

# PD-7750

SPD-SL Pedals

Before use, read these instructions carefully, and follow them for correct use.

## WARNING

- Use only SPD-SL shoes with this product. Other types of shoes may not release from the pedals, or may release unexpectedly.
- Use only Shimano cleats (SM-SH10/SM-SH11) and tighten the mounting bolts securely to the shoes.
- Before attempting to ride with these pedals and shoes, make sure you understand the operation of the engagement/release mechanism for the pedals and cleats (shoes).
- Before you attempt to ride with these pedals and shoes, apply the brakes, then place one foot on the ground and practice engaging and releasing each shoe from its pedal until you can do so naturally and with minimal effort.
- Ride on level ground first until you become adept at engaging and releasing your shoes from the pedals.
- Before riding, adjust the spring tension of the pedals to your liking.
- When riding at low speed or when there is a possibility that you might need to stop riding, (for example, when doing a U-turn, nearing an intersection, riding uphill or turning a blind curb), release your shoes from the pedal beforehand so that you can quickly put your feet onto the ground at any time.
- Use a lighter spring tension for attaching the pedal cleats when riding in adverse conditions.
- Keep cleats and bindings clear of dirt and debris to ensure engagement and release.
- Remember to check the cleats periodically for wear. When the cleats are worn, replace them. Always check the spring tension after replacing the pedal cleats and before riding.
- Obtain, read and carefully service instructions when installing parts. A loose, worn, or damaged parts may cause injury to the rider. We strongly recommend that only genuine Shimano replacement parts be used.
- If you have any questions concerning your pedals, contact a professional dealer.

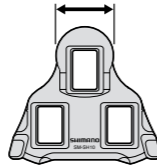
Be sure to read and follow the above warnings carefully, otherwise your shoes may not release from the pedals, or they may release unexpectedly and slip from the pedals, causing a fall that could result in severe injury.

An optional reflector set (SM-PD58) is available. Please contact a professional dealer for details.

## Cleat types

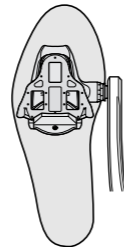
SM-SH10

(Option)  
Wide



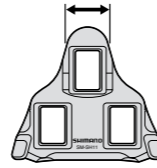
**Fixed mode**

There is no play when the shoes are firmly engaged with the pedals.



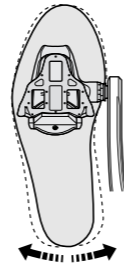
SM-SH11

Narrow



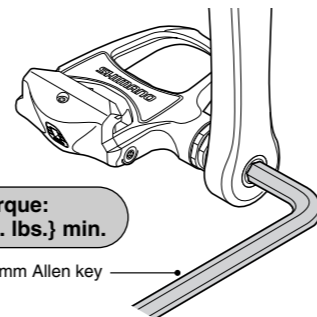
**Self-aligning mode**

There is some sideways play when the shoes are firmly engaged with the pedals.



## Mounting the pedals on the crank arms

Use an 8 mm Allen key to mount the pedals on the crank arms. The right pedal has a right-hand thread; the left pedal has a left-hand thread.



**Tightening torque:**  
35 Nm {304 in. lbs.} min.

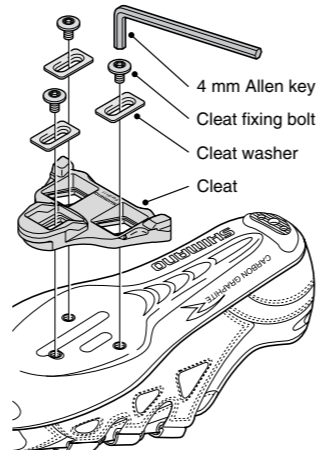
8 mm Allen key

## Attaching the cleats

Set the cleat on the bottom of each shoe as shown in the illustration, and then provisionally tighten the cleat fixing bolts. Refer to the service instructions provided with your shoes for further details.

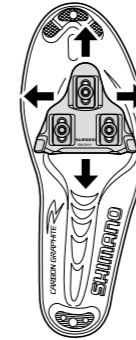
### Note:

When installing the cleats, use the cleat fixing bolts and the cleat washers that are provided with the cleats. If you use any other cleat fixing bolts, it may damage the cleats and cause problems with correct installation. Furthermore, if you are using shoes from another manufacturer and the cleat fixing bolts are not long enough to secure the cleats in place, use Shimano cleat fixing bolts (Part No. Y-42U 98060) which are sold separately.



