB92 MTN
M30 PRESS-FIT
BB104.5 DH
BB107 DH

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 your BB30/PF30 frame shell is clean. If a BB30 frame, remove the c-clips/bearings so frame shell is empty.
- 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 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 PROVIDED ON THE OTHER SIDE.

WARRANTY

- Praxis Works Bottom Bracket products are warrantied 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**

COMPATIBILITY AND SPEC

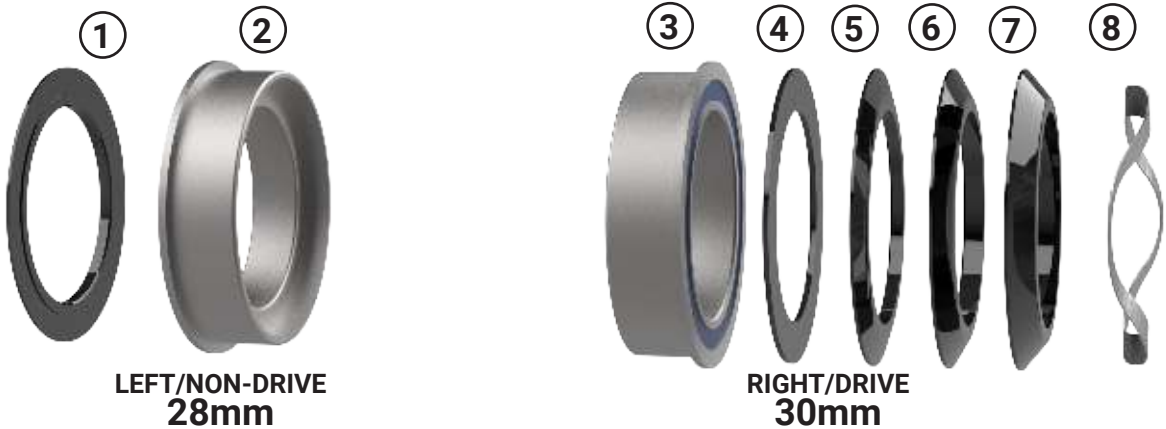
CRANKSET	Compatible with Praxis M30 Based Cranks BB86 for ROAD Cranks only BB90 & BB92 for MTB Cranks only
FRAME SHELL	BB86 ROAD BB90/92 MTN 104.5/107 DH - 41mm Diameter Frame Shell

REQUIRED TOOLS

- Bearing Press Tool
- Loctite 609 (Metal BB shell)
- Hammer
- Loctite Superflex Clear RTV (Carbon BB Shell)
- Park Tool BBT-30.4 Bearing Remover

INCLUDED PARTS

Number	Part	Qty
1.	28mm ID X 2mm Dust Cover	1
2.	LEFT/NON-DRIVE 28mm I.D PF Bearing	1
3.	RIGHT/DRIVE 30mm I.D PF Bearing	1
4.	30mm ID X 1mm Dust Cover	1
5.	30mm ID X 2mm Dust Cover	1
6.	30mm ID X 3mm Dust Cover	1
7.	30mm ID X 5mm Dust Cover	1
8.	Wave Washer	1



