

# INDOOR CYCLING

**Dual Binding Clip-in Indoor Pedals** have a Look-style binding on one side, and a SPD-style binding on the other. The two systems are not inter-compatible. Pedals are supplied with both Look-style road cleats (large, plastic) for use with road shoes, or SPD-style MTB cleats (small, steel) for use with MTB shoes. For Look-style road cleats, refer to Option 1 instructions. For SPD-style MTB cleats, refer to Option 2 (a) instructions.

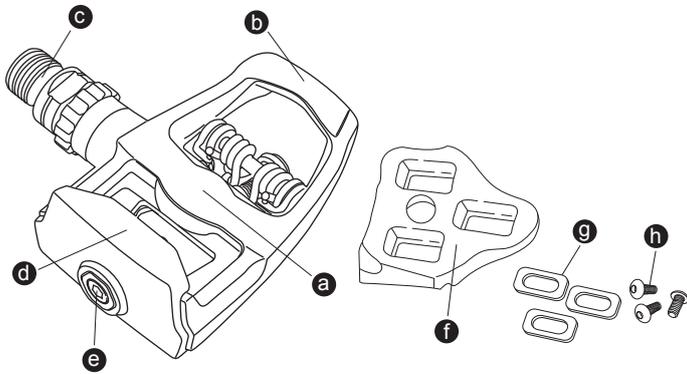
**Triple Interface Indoor Pedals** allow use: 1. With SPD-style MTB cleats, 2. as a platform pedal, 3. of a toe clip. Refer to Option 2 (b) instructions.

## INSTALLATION AND USE

Illustrations may not correspond exactly to your model of pedal.

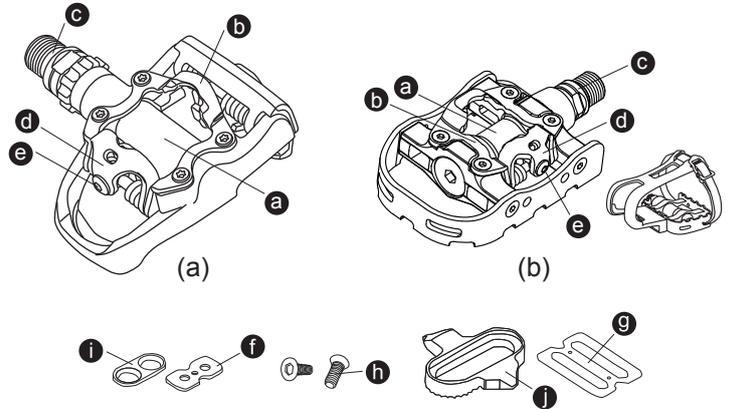
**TOOLS REQUIRED:** 6 mm or 8 mm Allen key, (depending on pedal model), 4 mm Allen key, 3 mm Allen key.

### Option 1 Look-style road cleats



**PARTS:** a. Pedal body b. Front binding (fixed) c. Axle d. Rear binding (adjustable) e. Tension adjuster f. Cleats x 2 g. Cleat washers x 6 h. Cleat bolts x 6

### Option 2 SPD-style MTB cleats (a) or (b)



**PARTS:** a. Pedal body b. Front binding (fixed) c. Axle d. Rear binding (adjustable) e. Tension adjuster f. Flat nut x 2 g. Insole washer x 2 h. Cleat bolts x 4 i. Cleat washer x 2 j. Cleat x 2

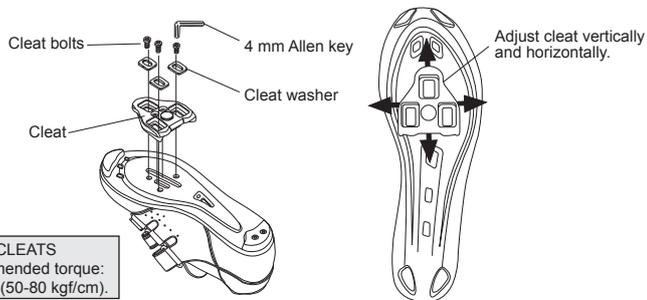
## A) ATTACH PEDALS TO CRANKS

Pedals have 9/16" x 20T threaded axles. The right pedal (marked R) is installed in a clockwise direction. The left pedal (marked L) is installed in a counter-clockwise direction. 1. Lightly lubricate axle threads with grease or oil. 2. Thread axle into the crank hole with your fingers. From the other side of the crank, insert 6 mm or 8 mm Allen key into the recess of the axle. Screw pedal axles onto crank arms. If axle has wrench flats, you can also use a thin 15 mm wrench to attach pedal. 3. Tighten well, but avoid excessive force. Recommended torque is 34 Nm (340 kgf/cm).

