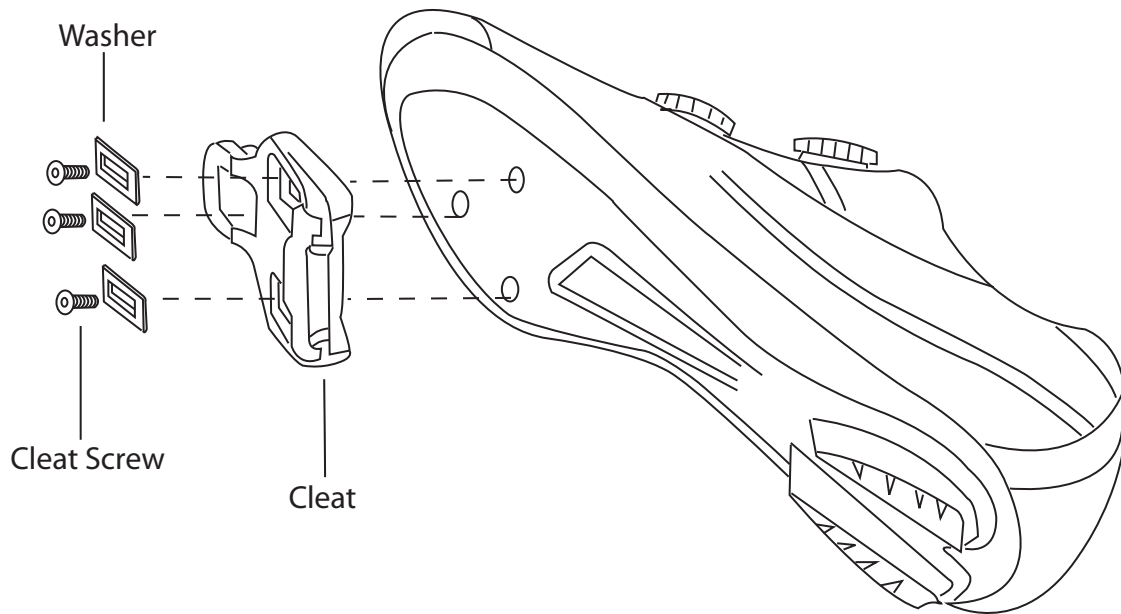


Please read all instructions before installing and using your cleats.

Be sure to install your cleats in a position that is most comfortable to your riding position and style.

Warning

Failure to install shoe cleats properly may result in serious injury/death and or damage to your bicycle.



Installation/Use

1. Most cycling shoes come with a cleat cover that will need to be removed before installing your cleats.
2. Point the cleat forward and align the holes in the cleat with the shoe as shown in the image.
3. Bolt the cleat to the shoe using the supplied washers and screws.
4. Align the cleat to your preference before fully tightening the screws.

The vertical and fore/aft position of your cleats will depend on your preference and comfort. A good starting point though, is having the cleat positioned exactly centered underneath the balls of your foot.