FRAME & BEARING PREPARATION

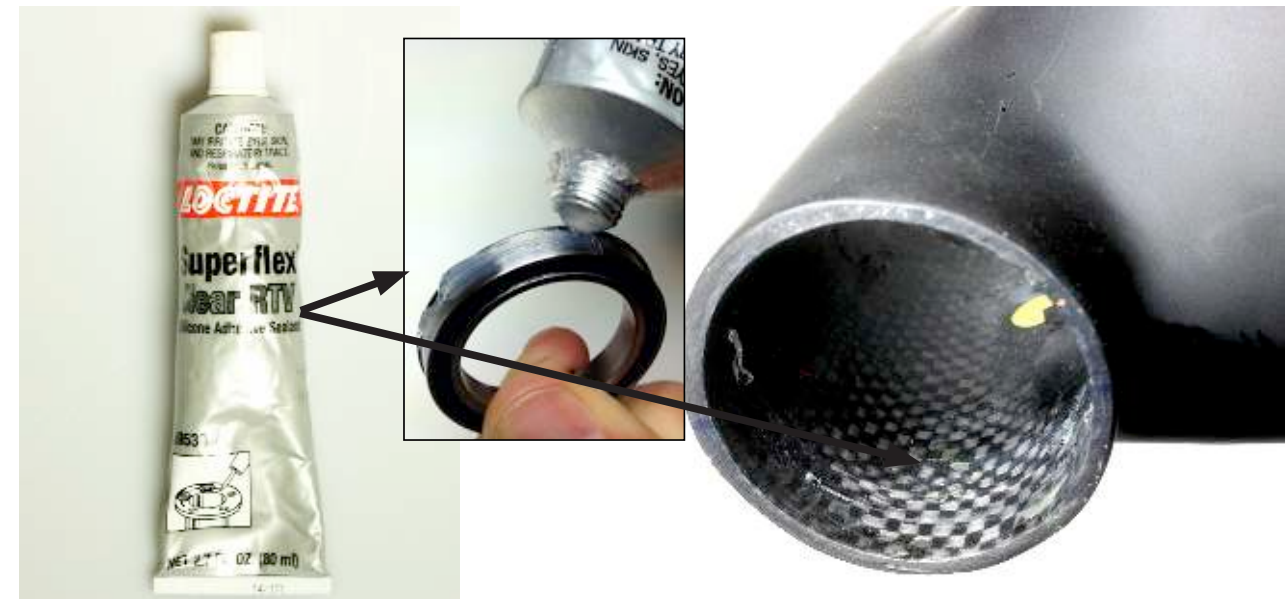
METAL BB SHELL

- 1 Clean the metal BB shell with solvent to remove any grease
- 2 Use **Loctite 609, 603, or 638** retaining compound
- 3 Spread a thin coat of retaining compound around the metal BB shell and on the outer bearing race



CARBON BB SHELL

- 1 Clean the carbon BB shell with solvent to remove any grease
- 2 Use **Loctite Superflex** RTV Silicone Adhesive (Room Temp Vulcanizing)
- 3 Spread a thin coat of the RTV Silicone around the carbon BB shell and on the outer bearing race
- 4 Once pressed, it must cure for 24hrs before riding



Next page INSTALLATION.....

BOTTOM BRACKET INSTALLATION

- 1 Press the 28mm ID bearing into the Left/Non-Drive side of the frame
- 2 Then press the 30mm ID bearing into the Right/Drive side of the frame
- 3 Wait 24hrs for silicone to cure if pressed into carbon BB shell