## Adjusting the cleat position

1. The cleat has an adjustment range of 15 mm front to back and 5 mm right to left. After provisionally tightening the cleat, adjust it until the optimum cleat position is obtained. Adjustment can also be carried out with the shoes already attached to the pedals.
2. After you have determined the best cleat position, firmly tighten the cleat fixing bolts with a 4 mm Allen key.

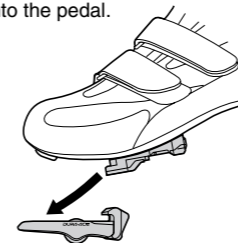


**Tightening torque:**  
5 – 6 Nm {43 – 52 in. lbs.}

## Using the pedals

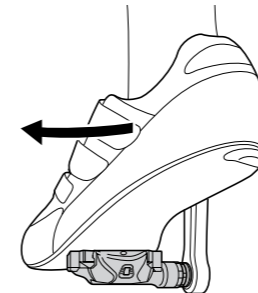
### To engage

Press the cleat into the pedal.



### To release

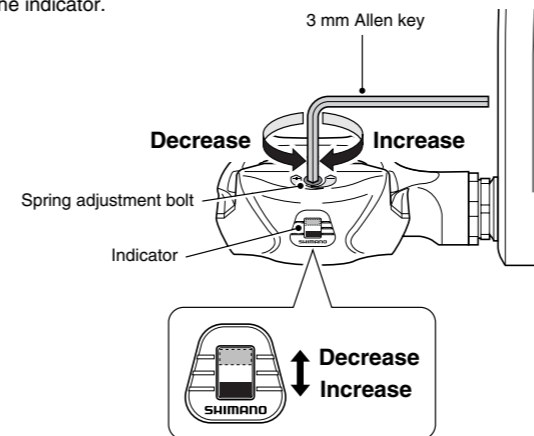
Twist your feet to the outside.



- \* Place one foot on the ground, apply the brakes, and practice engaging and releasing the cleat from the pedal several times to determine the spring tension you prefer.

## Adjusting the spring tension

Adjust the spring tension with the spring adjustment bolt located on the underside of the pedal. Move the cleat in the release direction when carrying out this adjustment. The spring tension will be displayed on the indicator.



### Note:

- A click stop at each 90° turn of the bolt marks an incremental change in the spring tension. The bolt can be turned up to three complete revolutions. Do not turn the bolt past the point at which the indicator shows the maximum or minimum tension.
- If the spring is completely withdrawn from the spring plate, disassembly and reassembly will be required. If this occurs, ask a professional dealer for assistance.
- If the spring tensions are unequal, a different amount of effort will be required to engage and release the cleats from the right and left pedals, and from both sides of the pedal. As a result, unexpected difficulty will arise because of the unfamiliar effort required for engagement and release.

## Cleat replacement

Cleats wear out over time and must be replaced. Replace your cleats when you find it difficult to engage or release.

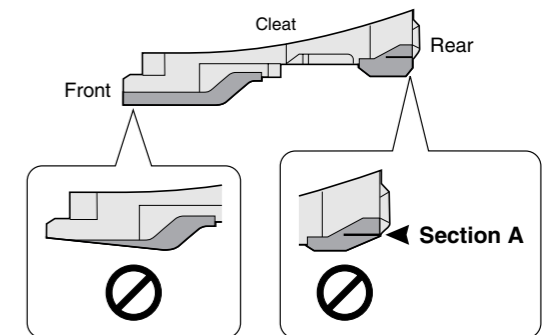
## WARNING

If you do not maintain your shoes and cleats in good condition, your shoes may not properly release from the pedals, resulting in a fall or other mishap.

### Note:

If the yellow (SM-SH11) or red (SM-SH10) portions of the cleats become worn, replace the cleats with new ones.

- Front: Replace the cleats when the black layer underneath the cleats are visible.
- Rear: Replace when section A in the illustration becomes worn.



## Maintenance of the axle units

If you experience any trouble with the rotating parts of the pedal, the pedal may require adjustment. Obtain advice from a professional dealer.

### NOTE:

For maximum performance we highly recommend Shimano lubricants and maintenance products.

These service instructions are printed on recycled paper.

Please note: Specifications are subject to change for improvement without notice. (English)

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