

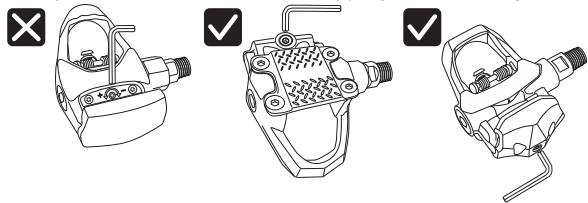


TOE CAGE FOR CLIP-IN PEDAL

COMPATIBLE WITH Peloton / Look Delta

IMPORTANT NOTES

1. Please carefully read these instructions before installing and using this product. Improper use may lead to injury.
2. This product should only be used with clip-in pedals. You should be familiar with clip-in pedals before attaching this toe cage to your pedals.
3. This toe cage is compatible with Look Delta clip-in pedals only. Attaching incompatible pedals can be dangerous.
4. The toe cage is not compatible with pedals where tension adjuster will be covered after clipping in the toe cage.



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INSTRUCTION

CLIP IN THE TOE CAGE

1 Install the strap per below steps **a** and **b**

a Insert the loose cord between the roller and teeth while pinching the metal catch.

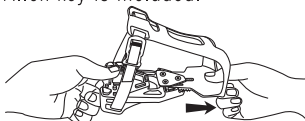
b Thread the rest of the cord through the metal catch to keep it safely out of the way when riding.



2 Loose the bolts with 2.5mm Allen key and adjust the toe cage to your shoe size. Tighten the bolts after you adjust the toe cage to your shoe size.

Tightening torque: 2.45-2.94Nm (21.7-26.0 in-lb)

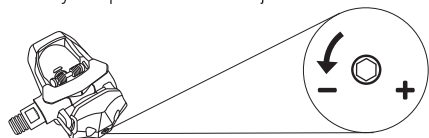
▲ 2.5mm Allen key is included.



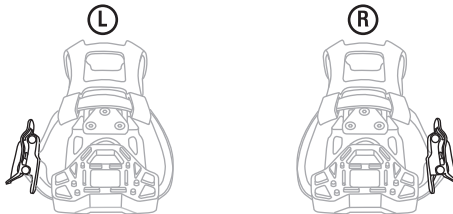
3 Use corresponding Allen key to decrease tension on your clip-in pedal until tension adjuster is set to the lowest setting to clip in your toe cage.

WARNING Do not over-loosen tension bolt as it may fall out. Turn in “-” direction to decrease tension.

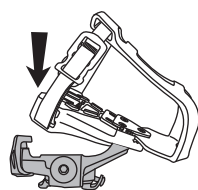
▲ Allen key for pedal tension adjuster is **not** included.



4 Determine the left and right of the toe cage. Please note that the buckle side should face out.

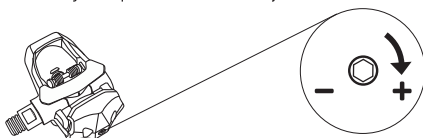


5 Hold the rear of toe cage with your hands as below image and then press down the toe cage. The toe cage can be clipped in easily if the tension on your clip-in pedal is low enough. It is suggested to wear gloves for protection.



6 Once the toe cage is installed, it is optional to increase tension on your clip-in pedal with corresponding Allen key. (for securer and more stable riding, but more difficult to clip out.) Turn in “+” direction to increase tension.

▲ Allen key for pedal tension adjuster is **not** included.

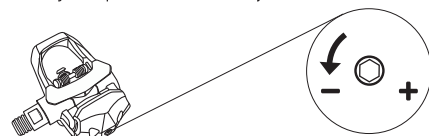


7 Make sure the straps are well-tightened before riding. Loose straps may lead to injury.

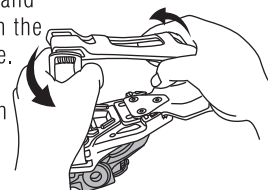
CLIP OUT THE TOE CAGE

1 If you have increased tension on the pedal after clipping in the toe cage, please decrease the tension on your clip-in pedal with corresponding Allen key until tension adjuster is set to the lowest setting to clip out the toe cage. WARNING Do not over-loosen tension bolt as it may fall out. Turn in “-” direction to decrease tension.

▲ Allen key for pedal tension adjuster is **not** included.



2 Hold the strap with one hand and hold the front of the cage with the other hand as reference image. Twist rear toe cage outwards (away from the spin bike) with your hands. It is suggested to wear gloves for protection.



3 Please adjust tension to fit your cleated shoes after you clip out the toe cage from pedals. WARNING Binding tension should be equal on both pedals to achieve a uniform effect when engaging and disengaging cleated shoes.

▲ Allen key for pedal tension adjuster is **not** included.