BB REMOVAL

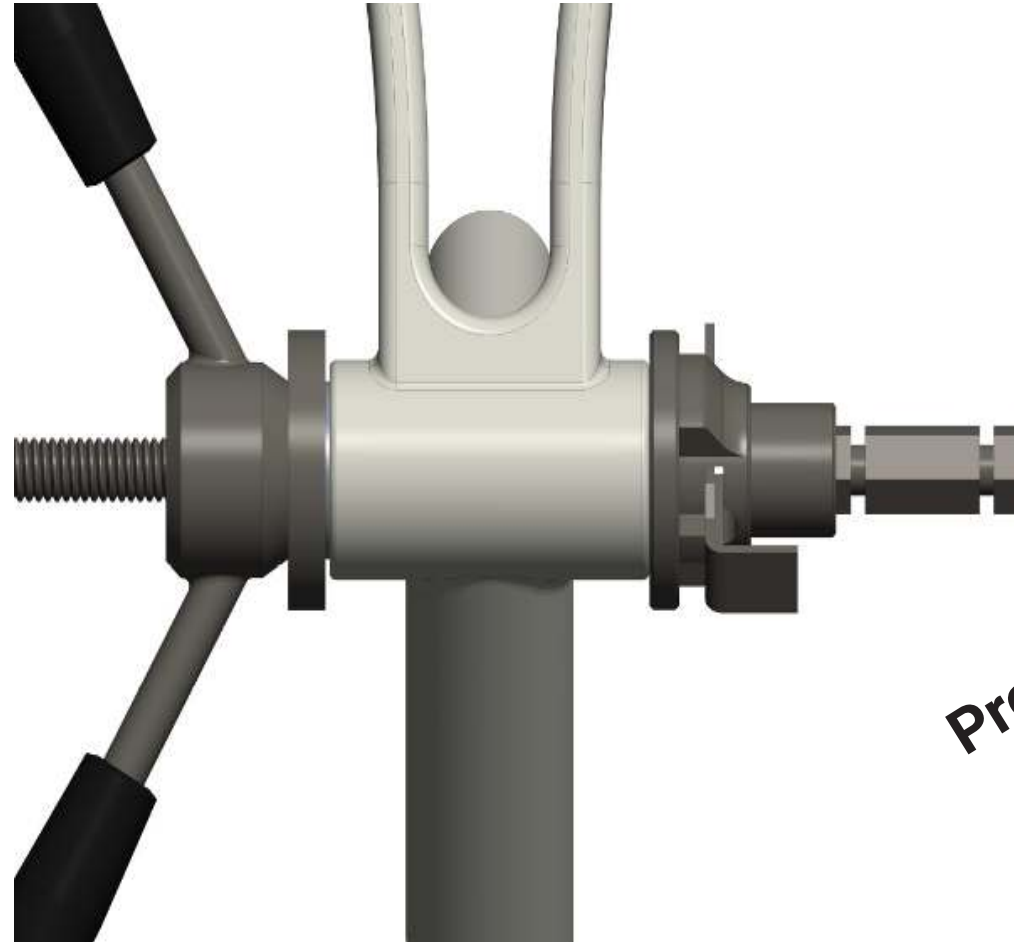
Use Park BBT-30.4 Removal Tool or similar

1. Using bearing removal tool, hammer out the *Non-Drive Side Bearing* from the inside out
2. Using bearing removal tool, hammer out the *Drive-Side Bearing* from the inside out

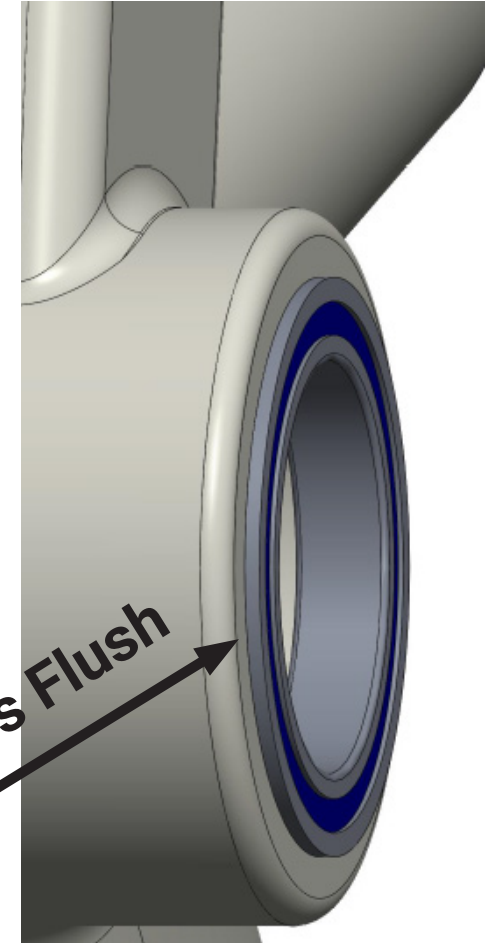


Installation Notes

- Press all bearings using a professional press tool
- Press all bearings flush against the bottom bracket shell
- **Press one bearing at a time!**



Press Flush



CRANK INSTALLATION

Please see CRANK instructions at www.praxiscycles.com/manuals

BB DUST COVER SETUP

Only 1 cover per side!

