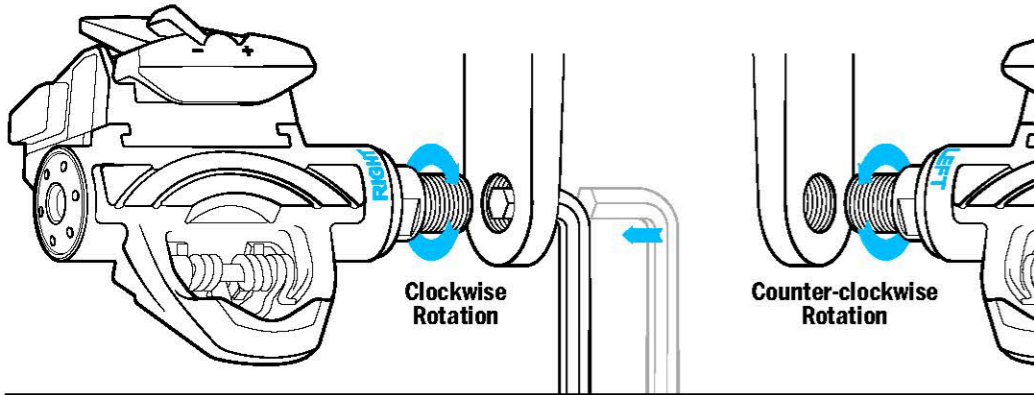


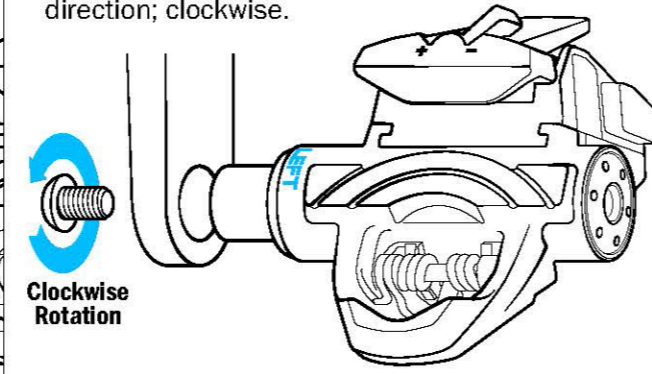
Pedal Installation: Threaded Pedals

The pedals can be installed by using either a 15mm pedal wrench, or a 6mm hex wrench from the inside of the crank arm. Note: Each pedal is threaded opposite to each other, the right pedal is clockwise threaded, the left is counter-clockwise threaded. The pedals are marked "right" and "left" on the body near the spindle.



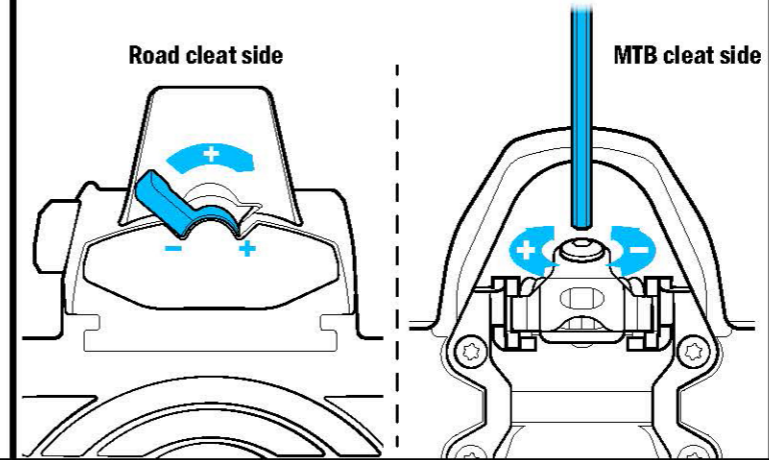
Threadless Pedals

Threadless pedals come with a bolt that should be threaded into the spindle from the inside of the crank arm, this requires the use of a 5mm hex wrench and the bolt should be tightened to 34Nm. Note: Both sides are threaded the same direction; clockwise.



