

FORM products epitomize a simple mindset; functional innovation. Each product is designed according to the principles of simplicity, ease of use, and above all, function. FORM'S drive is to find ways to improve on, or add to, the range of bike fitting products available to fitters and riders. They want their products to look and feel beautiful and be a joy to use. FORM aims to take products that are fundamental to an optimum fit and elevate them to a higher level.



### IN-SHOE WEDGES - Forefoot Wedge (Road-MTB Universal 10 Pack)

The in-shoe forefoot wedge is designed to be used inside the shoe, between the insole and shoe itself. It provides 1.5 degrees of varus tilt directly to the forefoot, improving proprioception and creating a more controlled environment inside the shoe.

[SKU Code: SKBM-02697]



### MTB SHIMS Walkable MTB Shim - (V1) 1 Unit

FORM's patent-pending MTB shims are the only "walkable" SPD shim on the market and were developed specifically to overcome the issues inherent in traditional MTB shim designs.

These shims are ideal for gravel, cyclocross, or cross country MTB riding where a relatively high amount of time is spent in seated pedaling and are best suited to traditional stiff MTB shoes.

[SKU Code: SKBM-02702]



### MTB WEDGES - Anti-Rotate MTB Wedge (20 Pack)

FORM's MTB cleat wedge was explicitly developed to overcome the inherent issues found with traditional MTB cleat wedge designs. It is the only anti-rotate MTB-specific cleat wedge on the market.

Cleat wedges are used to correct foot pronation, increase proprioception and provide better stability and control while cycling.

[SKU Code: SKBM-02694]

### ROAD CLEAT WEDGES 3-Hole Universal (SPDSL - Look) 20 Pack



Cleat wedges are used to correct foot pronation, increase proprioception and provide better stability and control while cycling. They are also used to indirectly alter knee angle to reduce lateral or medial knee pain associated with bad leg tracking.

Cleat wedges angle the rider's shoe/foot by means of changing the angle between cleat and shoe. Each wedge offers 1 degree of tilt, and multiple wedges can be used to achieve the desired angle.

[SKU Code: SKBM-02692]



### PEDAL WASHERS & SPACERS Black Oxide 2mm (10 Pack)

These 2mm pedal spacers are designed to widen a rider's stance width by 2mm per side, 4mm overall.

Suitable for riders who feel the Q-factor of their bike is restrictive, and who are already on the outside of their cleat adjustment range.

Compatible with all pedals with a 9/16th axle.

[SKU Code: SKBM-02714]



### 3-HOLE UNIVERSAL SCREWS

#### Allen Bolt M5 (4mm hex socket - 30 pack)

M5 cleat screws made from 10.9 grade steel and equipped with a 4mm hex tightening socket. Available in multiple lengths to facilitate use with different shim / wedge stack heights.

**SKU Codes: 12mm (SKBM-02704), 14mm (SKBM-02705), 16mm (SKBM-02706), 18mm (SKBM-02707), 20mm (SKBM-02708)**

### ROAD LEG LENGTH SHIMS 3-Hole Universal (SPDSL - Look) 5 Pack



The FORM modular leg length shim is compatible with all 3-hole roads.

Leg length shims are used to increase the effective leg length on a shorter leg in cases where a cyclist suffers from a leg length discrepancy.

Shimming can create an equal leg extension with the correct amount of rising, stabilize the pelvis, and lead to a smoother and more controlled pedal stroke on the shorter side.

**SKU Codes: 2mm (SKBM-02698), 3mm (SKBM-02699)**

### Heel wedge - universal road / MTB (kit) - 15 Pack



Heel wedges are used inside the shoe to cant the rear of the foot and directly correct and support rear foot valgus/pronation.

Similar to cleat wedges or forefoot (in-shoe) wedges, the heel wedge lifts the collapsed side of the foot, increasing stability and control. However, unlike the cleat wedge (which cants the entire shoe), or the forefoot wedge (which cants the forefoot directly and the rearfoot indirectly), the heel wedge adjusts only the heel.

Featuring a 1-degree tilt, the heel wedges can be stacked together to achieve a steeper angle or stacked at opposing angles to accomplish a heel lift if required. They come in one size and are trimmed to fit.

[SKU Code: SKBM-02695]

### Leg length shim - MTB walkable V2 (kit)

FORM's patent pending MTB shims are the only "walkable" MTB shim on the market, and were developed specifically to overcome the issues inherent in traditional MTB shim designs, those being: a difficulty when walking or clipping in, or a wobbly and unstable connection to the pedals.

FORM's product solves these issues by using: 2 parallel tread areas to protect the cleat and add clipped in stability, chamfered front feet which facilitate easy cleat engagement, and two sets of posts/tabs which protrude into the shoe to resist rotation.

These shims are ideal for gravel, cyclocross or cross country MTB riding where a relatively high amount of time is spent in seated pedalling, and are best suited to traditional MTB, gravel, or touring shoes utilising an MTB style (2-hole) cleat.



[SKU Code: SKBM-02703]