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



(NON-Stepped 28 Cover)



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

**NEXT PAGE FOR
M30 COVER GUIDE**

REFERENCE - FRAME BB SPECS

86.5MM WIDTH

BB86 ROAD/BMX
PRESS FIT

89.5MM WIDTH

BB90 MTN
PRESS FIT

92MM WIDTH

BB92 MTN
PRESS FIT

BB DUST COVER GUIDE

ROAD M30	WIDTH	CRANK	LEFT 28MM COVER	LEFT CUP SPACER	RIGHT CUP SPACER	RIGHT 30MM COVER
BSA	68	ROAD DM	2mm	-	-	1mm
		ROAD DM "GR"	2mm	-	-	3mm
		ROAD NON-DM	2mm	-	-	2mm
T47 E.B.	68	ROAD DM	2mm	-	-	1mm
		ROAD DM "GR"	2mm	-	-	3mm
		ROAD NON-DM	2mm	-	-	2mm
T47 I.B.	85.5	ROAD DM	2mm	-	-	1mm
		ROAD DM "GR"	2mm	-	-	3mm
		ROAD NON-DM	2mm	-	-	2mm
BB86	86.5	ROAD DM	2mm	-	-	1mm
		ROAD DM "GR"	2mm	-	-	3mm
		ROAD NON-DM	2mm	-	-	2mm
386EVO	86.5	ROAD DM	2mm	-	-	1mm
		ROAD DM "GR"	2mm	-	-	3mm
		ROAD NON-DM	2mm	-	-	2mm
BB30/PF30	68	ROAD DM	2mm	-	-	1mm
		ROAD DM "GR"	2mm	-	-	3mm
		ROAD NON-DM	2mm	-	-	2mm
BBRight	79	ROAD DM	2mm	-	-	1mm
		ROAD DM "GR"	2mm	-	-	3mm
		ROAD NON-DM	2mm	-	-	2mm

MTN M30	WIDTH	CRANK	LEFT 28MM COVER	LEFT CUP SPACER	RIGHT CUP SPACER	RIGHT 30MM COVER
BSA	68	GEN1 MTN DM	2mm	2.5	2.5	1mm
		GEN1 MTN NON-DM	2mm	2.5	2.5	5mm
		GEN2 MTN DM	2mm	2.5	2.5	4mm
	73	GEN1 MTN DM	2mm	-	-	1mm
		GEN1 MTN NON-DM	2mm	-	-	5mm
		GEN2 MTN DM	2mm	-	-	4mm
	100	GEN2 FAT CRANK	7.6mm	-	-	9.4mm
T47 E.B.	73	GEN1 MTN DM	2mm	-	-	1mm
		GEN1 MTN NON-DM	2mm	-	-	5mm
		GEN2 MTN DM	2mm	-	-	4mm
T47 I.B.	89.5	GEN1 MTN DM	2mm	-	-	1mm
		GEN1 MTN NON-DM	2mm	-	-	5mm
		GEN2 MTN DM	2mm	-	-	4mm
BB90	89.5	GEN1 MTN DM	2mm	-	-	2mm
		GEN1 MTN NON-DM	2mm	-	-	5mm
		GEN2 MTN DM	2mm	-	-	5mm
BB92	92	GEN1 MTN DM	2mm	-	-	1mm
		GEN1 MTN NON-DM	2mm	-	-	2mm
		GEN2 MTN DM	2mm	-	-	3mm
BB30/PF30	73	GEN1 MTN DM	2mm	-	-	1mm
		GEN1 MTN NON-DM	2mm	-	-	5mm
		GEN2 MTN DM	2mm	-	-	4mm

"DM" = DIRECT MOUNT SPIDER (*Removable Spider*)

"NON-DM" = NOT DIRECT MOUNT SPIDER (*Integrated or Pressed-On Spider*)

"DM GR" = DIRECT MOUNT SPIDER - GRAVEL CRANK (*Removeable Spider "GR" crank*)