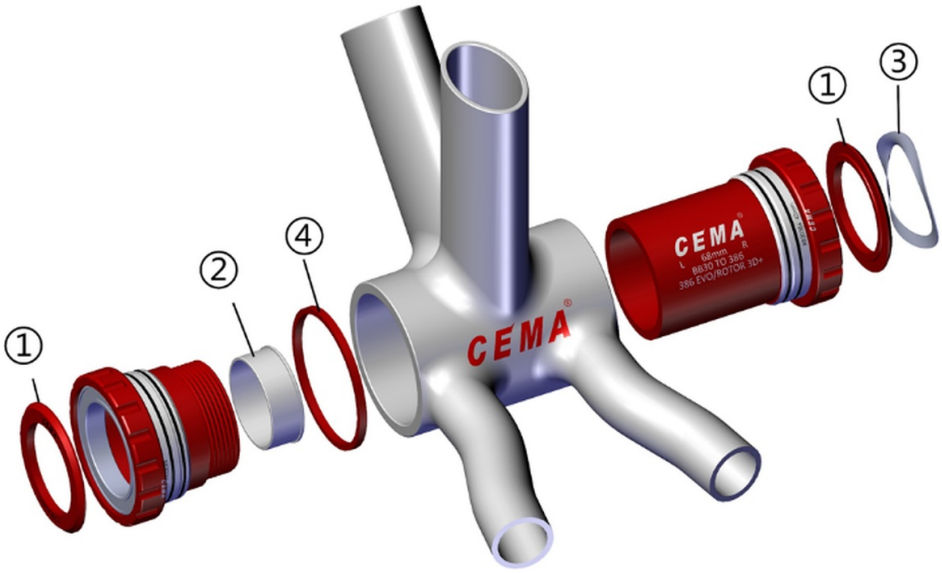
# INSTALLATION GUIDE

## BB30 for PRAXIS M30 – BB30386MB

**Read installation guide carefully before installing your Interlock Bottom Bracket.**

1. IMPORTANT: Apply CEMA anti seize paste on the frame, the bottom bracket and the thread.
2. Push in the drive side of the bottom bracket by hand as far as possible and press in completely using the CEMA 006 bottom bracket tool.
3. Align the threads of drive side and non-drive side and tighten by hand as far as possible. WARNING: FORCED LOCKING OF UNALIGNED THREADS WILL DAMAGE THREADS!
4. Use a matching tool on either side of the bottom bracket, 1 to tighten and 1 to hold. Use a torque wrench to tighten to a 40-45 Nm torque and check tightening torque every 6 months.




① M30 Adapter
② Wave Washer
③ 2,5 mm Spacer
④ 2,7 mm end cover

## COMPATIBLE

| Frame shell ID / Width (mm) | | | Assembling |
|---|---|---|---|
| **42** | **68** | Road | Use ① ② ④ 1pc (N-DS) & ① ③ 1pc (DS) |
| | **73** | MTB | Use ① ② ④ 1pc (N-DS) & ① ③ 1pc (DS) |

## RECOMMENDED TOOLS

CEMA Bottom Bracket tool 30 mm **SRC-TT-B006D-18**
CEMA Bottom Bracket wrench **SRC-TT-B020**

## SPARE PARTS

Spare Part bearing set for CEMA 30mm BB
**SRC-BB-S010C-B** Black, Ceramic
**SRC-BB-S010S-B** Black, Stainless Steel
**SRC-BB-S010SG3-B** Black, SG3 - Ceramic - COATED

## MAINTENANCE

Maintain bearings by cleaning and adding lubricant:

- Every time after riding in poor road conditions or rain.
- Every 3-6 months as a routine maintenance.

**Proper maintenance will increase rolling properties, avoid bearing damage and increase lifetime.**

**Tip!** Apply CEMA water repellent paste between bearing and dustcover.