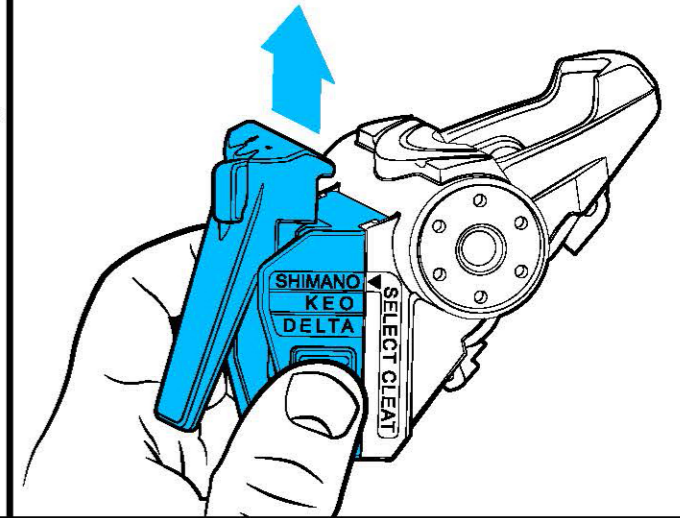
Tension Adjust

The road cleat side of the pedal features a toolfree tension adjustment toggle, the MTB cleat side requires the use of a 3mm allen wrench.

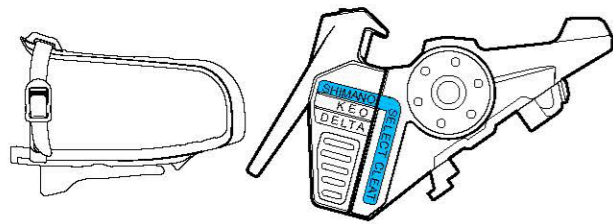


Cleat Selection

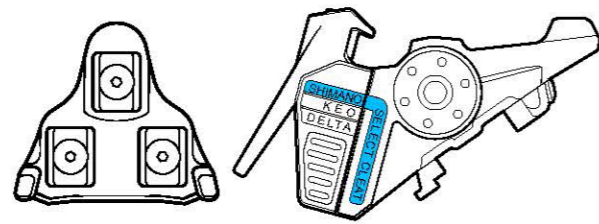
While pressing the toolfree cleat adjust button, slide the Carrier to the cleat setting of your choice.



