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

**WARNING TO PARENT / GUARDIAN**

- These 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 shoes with this product. Other types of shoes may not release from the pedals, or may release unexpectedly.
- Use only Shimano cleats (SM-SH51 / 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 brake, then place one foot on the ground and practice engaging and releasing each shoe from the 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 quickly, (for example, when driving a car), near an intersection, riding uphill or turning a blind corner, 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 the pedal and cleats clean and 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 them or they may come out unexpectedly or accidentally, and severe injury may result.
- Be sure to attach reflectors to the bicycle when traveling on public roads.
- Optional reflectors are available for models that do not come equipped with reflectors as standard. For information on suitable reflectors, contact the place of purchase or a bicycle dealer.
- Do not continue riding the bicycle if the reflectors are dirty or damaged, otherwise it becomes more difficult for oncoming vehicles to see you.
- After reading the user’s manual carefully, keep it in a safe place for later reference.

### Names of parts

<table>
<thead>
<tr>
<th>Fastening section</th>
<th>Binding</th>
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**WARNING**

- Do not use the pedal with shoes that are without a cleat or that have been modified.
- The cleats should engage and release from the pedal only when the cleats and shoes are designed to be used with SPD pedals with SM-SH51 and SM-SH56 cleats.
- Before attempting to ride with these pedals and shoes, apply the brake, then place one foot on the ground and practice engaging and releasing each shoe from the pedal until you can do so naturally and with minimal effort.
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- 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.

### Engaging the cleats with the pedals

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

### Releasing the cleats from the pedals

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.)

- **Single release mode cleats:** SM-SH51 (black)
  - These cleats only release when the heel is twisted outward.
  - They will not release if the heel is twisted in any other direction.

- **Multiple release mode cleats:** SM-SH56 (silver / Optional accessory)
  - The cleats can be released by twisting your heel in any direction.
  - You are able to apply upward force to the pedal, since they will not release unless the foot is twisted outward.

### Adjusting the spring tension of the pedals

1. The spring tension of the pedal can be adjusted by turning the adjustment bolt to adjust the spring force of the binding.
2. The adjustment bolt is located at the rear of each binding, at four positions in total of both pedals.
3. Adjust the spring force to the optimum cleat holding force when releasing the cleats from the bindings.
4. Equalize the cleat holding force at four positions by checking the adjustment plate position and counting the number of turns of the adjustment bolts.
5. The adjustment bolt clockwise increases the spring tension, and turning it anti-clockwise decreases the spring tension.

### Replacing the cleats and body cover

The cleats and body cover are consumables and need to be replaced periodically.
- The cleats should be replaced at a dealer or an agency as soon as possible after they become worn and difficult to release or can be released with much less effort than required when they were new.

### Important Safety Information

#### USE OF THIS PRODUCT IN ACCORDANCE WITH THESE USER’S MANUALS IS ESSENTIAL FOR YOUR CHILD’S SAFETY. MAKE SURE YOU AND YOUR CHILD UNDERSTAND THESE USER’S MANUALS. FAILURE TO FOLLOW THESE USER’S MANUALS MAY RESULT IN SERIOUS PERSONAL INJURY.

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- Use a lighter spring tension for attaching the pedal cleats when riding in adverse conditions.
- Keep the pedal and cleats clean and 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.

### Adjusting the spring tension of the pedals

1. Increase
2. Decrease

- The adjustment bolt is located at the rear of each binding, at four positions in total of both pedals.
- Adjust the spring force to the optimum cleat holding force when releasing the cleats from the bindings.
- Equalize the cleat holding force at four positions by checking the adjustment plate position and counting the number of turns of the adjustment bolts.
- The adjustment bolt clockwise increases the spring tension, and turning it anti-clockwise decreases the spring tension.

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