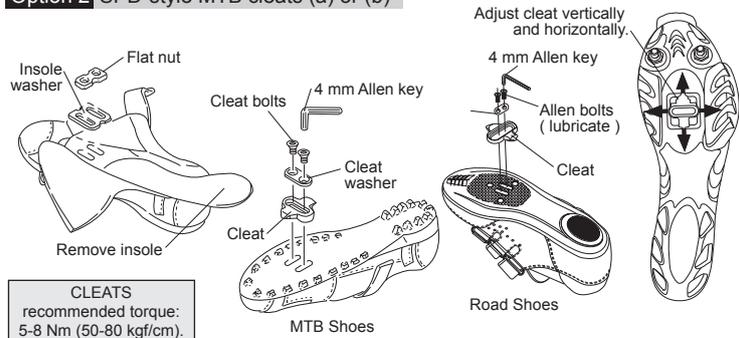
## B) ATTACH CLEATS TO CYCLING SHOES

Take note of the model number of your cleats and consult BICYCLE PEDAL SPECIFICATIONS for more information. Left and right cleats are identical - the pointed end faces the toe of the shoe. 1. Lightly lubricate cleat bolt threads with oil. 2. Using the 4 mm Allen key attach cleat bolts and cleat washers loosely to shoe soles. The lateral center line of the cleat should be aligned with the center of the ball of the shoe sole. Adjust vertically via slots in shoe sole. Adjust horizontally via play between cleat washer and cleat. 3. Tighten cleats very firmly, but avoid excessive force. Recommended torque is 5-8 Nm (50-80 kgf/cm). Cleat position can be fine-tuned to preference after trial rides. It may take some time to find your optimum cleat set-up.

### Option 1 Look-style road cleats



### Option 2 SPD-style MTB cleats (a) or (b)

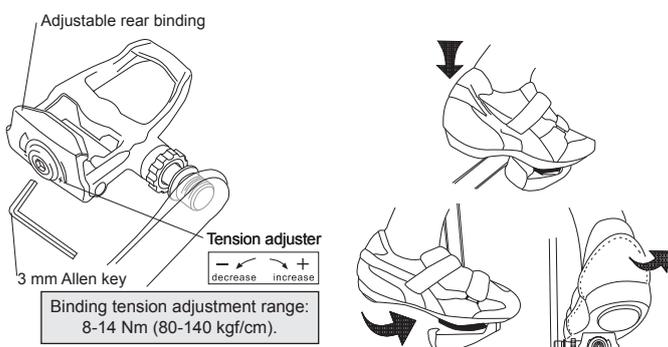


## C) SHOE/PEDAL USE

Depending on the model of your pedals, the tension adjuster is located on the rear binding, or on the top of the pedal body. To adjust rear binding tension, use a 3 mm Allen key to turn tension adjuster. 1. Increase tension in a clockwise direction (+) for a more secure shoe/pedal bind, but more difficult engagement and disengagement. 2. Decrease tension in a counter-clockwise direction (-) for less secure shoe/pedal bind but easier engagement and disengagement. Engage cleated shoes in pedals by aligning the cleat between front and rear bindings while pushing down. Disengage by twisting heel outwards (away from bicycle). Cleat will also release by twisting heel inwards if necessary (for emergency situations only). If you have never used clip-in pedals before, take time to learn how to use them safely. Make sure the tension adjuster is set to the lowest setting. Sit on, or stand over your bike with one foot firmly on the ground. With the other foot, practice engaging and disengaging cleated shoe. When you get used to this, progress to riding slowly in a safe, traffic-free area until engagement and disengagement become natural actions that you can manage easily without looking at your feet.

**Warning** Binding tension should be equal on both pedals to achieve a uniform effect when engaging and disengaging cleated shoes. Minimum tension is recommended for beginners and for rides requiring frequent cleat disengagement, such as in heavy traffic. Do not over-tighten or over-loosen tension adjuster (over tightening may damage thread, and bolt may fall out if too loose).

### Option 1 Look-style road cleats



### Option 2 SPD-style MTB cleats (a) or (b)

