



UM-45F0A-003-00

User's manual

SPD-SL Pedals Light Action



User's manuals in other languages are available at :
<http://si.shimano.com>

IMPORTANT NOTICE

- Contact the place of purchase or a bicycle dealer for information on installation and adjustment of the products which are not found in the user's manual. A dealer's manual for professional and experienced bicycle mechanics is available on our website (<http://si.shimano.com>).
- Do not disassemble or alter this product.

For safety, be sure to read this user's manual thoroughly before use, and follow them for correct use.

Important Safety Information

Guidelines that require replacement, contact the place of purchase or a bicycle dealer.



WARNING

- These pedals are designed for on-road recreation. These pedals can be engaged with and released from the cleats more easily than other SPD-SL pedals. These pedals are designed for non competition and non aggressive uses. If you use these pedals for such usage, the cleats may become accidentally released from the pedals and you may fall off the bicycle.
- SPD-SL pedals are designed so that you release them only when you intend to release. They are not designed to release automatically at times such as when falling off the bicycle.
- 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 and make sure that the mounting bolts are tightened 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. If the spring tension of the pedals is low, the cleats may become accidentally released and you may lose balance and fall off the bicycle. If the spring tension of the pedals is high, the cleats cannot be easily released.
- 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 curve), 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.

BE SURE TO READ AND FOLLOW THE ABOVE WARNINGS CAREFULLY. If the warnings are not followed, your shoes may not come out of the pedals when you intend or they may come out unexpectedly or accidentally, and severe injury may result.

- Reflectors have to be mounted to the bike at any time as soon as traveling on public roads.
- Do not continue riding the bicycle if the reflectors are dirty or damaged. Otherwise, it becomes more difficult for others to see you.
- After reading the user's manual carefully, keep it in a safe place for later reference.

Note

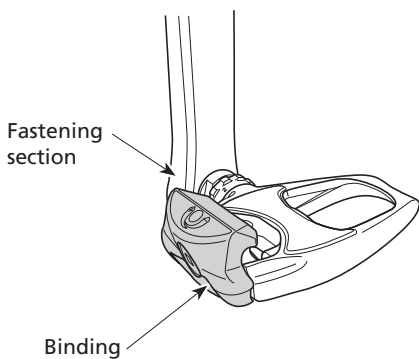
- In addition, if pedaling performance does not feel normal, check this once more.
- If you experience any trouble with the rotating parts of the pedal, the pedal may require adjustment. Contact the place of purchase or a bicycle dealer.
- Products are not guaranteed against natural wear and deterioration from normal use and aging.
- For maximum performance we highly recommend Shimano lubricants and maintenance products.

Regular inspections before riding the bicycle

Before riding the bicycle, check the following items. If any problems are found with the following items, contact the place of purchase or a bicycle dealer.

- Are the fastening sections fixed securely?
- Is there a large play between the cleats and the pedals because of wear?
- Are there any abnormalities in the engagement and release of the cleats?
- Are there any abnormal noises?

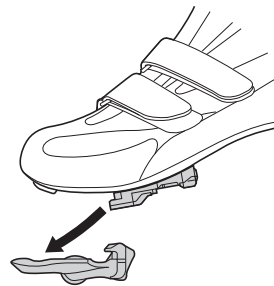
Names of parts



Using the cleats

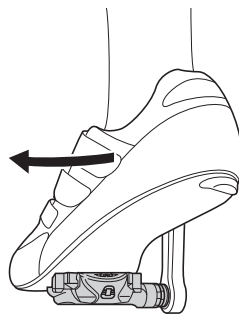
Engaging the cleats with the pedals

Press the cleats into the pedals with a forward and downward motion.



Releasing the cleats from the pedals

Release the cleats from the pedals by twisting your heels outward.

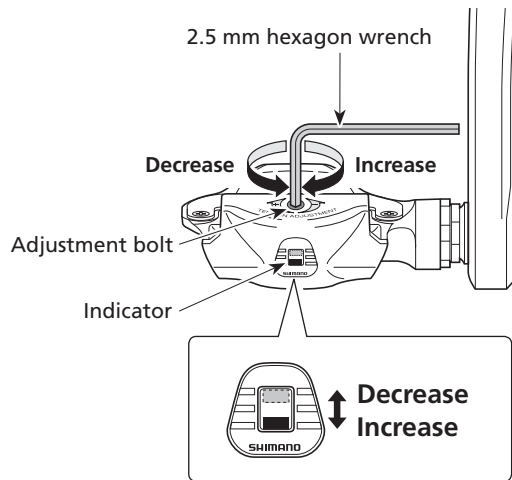


Note:

Place one foot on the ground, practice engaging and releasing the cleat from the pedal several times, and set the spring tension to the tension you prefer when releasing the cleat.

Adjusting the spring tension of the pedals

- The spring tension of the pedals can be adjusted by turning the adjustment bolt to adjust the spring force of the binding.
- One click of the adjustment bolt changes one step. There are four clicks per turn.
- The adjustment bolt is located at the rear of each binding.
- Adjust the spring force to the optimum cleat holding force when releasing the cleats from the bindings.
- Equalize the spring tensions for both pedals by referring to the tension indicators and by counting the number of turns of the adjustment bolts.
- Turning the adjustment bolt clockwise increases the spring tension, and turning it anti-clockwise reduces the spring tension.



Do not turn the bolt past the point at which the indicator shows the maximum or minimum tension.

Note:

- In order to prevent accidental or unintentional release from occurring, make sure all the spring tensions are properly adjusted and check the spring tensions.
- If the spring tensions are not adjusted equally, it can cause the rider difficulty to engage or release from the pedals. The spring tensions should be adjusted equally for both right and left pedals.

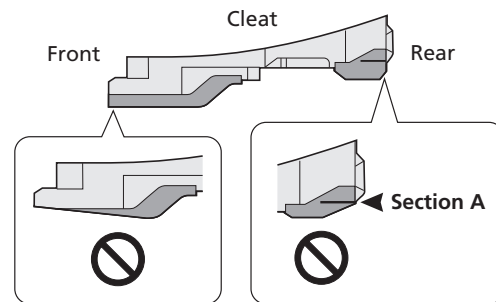
Cleat replacement

Cleats wear out over time and should be replaced periodically. Cleats should be replaced at a dealer or an agency when it becomes difficult to release, or it starts to release with much less effort than that when it was in new condition.

Note:

If the colored 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.



Mounting the reflectors (optional)

Optional reflector sets are available. Reflector sets vary depending on the model of the pedals. Consult a dealer or an agency.

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