

SPD/Flat Pedals



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 TO PARENT / GUARDIAN

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.

WARNING

- 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 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.

- If you are unsure of how to replace the short and long pins on the pedals, consult a dealer or an agency.
- If the gripping force between the shoes and the pedals (the force which stops the shoes from slipping sideways) is insufficient use long pins to increase the gripping force. This will increase the gripping force. If the gripping force on the shoes is increased, you will not be able to disengage your feet from the pedals by sliding them sideways unless you first raise your feet from the pedals. To avoid falling off the bicycle and suffering serious injury, practice engaging and disengaging one foot from the pedal with the other foot firmly on the ground until you become used to the operation. If you cannot get used to the operation, use short pins instead.
- Because the pins are long, they may cause injury if they come into direct contact with your skin. Be sure to wear clothing and protective gear which is suitable for the way in which the bicycle is to be used.
- 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.

Note

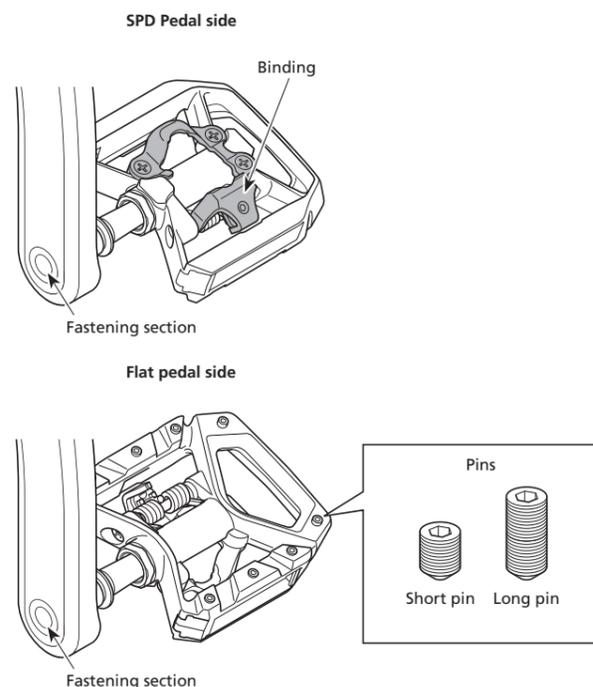
- In addition, if pedaling performance does not feel normal, check this once more.
- If you experience any trouble with the rotating parts of the pedal, the pedal may require adjustment. Contact the place of purchase or a bicycle dealer.
- Parts are not guaranteed against natural wear or deterioration resulting from normal use.
- 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?

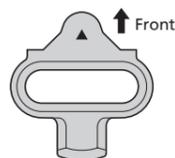
Names of parts



Cleat types and using the pedals

WARNING

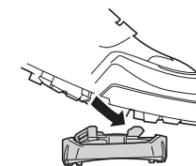
Do not use the pedals and cleats in any way other than as described in these user's manuals. The cleats are designed to engage and release from the pedals when the cleats and pedals are facing forward. See below for instructions on how to install the cleats. FAILURE TO FOLLOW THESE INSTRUCTIONS MAY RESULT IN SERIOUS PERSONAL INJURY.



Single release mode cleats (SM-SH51) and multiple release mode cleats (SM-SH56) are available for use with these pedals. Each type of cleat has its own distinctive features, so be sure to read the Service Instructions carefully and select whichever type of cleat best suits your riding style and the terrain and riding conditions which you will encounter. Other types of cleats such as single release mode cleats (SM-SH52) and multiple release mode cleats (SM-SH55) cannot be used, as they do not provide stable enough step-out performance or sufficient holding force.

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.)

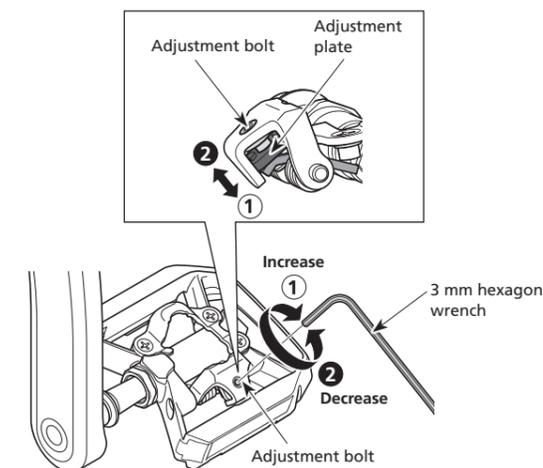
Single release mode cleats: SM-SH51 (black)	Multiple release mode cleats: SM-SH56 (silver, gold / Optional accessory)
These cleats only release when the heel is twisted outward . They will not release if the heel is twisted in any other direction.	The cleats can be released by twisting your heel in any direction.
You are able to apply upward force to the pedal, since they will not release unless the foot is twisted outward.	Because the cleats can also be released by lifting your heel, they may become accidentally released when applying upward force on the pedals. These cleats should not be used for riding style which may involve pulling up on the pedals or for activities, such as jumping, in which pulling forces are applied to the pedals causing possible release from the pedals.
The cleats will not necessarily release if you lose your balance. Accordingly, for places and conditions where it looks as though you may lose balance, make sure that you have sufficient time to release the cleats beforehand.	Although the cleats can be released by twisting your heels in any direction or by lifting, they will not necessarily release if you lose your balance. Accordingly, for places and conditions where it looks as though you may lose balance, make sure that you have sufficient time to release the cleats beforehand.
When you are pedaling vigorously, your heel may inadvertently twist outward and this may cause the cleat to release accidentally. If the cleat releases by accident, you may fall off the bicycle and serious injury may result. You can help to prevent this by adjusting the amount of force required to release the cleats, and you should practice until you are accustomed to the amount of force and the angle required to release the cleats.	If the cleats release by accident, you may fall off the bicycle and serious injury may result. If the features of multiple release mode cleats are not sufficiently understood and if they are not used correctly, then they may release accidentally with a greater frequency than for single release mode cleats. You can help to prevent this by adjusting the amount of force required to release the cleats in any direction, and you should practice until you are accustomed to the amount of force and the angle required to release.

Note:

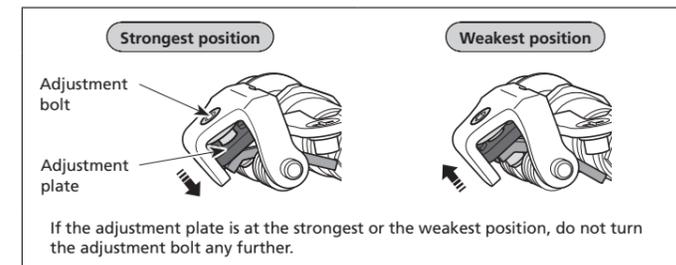
It is necessary to practice releasing until you become accustomed to the technique.

* In multiple release mode, releasing by lifting your heel requires particular practice.

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, at two 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 forces at two positions by checking the adjustment plate position and 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.

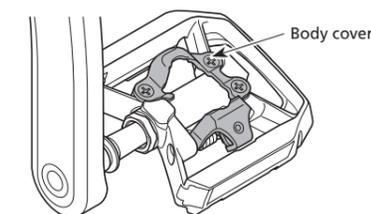


Note:

- 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.

Replacement of the cleats and body cover

The cleats and body cover are consumables and need to be replaced periodically. The cleats and body cover 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 that required when they were new.



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