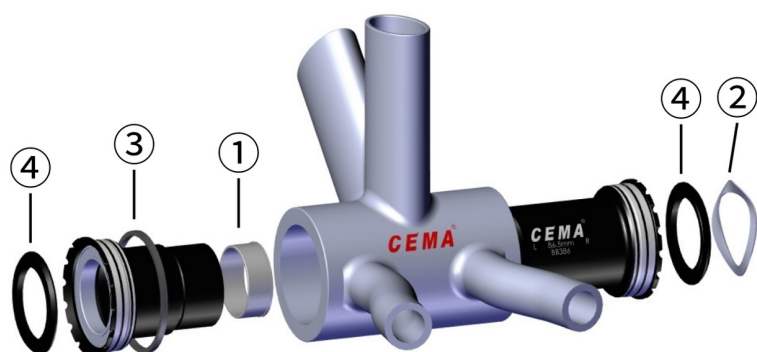


INSTALLATION GUIDE

BB386 for PRAXIS M30 – BB386MB



- !** 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	
46	86.5	Road	Use 1 3 4 1pc (N-DS) & 2 4 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.