

EXERCISE BIKE PEDALS

IMPORTANT NOTES

Carefully read these instructions before installing and using this product. Always ensure pedal axles are tightly secured to crank arms before each ride. Loose, worn or damaged parts may lead to injury.

WARNING Clip-in pedals can be dangerous if used incorrectly, used with incompatible shoes or cleats, or not maintained properly. If you have never used clip-in pedals before, read instructions and take time to learn how to use them safely.

1. Clip-in pedals are compatible only with purpose-built cycling shoes.
2. You may also need to read the instructions that came with your cycling shoes.
3. Cleats compatible with Shimano SPD is included.
4. Only use cleats compatible with Shimano SPD with the pedals. The use of non-compatible cleats may be unsafe, and will void warranty.
5. This pedal is for indoor bike use only.

MAINTENANCE

1. Pedals should be maintained if: rotating pedal emits noise, rotation by hand feels rough.
2. Bearings should be cleaned and regreased once needed.
3. Damaged bearings or play in the bearings should be replaced.
4. Damaged pedals should be replaced.
5. Before each ride, ensure cleats are secured tightly to shoe soles.
6. To function properly, pedals and cleats must be kept free of debris and reasonably clean.
7. If pedals have exposed binding springs, lightly lubricate springs occasionally.
8. Minimize walking in cleated shoes as this accelerates wear.
9. Lubricate cleat bolts occasionally to prevent from rusting and seizing.
10. Cleats should be replaced when they are badly worn, loose in pedal binding, or difficult to clip out.
11. Indoor bike pedal is suggested to be replaced every year.

1 YEAR WARRANTY

This product is covered by warranty under normal usage against defects in workmanship and materials to the original purchaser for one year from purchase date.

1. This warranty does not cover any incidental or consequential damages, such as personal injury or any other losses due to accident, neglect, misuse, abuse, modification, normal wear and tear, improper assembly or maintenance.
2. When returning a defective product for warranty purposes, the claimant must provide proof of purchase and a written description of damages.
3. There are no other warranties implied.



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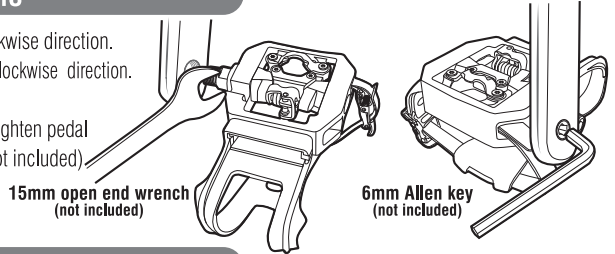
INSTRUCTIONS

PARTS & TOOLS

PARTS INCLUDED	TOOLS NEEDED
Pedal x 2 (Left & Right) SPD cleat x 2 SPD cleat washer x 2 SPD cleat mounting bolt x 4	3mm Allen key 4mm Allen key 6mm Allen key or 15mm open end wrench

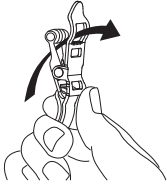
MOUNTING PEDALS TO CRANK ARMS

- The right pedal (marked CR-R) is installed in a clockwise direction.
The left pedal (marked CR-L) is installed in a counter-clockwise direction.
- Thread axle into the crank hole with your fingers.
Use 15mm open end wrench or 6mm Allen key to tighten pedal (15mm open end wrench and 6mm Allen key are not included).
- Tighten well but avoid excessive force.
Tightening torque : 35Nm (309 in-lb).



STRAP INSTALLATION

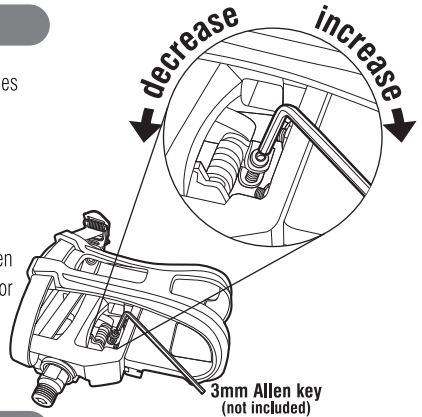
- Insert the loose cord between the roller and teeth while pinching the metal catch.
- Fasten the strap and thread the rest of the cord through the metal catch to keep it safely out of the way when riding.



↓The following instructions are for SPD clip-in side only.↓

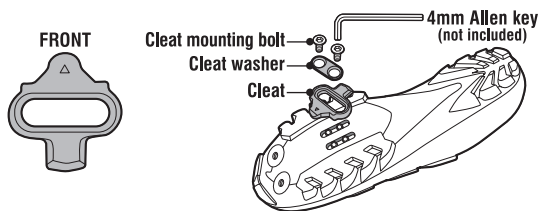
PEDAL TENSION ADJUSTMENT

- Use a 3mm Allen key to adjust the tension on the pedal to fit your cleated shoes (3mm Allen key is not included).
- To increase the tension, turn the adjuster clockwise (for securer shoe/pedal bind, but more difficult to clip in and clip out).
To decrease the tension, turn the adjuster counter-clockwise (for less secure shoe/pedal bind but easier to clip in and clip out).
- Binding tension should be equal on both pedals to achieve a uniform effect when clipping in and clipping out cleated shoes. Minimum tension is recommended for beginners and for rides requiring clipping out the cleat frequently.
- Do not over-tighten or over-loosen tension adjuster (over tightening may damage thread, and bolt may fall out if too loose).



CLEAT INSTALLATION

- Left and right cleats are identical- the pointed end faces the toe of the shoes.
- The lateral center line of the cleat should be aligned with the center of the ball of the shoe sole.
- Adjust cleats to the best position and tighten all cleat mounting bolts properly with 4mm Allen key (4mm Allen key is not included)
Tightening torque : 4.9-7.8Nm (43-69 in-lb)



CLIPPING IN AND CLIPPING OUT THE CLEATED SHOES

- To clip in the cleated shoes into the pedal, aligning the cleat between front and rear bindings while pushing down.
To clip out the cleated shoes from the pedal, twisting heel outwards away from the indoor bike.

