

Pedal Cleats

Instruction Manual

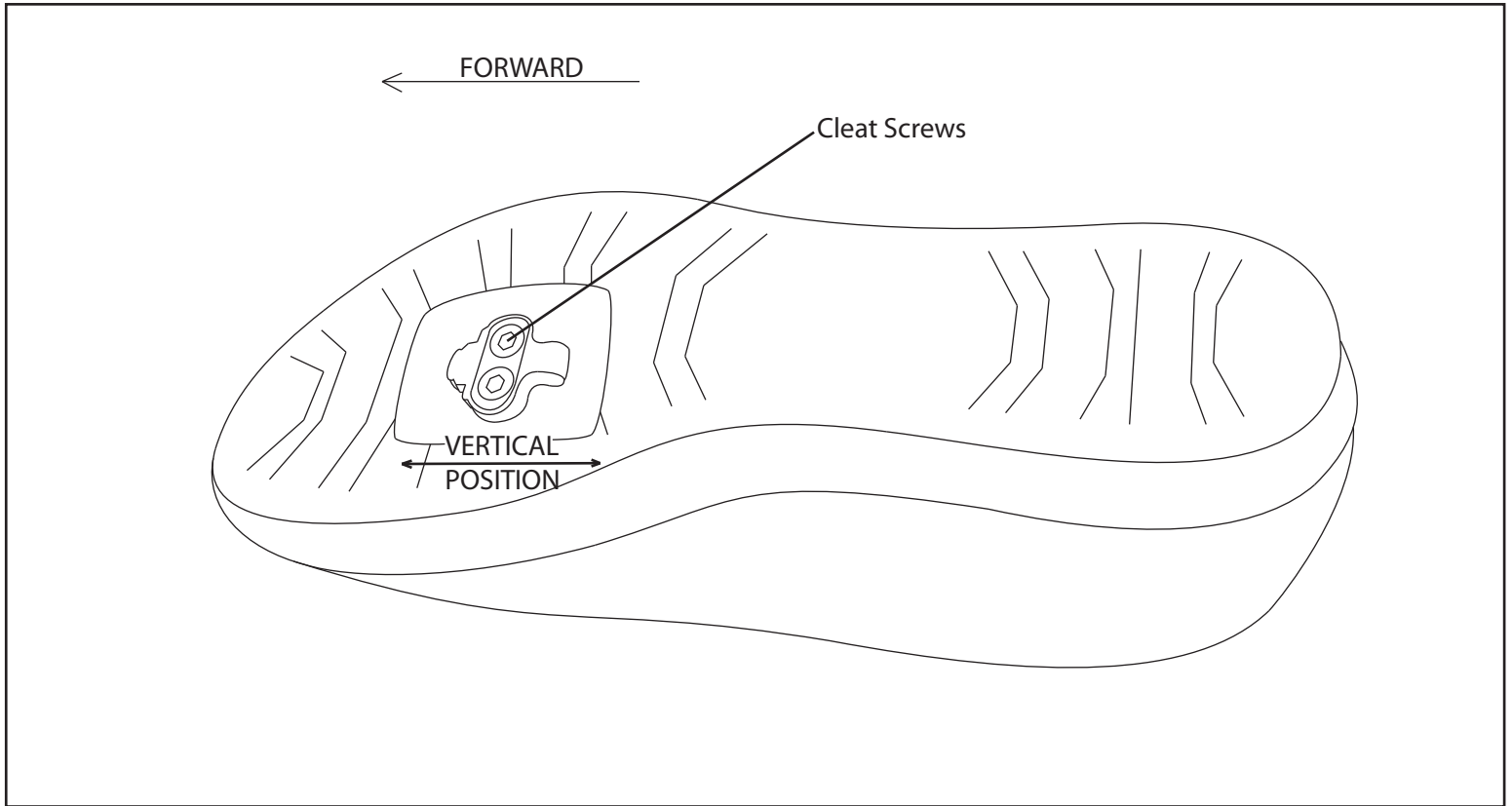
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Please read all instructions before installing and using your pedals.

Make sure cleat is tightly bolted down before riding.

Warning

Failure to tighten cleat properly could result in serious injury or death.



Installation/Use

*Most tennis shoe style shoes will come with a cleat cover that will need to be removed before installing your cleats.

*The vertical position of your cleats will depend on your preference, however the ideal position is exactly centered underneath the balls of your feet.

Cleat Installation

1. Point the cleat forward as shown in image. A natural cleat position would keep your foot parallel with the bike.
2. Bolt the cleat to the shoe using the supplied hardware.
3. Repeat steps 1 and 2 for the second cleat.