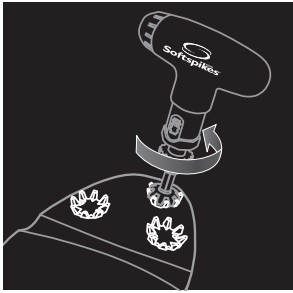


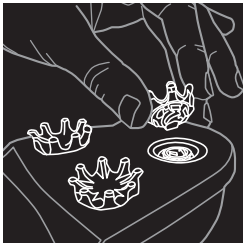
# CLEAT REMOVAL & INSTALLATION GUIDE



- 1** Remove your old cleats with a Softspikes® CleatKaddy™, Cleat Ripper™, or Champ® MaxPro Wrench by twisting the cleats counter-clockwise until they come out of the receptacle. Remove excess debris from the receptacle.

- 2** Make sure you have the appropriate replacement cleats to match the receptacles in your shoes. Then, follow the instructions for your Insert System below.

*Note: installing the wrong cleat into a mis-matched receptacle can permanently damage the receptacle. Do not attempt to force the cleats into the receptacles... check for obstructions and make sure you are installing the correct cleats.*



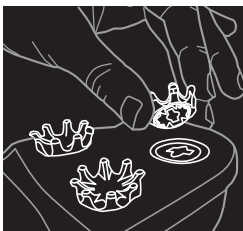
For Fast Twist® 3.0, Tour Lock™, and Slim-LOK® cleats, thread the cleat into the receptacle by hand and twist until it clicks 1 time. **Proceed to Step #3A.**

**NOTE:** Do not attempt to install Fast Twist® or Tri-LOK® cleats into Fast Twist® 3.0/Tour Lock™ or Slim-LOK® receptacles (the small pin in Fast Twist® 3.0/Tour Lock™ or Slim-LOK® receptacles will prevent installation).



For Fast Twist® and Tri-LOK® cleats, thread the cleat into the receptacle by hand and twist until it clicks 1 time. **Proceed to Step #3B.**

**NOTE:** Fast Twist® 3.0/Tour Lock™ or Slim-LOK® cleats will fit in Fast Twist® or Tri-LOK® receptacles.



For PINS® cleats, align the cleat to fit in the receptacle, and place it in by hand. Do not attempt to hand-tighten.

**Proceed to Step #3C.**



For Q-LOK® cleats, align the cleat to fit in the receptacle, and place it in by hand. Do not attempt to hand-tighten.

**Proceed to Step #3D.**



For Metal Thread cleats, thread the cleat into the receptacle and hand-tighten just enough so that the cleat stays in place. **Proceed to Step #3E.**



- 3** Using a Softspikes® CleatKaddy™, Cleat Ripper™, or Champ® MaxPro Wrench™, follow the instructions below for your specific Insert System/Cleats.

- A. For Fast Twist® 3.0/Tour Lock™ and Slim-LOK®, cleats**, use the wrench to turn the cleat clockwise until it clicks 1 additional time, locking the cleat into place.
- B. For Fast Twist® and Tri-LOK® cleats**, use the wrench to turn the cleat clockwise until it clicks 2 additional times, locking the cleat into place.
- C. For PINS® cleats**, use the wrench to turn the cleat clockwise until it clicks 3 times, locking the cleat into place.
- D. For Q-LOK® cleats**, use the wrench to turn the cleat clockwise until it clicks 1 time, locking the cleat into place.
- E. For Small Metal Thread cleats**, use the wrench to turn the cleat clockwise until the cleat is **flush with the sole of the shoe**, locking the cleat into place. *Do not to over-tighten.*