



# M30 THRU BB90/92

For M30 THRU 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 your BB90/92 frame shell is clean. Remove any 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. 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 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 THRU BB90/92 Compatibility and Spec

CRANKSET	Compatible with Praxis M30 THRU Based Cranks <b>BB90/92 for MTB Cranks only</b>
FRAME SHELL	BB90/92 MTB Frames - <b>41mm Diameter Frame Shell</b>
FRONT DERAILLEUR	Braze-on or ST Clamp

## REQUIRED TOOLS

- Bearing Press Tool
- Loctite 609 (Metal BB shell)
- Hammer
- Loctite Superflex Clear RTV (Carbon BB Shell)
- Park Tool BBT-30.3 Bearing Remover

## Included Parts

Number	Part	Qty
1	30mm ID X 2mm Dust Cover	1
2	30mmID Bearing	1
3	30mmID Bearing	1
4	30mm ID X 1mm Dust Cover	1
5	30mm ID X 2mm Dust Cover	1

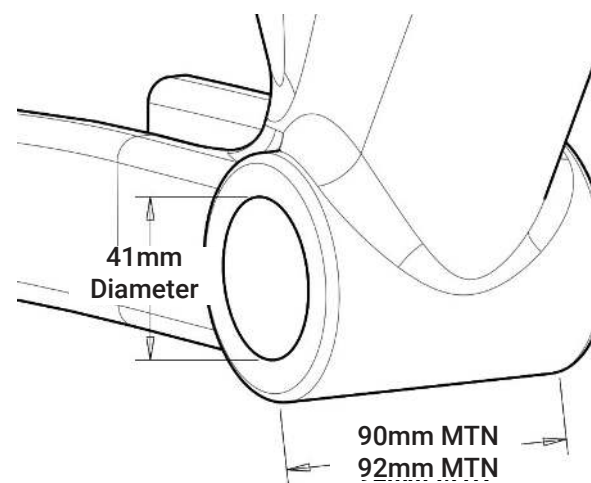
## Non-Drive Side



## Drive Side



## FRAME MEASUREMENT



## BB FRAME GAUGE

Please use the BB86/BB90 Frame Gauge to check that your BB shell is within tolerance prior to BB installation.



Using only FINGER PRESSURE, the frame gauge must slide into the BB86/92 frame bore completely for it to be a **GO** and ok for BB installation.

## 1. PREP

### METAL BB SHELL

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



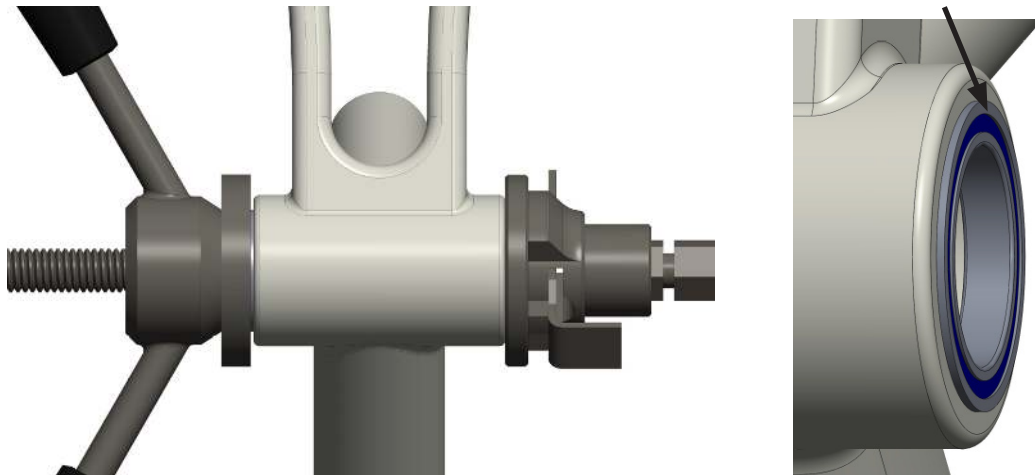
## 2. INSTALL

### Installation Notes

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

- 1 Press one 30mm ID bearing into the Non-Drive side of the frame.
- 2 Then press the other 30mm ID bearing into the Drive side of the frame.
- 3 Wait **24hrs for silicone to cure** if pressed into carbon BB shell.

### Pressed Flush



### PRAXIS LYFT Setup Chart

BB Type	Non-Drive Side Cover	Drive Side Cover
BB90	30mm ID / 2mm	30mm ID / 2mm
BB92	No Cover	30mm ID / 1mm

2mm



OR

1mm



## REMOVAL

Use **Park Tool BBT-30.3 Bearing Removal Tool** or a similar tool to remove bearings from BB shell.

- 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.

