**WARNING – To avoid serious injuries:**

- SPD pedals are designed so that you release them only when you intend to release. They are not designed to release automatically at times such as when falling off the bicycle. This is a safety measure to prevent you from losing balance and falling off the bicycle as a result of your feet becoming accidentally released from the pedals.
- Use only SPD-type cleats. Other types of cleats may not release from the pedals, or may release unexpectedly.
- Use only Shimano cleats (SM-SH51/SM-SH56) and tighten the mounting bolts securely to the shoes.
- Before attempting to ride with these pedals and shoes, make sure you understand the operation of the engagement/release mechanism for the pedals and cleats (shoes).
- Before you attempt to ride with these pedals and shoes, apply the brakes, then place one foot on the ground and practice engaging and releasing each shoe from its pedal until you can do so naturally and with minimal effort.
- Ride on level ground first until you become adept at engaging and releasing your shoes from the pedals.
- Before riding, adjust the spring tension of the pedals to your liking.
- When riding at low speed or when there is a possibility that you might need to stop riding, for example, when doing a U-turn, nearing an intersection, riding uphill or turning a blind curve, release your shoes from the pedal beforehand so that you can quickly put your feet onto the ground at any time.
- Use a lighter tension during the initial release of the cleat when riding in adverse conditions.
- Keep cleats and bindings clear of dirt and debris to ensure engagement and release.
- Remember to check the cleats periodically for wear. When the cleats are worn, replace them.
- Always check the spring tension after replacing the cleats and before riding. If you do not maintain both your shoes and cleats in good condition, the release and engagement of the pedals could become unpredictable or difficult, which could result in severe injury.
- Be sure to attach reflectors to the bicycle at riding height. Do not continue riding the bicycle if the reflectors are dirty or damaged; otherwise it becomes more difficult for oncoming vehicles to see you.
- Obtain and read the service instructions carefully prior to installing the parts. Loose, worn, or damaged parts may cause serious injury to the rider.
- We strongly recommend only using genuine Shimano replacement parts.
- If you have any questions concerning your pedals, contact a professional dealer.
- Read these Technical Service Instructions carefully, and keep them in a safe place for later reference.

**WARNING:***

- Do not use the pedals and cleats in any way other than as described in these Service Instructions. The cleats are designed to engage and release from the pedals when the cleats and pedals are facing toward each other, below for illustration on how to install the cleats. FAILURE TO FOLLOW THESE INSTRUCTIONS MAY RESULT IN SERIOUS PERSONAL INJURY.
- Single release mode cleats (SM-SH51) and multiple release mode cleats (SM-SH56) are available for use with these pedals.
- Each type of cleat has its own distinctive features, so be sure to read the Service Instructions carefully and select whichever type of cleat best suits your riding style and the terrain and road conditions where you will encounter.
- Other types of cleats such as single release mode cleats (SM-SH52) and multiple release mode cleats (SM-SH53) cannot be used, as they do not provide stable enough step-up or step-down or kick holding force.
- The cleats will not necessarily release if you lose your balance. Accordingly, for times and conditions where it is likely you may lose balance, make sure that you have sufficient time to release the cleats beforehand.
- When you are pedaling vigorously, your heel may inadvertently heel outward and this may cause the cleat to release accidentally. If the cleat releases accidentally, you may fall off the bicycle and sustain injury.
- You can help to prevent this by adjusting the amount of force required to release the cleats.
- Multiple release modecleats should not be used for riding style in which pulling forces are applied to the pedals causing possible release from the pedals.
- Although the cleat can be released by lifting your heels in any direction or by lifting, they will not necessarily release if you lose your balance.
- Accordingly, for times and conditions where it is likely you may lose balance, make sure that you have sufficient time to release the cleats beforehand.
- If the cleat releases by accident, you may fall off the bicycle and sustain injury.
- When released, every pedal cleat adapts automatically in the amount of force and the angle required to release the cleats.
- Multiple release mode cleats should not be used for riding style in which pulling forces are applied to the pedals causing possible release from the pedals.
- You can help to prevent this by adjusting the amount of force required to release the cleats.
- Multiple release mode cleats are not suitable for use for riding style which may be used for riding style in which pulling forces are applied to the pedals causing possible release from the pedals.
- You should be in control of your own times.
- Use only Shimano cleats (SM-SH51/SM-SH56) and tighten the mounting bolts securely to the shoes.
- Cleat replacement

- When replacing cleats, be sure to replace both cleats on each shoe.
- These cleats should not be used for riding style in which pulling forces are applied to the pedals causing possible release from the pedals.
- The cleats are designed so that you release them only when you intend to release. They are not designed to release automatically at times such as when falling off the bicycle. This is a safety measure to prevent you from losing balance and falling off the bicycle as a result of your feet becoming accidentally released from the pedals.
- Use only Shimano cleats (SM-SH51/SM-SH56) and tighten the mounting bolts securely to the shoes.
- Before attempting to ride with these pedals and shoes, make sure you understand the operation of the engagement/release mechanism for the pedals and cleats (shoes).
- Before you attempt to ride with these pedals and shoes, apply the brakes, then place one foot on the ground and practice engaging and releasing each shoe from its pedal until you can do so naturally and with minimal effort.
- Engaging the cleats with the pedals

- Release the cleats from the pedals by twisting your heels outward.
- Single release mode

- Releasing the cleats from the pedals

- The method of releasing varies according to the type of cleats you are using.

- Single release mode cleats:

- SM-SH51 (black)

- Multiple release mode cleats:

- SM-SH56 (silver, gold/Optional accessory)

- The cleats can be released by lifting in any direction.

- Because the cleats can also be released by lifting your heel, they may become accidentally released when applying upward force on the pedals.

- These cleats should not be used for riding style which may be used for riding style in which pulling forces are applied to the pedals causing possible release from the pedals.

- Although the cleats can be released by lifting your heels in any direction or by lifting, they will not necessarily release if you lose your balance.

- Accordingly, for times and conditions where it is likely you may lose balance, make sure that you have sufficient time to release the cleats beforehand.

- If the cleat releases by accident, you may fall off the bicycle and sustain injury.

- When released, every pedal cleat adapts automatically in the amount of force and the angle required to release the cleats.

- Multiple release mode

- Releasing the cleats from the pedals

- Use a lighter tension during the initial release of the cleat when riding in adverse conditions.

- The cleats will not necessarily release if you lose your balance. Accordingly, for times and conditions where it is likely you may lose balance, make sure that you have sufficient time to release the cleats beforehand.

- When you are pedaling vigorously, your heel may inadvertently heel outward and this may cause the cleat to release accidentally. If the cleat releases accidentally, you may fall off the bicycle and sustain injury.

- You can help to prevent this by adjusting the amount of force required to release the cleats.

- Multiple release mode cleats should not be used for riding style which may be used for riding style in which pulling forces are applied to the pedals causing possible release from the pedals.

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- Multiple release mode cleats are not suitable for use for riding style which may be used for riding style in which pulling forces are applied to the pedals causing possible release from the pedals.

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