

SERVICE INSTRUCTIONS FOR CLIPLESS PEDAL



WARNING:
THIS PEDAL IS PROHIBITION TO BE USED
ON THE SPINNING AND EXERCISER BIKE

Before use, read these instructions carefully.

CAUTIONS:

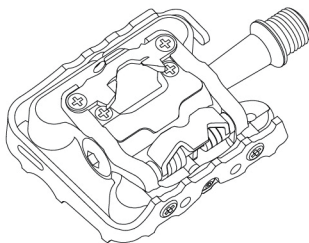
Practice engaging and disengaging from the pedals several times in a stationary position before riding.

Before using, please lubricate the concave area of the clip.

Keep the cleat and pedal clean to ensure proper usage.

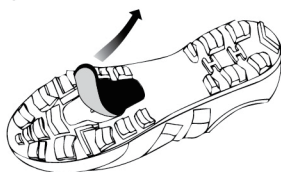
The cleat of our clipless is adaptable for all standard SPD shoes. This cleat allows for a 4 degree lateral foot rotation, just enough to relieve knee stress.

Before using, please adjust the retention force of the pedal to suit yourself.

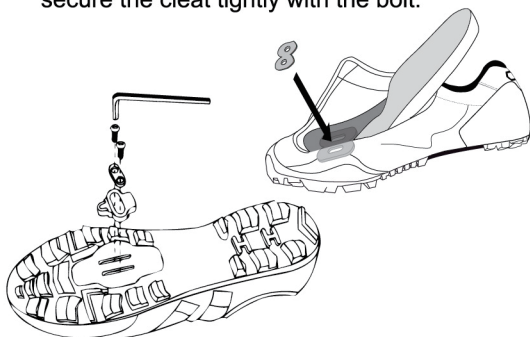


INSTALLATION OF THE CLEAT:

- 1 Remove the pad from the shoe using a pair of pliers.



- 2 Remove the sockliner, and install the cleat set as per following illustration, then secure the cleat tightly with the bolt.



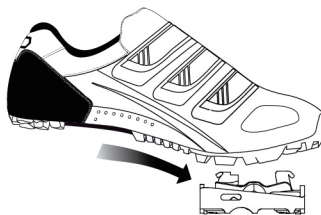
NOTE:

Please adjust the best cleat position to fit pedal.

USE:

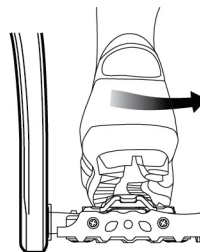
1 Engaging

Press the cleat into the pedal.



2 Disengaging

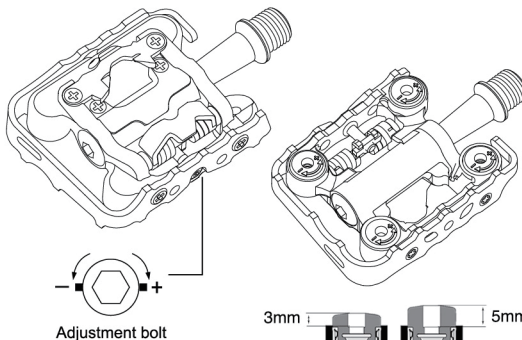
Remove by twisting your heel to the outside.



3 Adjusting Retention force

The tension of the spring is adjusted for each pedal (top & bottom) with the adjustment bolt in the rear.

Turn the bolt in a clockwise direction to increase retention force, and in a counterclockwise direction to decrease retention force.



Please note
there is 1 adjustment
bolt on each pedal.

Option for slip resistant
replacement pad.