General Safety Information

**WARNING**
- To avoid serious injuries:
  - SPD 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 taking off the bicycle. This is a safety feature to prevent you from losing balance and falling off the bicycle as a result of your feet becoming accidentally released from the pedals.
  - Use only SPD shoes with this product. Other types of shoes may not release from the pedals, or may release unexpectedly.
  - Use only Shimano cleats (SM-SH11/SM-SH56) 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 the 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 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. If you do not maintain both your shoes and your cleats in good condition, release and engagement to the pedals could become unpredictable or difficult, which could cause severe injury.
  - Be sure to attach reflectors to the bicycle when riding at night. Do not continue riding the bicycle if the reflectors are dirty or damaged, otherwise it becomes more difficult for oncoming vehicles to see you.
  - Obtain and read the service instructions carefully prior to installing the parts. Loose, worn, or damaged parts may cause serious injury to the rider. We strongly recommend only using genuine Shimano replacement parts.
  - If you have any questions concerning your pedals, contact a professional dealer.
  - Read these Technical Service Instructions carefully, and keep them in a safe place for later reference.

**NOTE:**
- Before riding the bicycle, check that there is no play or looseness in the connection. Also, be sure to tighten the crank arms and pedals at periods of disuse.
- In addition, if pedaling performance does not feel normal, check this once more.
- As an optional reflector set, SM-PD22 (exclusively for PD-M790/PD-M770/PD-M540/PD-M560) and SM-PD92 (exclusively for PD-M560) are available. Please contact a professional dealer for details.
- Parts are not guaranteed against natural wear or deterioration resulting from exposure to the elements.
- For maximum performance we highly recommend Shimano lubricants and maintenance products.

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**Technical Service Instructions**

**Attaching the cleats**

1. With a pair of pliers or a similar tool, pull off the rubber cover to expose the cleat mounting holes.

   **Note:** You may need to be very careful when doing this, as the SPD cleats are very strong.

2. Remove the sockliner and position a cleat nut over the oval holes.

   **Note:** Be sure to check the strength of the cleat by tapping it with a hammer. If the cleat is coming off, it may not be strong enough to hold the foot in place.

3. From the bottom of the shoe, position a cleat and then a cleat adapter over the cleat holes. The cleats are compatible with both left and right pedals. Provisionally tighten the cleat mounting bolts.

   **Technical service** PD-M540

   **Clearance**

   **Provisional tightening torque** for cleat mounting bolts: 2.5 N·m (22 lb-in.)

   **Type 1**

   **Adjusting the cleat position**

   1. The cleat has an adjustment range of 30 mm from both 5 mm right to left. After properly tightening the cleat, practice engaging and releasing, one shoe at a time. Readjust to the best cleat position.

   2. After you have determined the best cleat position, firmly tighten the cleat mounting bolts with 4 mm Allen key.

   **Adjusting the cleat position**

   **Tightening torque:** 5 - 6 N·m (44 - 52 lb-in.)

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**Cleat types and using the pedals**

**Single release mode cleats**


**Multiple release mode cleats**

- SM-SH56 silver, gold / Optional accessory

- **The method of release varies according to the type of cleats you are using.** (Check the model number and color of your cleats to determine the proper method of release.)

**NOTE:**
- The cleats can be released by twisting your heels outward.
- The method of release is the same for both left- and right-handed riders.
- Always check 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 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. If you do not maintain both your shoes and your cleats in good condition, release and engagement to the pedals could become unpredictable or difficult, which could cause severe injury.
- Be sure to attach reflectors to the bicycle when riding at night. Do not continue riding the bicycle if the reflectors are dirty or damaged, otherwise it becomes more difficult for oncoming vehicles to see you.
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**Cleat replacement**

Cleats wear out over time and should be replaced periodically. Cleats should be replaced when they become dull or difficult to release, or when release with much less effort than the wear time was in new condition.

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**Maintenance of the axis units**

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

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**Service Instructions in other languages are available at:**
http://technics.shimano.com

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**Adjusting the spring tension of the bindings**

This spring force is adjusted by means of adjustment bolts. The adjustment bolts are located behind each of the bindings, and there are two adjustment bolts on each pedal. Excessive leverage by twisting the adjustment plate and by counting the number of turns of the adjustment bolts. The spring tension can be adjusted in four steps for each turn of the adjustment bolt.

**Shimming M570:** 2.5 mm Allen key
**PD-M770/PD-M540/PD-M560/PD-M580:** 3 mm Allen key

When the adjustment bolt is turned clockwise, the spring tension increases, and when it is turned counter-clockwise, the spring tension decreases.

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