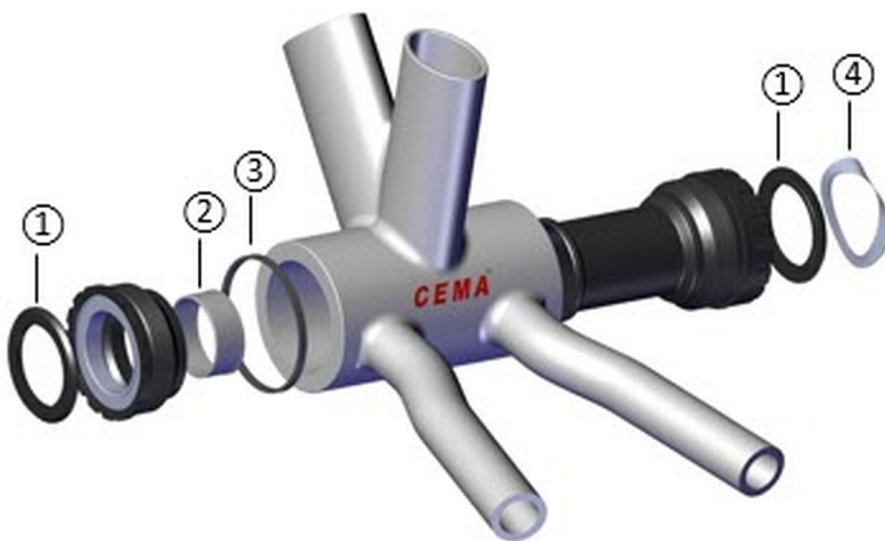


# INSTALLATION GUIDE

## T47A for PRAXIS M30 – T47A386MB



- ! Read installation guide carefully before installing your Threaded Bottom Bracket.
- 1 IMPORTANT: Apply CEMA anti seize paste on the threads of the frame and the bottom bracket.
- 2 Align the threads of the bottom bracket and the frame and tighten by hand as far as possible. WARNING: FORCED LOCKING OF UNALIGNED THREADS WILL DAMAGE THREADS!
- 3 Use a matching tool and a torque wrench and to tighten to a 40-50 Nm torque. Check tightening torque every 6 months.
- 4 Install the protective tube and repeat steps 1-3 to install the bracket on the opposite side of the frame.



- ① M30 Adapter
- ② Wave Washer
- ③ 2.5 mm Spacer
- ④ 2.7 mm End Cover

### COMPATIBLE

| Frame shell ID / Width (mm) |    | Assembling |                                     |
|-----------------------------|----|------------|-------------------------------------|
| T47                         | 77 | Road       | Use ① ② ③ 1pc (N-DS) & ① 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.