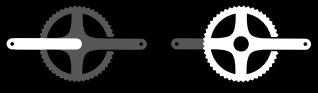
PINND | PEDAL INSTALLATION

BEFORE STARTING

It's really important you install your pedals correctly. To help you, Left pedals have a small L marked on the end of the pedal beside the end of the spindle. Right pedals have a small R marked (Figure A).

FIGURE A

FIGURE B



INSTALLATION

1. Use a high quality Anti-Seize compound on the spindle threads. Ensure all threads are evenly coated.
2. Offer the Left pedal thread to the left crank arm, (Figure B). Left pedals install **COUNTER CLOCKWISE**. Using your hand only, engage the first couple of threads.
3. **Go slowly and ensure you are not cross threading.** If it's difficult to turn, it is highly likely you have the wrong pedal so back off and double check. If you are sure you have the correct pedal then inspect the thread in the crank arm before trying again. Go back to 2.
4. With a high quality 8mm hex key, engage the rear socket of the spindle taking time to make sure you are fully in the socket with the tool.
5. Turn the spindle counter clockwise with your 8mm hex key until it stops and the spindle flange is tight to the crank arm.
6. Use a torque wrench, and ensure you have tightened to 30Nm.*
7. For the right pedal repeat the process above but this time **CLOCK WISE**.

* Please refer to crank manufacturer for exact Nm measurements.

REMOVAL

1. Stand the bike normally, wheels on the floor, or in a workstand and rotate the crank so the right arm is in a downward position.
2. Using your 8mm hex key, insert into the spindle socket with the handle pointing to the back of the bike.
3. Use tool to loosen the Right pedal in a counter clockwise rotation and keep turning until the pedal disengages the threads.
4. Perform the same actions on the Left pedal but this time you are loosening clockwise. The rule to remember is pedals loosen to the back of the bike and tighten to the front.