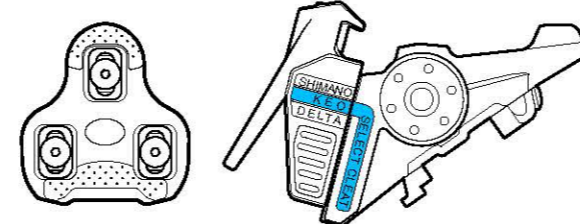
1. Cage



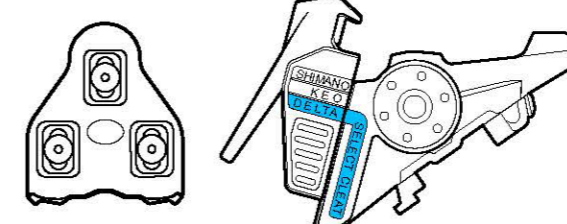
2. Shimano SPD-SL



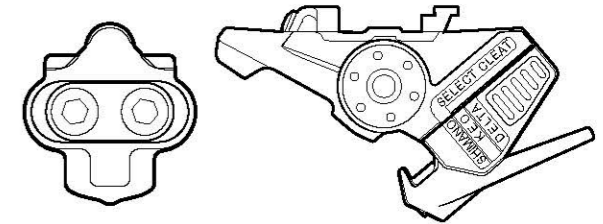
3. Look KEO



4. Look Delta

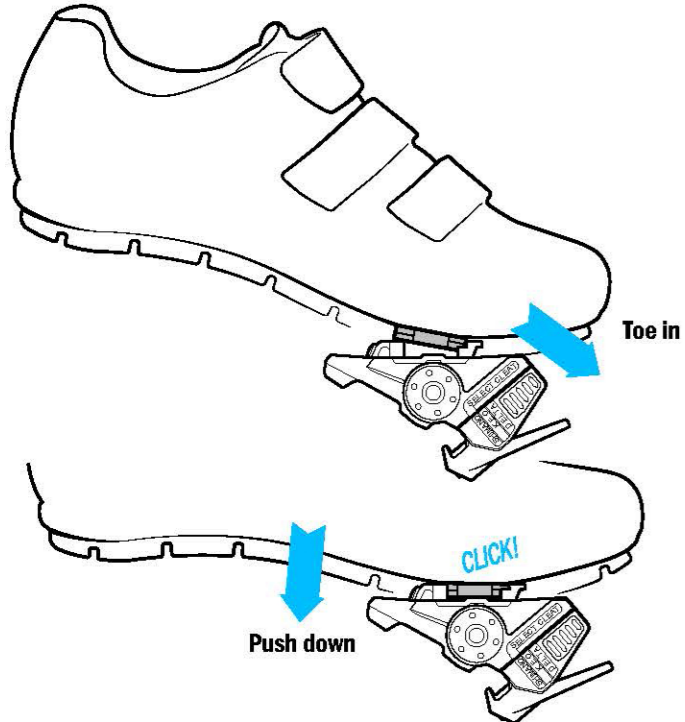


5 Shimano SPD

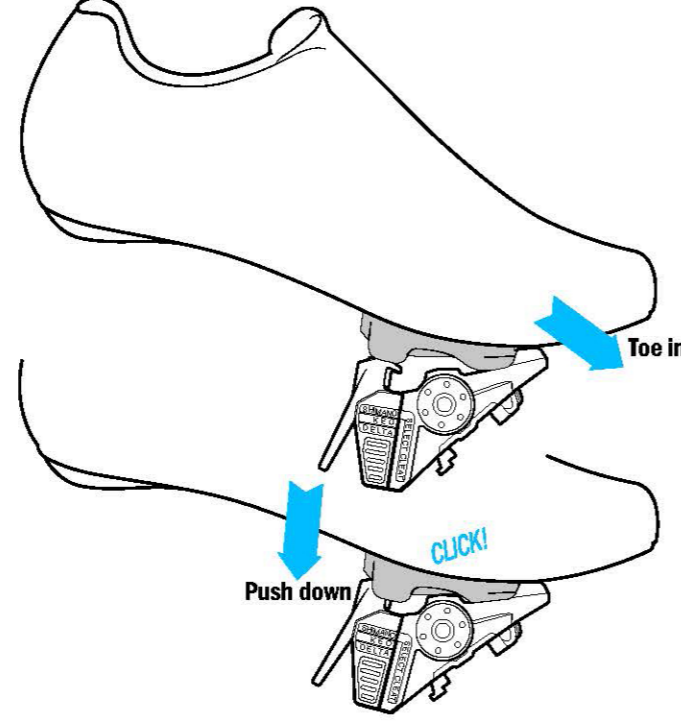


Pedal Engagement

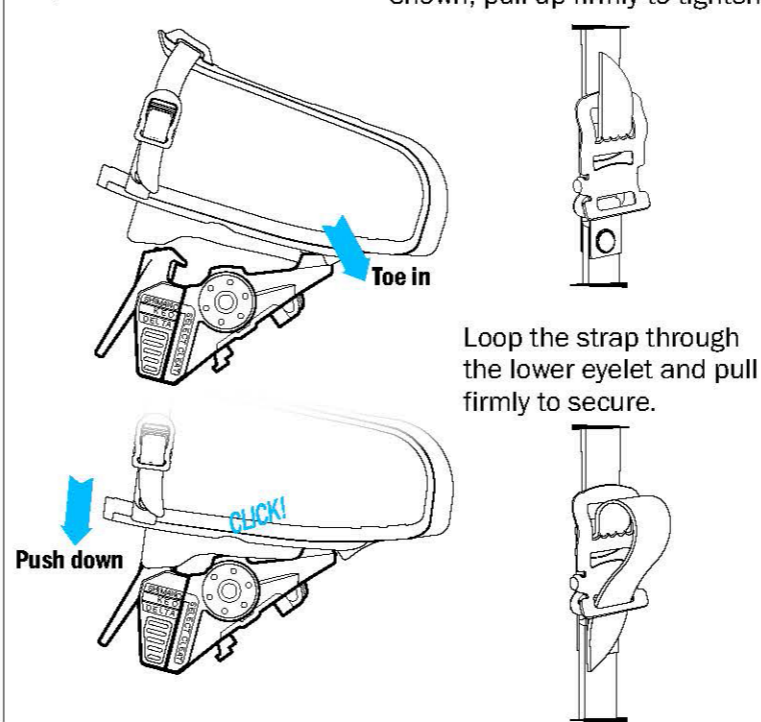
MTB Cleat and Shoe



Road Cleat and Shoe



Cage



Feed the strap under the roller and out through the front as shown, pull up firmly to tighten.

Disengagement

Rotate your heel away from the bike to disengage. This method is used for both the MTB and Road cleat sides of the pedals.

Cage Release

Press the Toolfree cage release lever and lift the cage up to remove it from the pedal.

