



Congratulations on purchasing the most innovative pedal system in the market today. This pedal has furthered the evolution of clipless pedals. Developed by riders who expect more from their pedals, each model has been specifically designed for high performance and durability. Please read the pedal manual and follow guidelines to prevent accidents and possible injuries.

PARTS INCLUDED:

- 2 Pedals
- 2 Cleats
- 6 Cleat adapters
- 6 Cleat mounting bolts

TOOLS NEEDED:

- 4mm Allen key for mounting cleats to shoe
- 6mm Allen key for mounting pedals to crank arms
- 3mm Allen key for spring tension adjustment

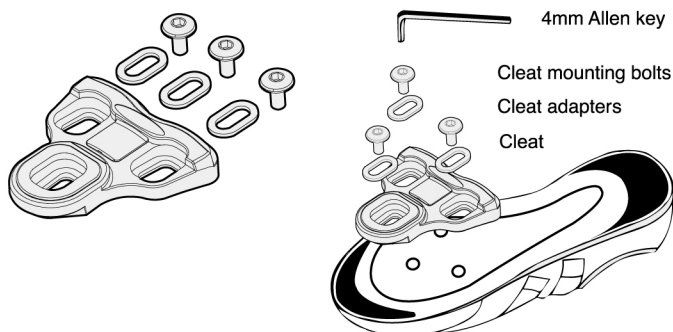
1

CLEAT INSTALLATION

Mounting the cleats

Cleating angle: 0° (Black)
6° (Red)
9° (Gray)

Recommended
Torque:
5Nm or 45 in-lbs



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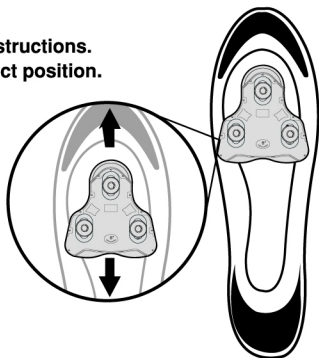
CLEAT ADJUSTMENT

Adjusting the cleats

Determine the best cleat position and tighten both cleat mounting bolts with 4mm Allen key. (Recommended Torque = 5 Nm or 45 in-lbs.)

Adjust cleats according to installation instructions.
Insure the cleats are secured in the correct position.

Use only the cleat provided.



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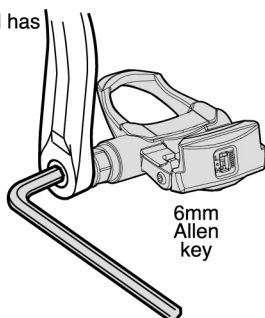
PEDAL INSTALLATION

Mounting the pedals on the crank arms

Use a 6mm Allen key to mount the pedals on the crank arms. (Recommended Torque = 35Nm or 25 ft-lbs.) Right pedal has right-hand thread and the left pedal has a left-hand thread.

For identification, left pedal has a small "L" on the spindle or a small groove around the spindle flange. The right pedal has a small "R" stamped in the spindle or no special markings.

Grease pedal threads before installation to prevent corrosion.

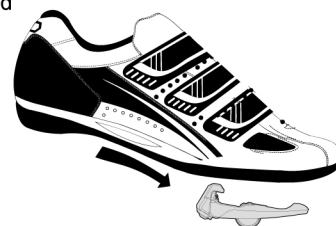


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ENGAGING

Engaging the cleat with the pedal

Insert front of cleat into pedal and step down.

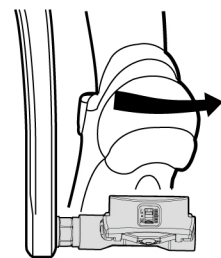


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DISENGAGING

Disengaging the cleat from the pedal

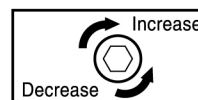
Rotate heel outward to release from pedal.



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PEDAL TENSION ADJUSTMENT

Adjusting the spring tension on the pedals



To increase spring tension, turn adjustment bolt clockwise.

To decrease spring tension, turn adjustment bolt counter clockwise.



Low tension is set from the factory.



3mm hex adjustment bolt

NOTES

- Before riding with these pedals for the first time, practice engaging and disengaging in a stationary position. Pull brakes and brace yourself with one foot to the ground while practicing engaging and disengaging with your other foot until you feel secure.
- Before riding, adjust spring tension of the claws to your personal preference.
- At first, ride only on flat surfaces until you are comfortable with the engaging and disengaging methods.
- If there is a need to use one foot for stability, ie. stopping at crossings, going around a curve, or in an unclear situation, you need to disengage from the pedal before being able to prop your foot at any time.
- Exert minor tension on the pedals to aid in quick disengagement when riding under unclear/unusual circumstances.
- Keep pedals and cleats free of dirt and foreign objects to assure proper operation.
- Check your shoe cleats periodically for wear. Replace as necessary. Be sure to securely attach new cleats before their first use.
- Replace any damaged or bent pedal axles immediately.
- Before riding with these pedals for the first time, practice engaging and disengaging in a stationary position.
- Keep cleats and pedals clean to ensure proper function.
- The spring tension should equal on both side on each pedal. Use the tension indicator to set it equal.
- Replace your cleats when it becomes difficult to engage and disengage.
- Periodically lube the cleat interface area with a teflon based lubricant to help engage/disengage the cleat easily.