

SPD-SL Pedals

IMPORTANT NOTICE

- Contact the place of purchase or a distributor for information on installation, adjustment, and replacement 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 (<https://si.shimano.com>).

For safety, be sure to read this "user's manual" thoroughly before use, follow it for correct use, and store it so that it can be referenced at any time.

The following instructions must be observed at all times in order to prevent personal injury and physical damage to equipment and surroundings. The instructions are classified according to the degree of danger or damage which may occur if the product is used incorrectly.

⚠ DANGER	Failure to follow the instructions will result in death or serious injury.
⚠ WARNING	Failure to follow the instructions could result in death or serious injury.
⚠ CAUTION	Failure to follow the instructions could cause personal injury or physical damage to equipment and surroundings.

Important Safety Information

⚠ WARNING

- Do not disassemble or modify the product. This may cause the product to not operate correctly, and you may suddenly fall and be seriously injured.
- Before attempting to ride with these pedals and cleats (shoes), make sure you understand the operation of the engagement/release mechanism for the pedals and cleats (shoes). SPD-SL pedals are designed to be released only when intended. They are not designed to be released automatically when you have fallen 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 screws are tightened securely to the shoes. Failure to securely tighten the screws may result in a fall in which the cleats do not release.
- Before attempting to ride with these pedals and cleats, apply the brakes, then place one foot on the ground and practice engaging and releasing each cleat from its pedal until you can do so naturally and with minimal effort.
- Ride on level ground first until you become accustomed to engaging and releasing your cleats from the pedals.
- Before riding, adjust the cleat holding force of the pedals to your liking. If the cleat holding force of the pedals is low, the cleats may become accidentally released and you may lose balance and fall off the bicycle. If the cleat holding force 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 cleats from the pedals beforehand so that you can quickly put your feet onto the ground at any time.
- Use a lighter cleat holding force for attaching the pedal cleats when riding in adverse conditions.

- Keep cleats and bindings out of dirt and debris to ensure proper engagement and release.
- Remember to check the cleats periodically for wear. When the cleats are worn, replace them, and adjust the cleat holding force before riding and after replacing the pedal cleats.

If the warnings above 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. Reflectors are sold separately for models that do not come with reflectors equipped as standard. For information on compatible reflectors, contact the place of purchase or a distributor.
- Do not continue riding the bicycle if the reflectors are dirty or damaged. Otherwise, it becomes more difficult for oncoming vehicles to see you.

Notice

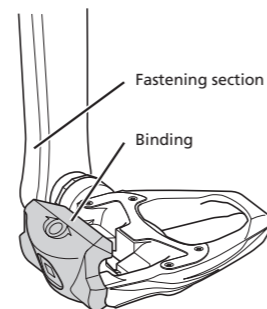
- If pedaling performance does not feel normal, perform an inspection again.
- If you experience any trouble with the rotating parts of the pedal, the pedal may require adjustment. Consult your place of purchase or a distributor.
- Products are not guaranteed against natural wear and deterioration from 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, consult your place of purchase or a distributor.

- Are the fastening sections fixed securely?
- Has excess play increased between the cleat and pedal due to wear?
- Are there any abnormalities when the cleat engages or releases?
- Are there any abnormal noises?

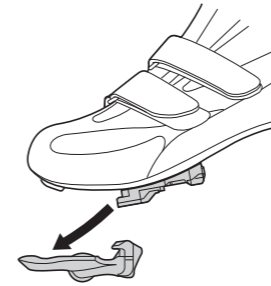
Names of parts



Using the cleats

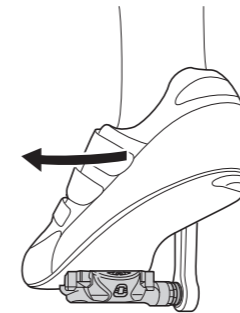
How to engage

Press the cleats into the pedal binding with an angled downward motion.



How to release

These cleats only release when the heel is moved outward.

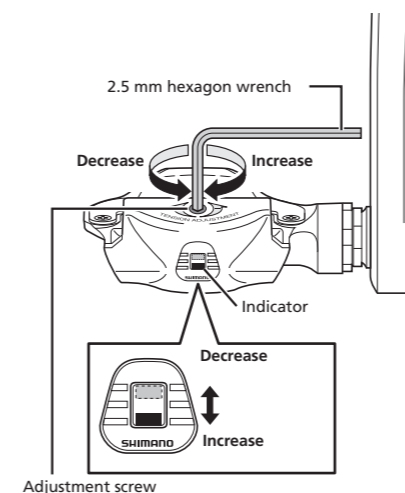


Notice:

Keep one foot on the ground and practice repeatedly engaging and releasing the pedals. Adjust to the optimal cleat holding force when releasing the cleats from the bindings.

Adjusting the cleat holding force of the pedals

- The spring tension of the pedals can be adjusted by turning the adjustment screw.
- Clicking the adjustment screw once changes the tension one step. There are four clicks per turn.
- The adjustment screw is located at the rear of each binding.
- Adjust the spring force to the optimal 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 screw.
- Turning the adjustment screw clockwise increases the cleat holding force, and turning it counterclockwise decreases it.



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

Notice:

- In order to prevent accidental cleat release and ensure that release is possible when needed, make sure that the cleat holding force is properly adjusted.
- If the cleats are not adjusted equally, it can cause the rider difficulty in engaging or releasing the cleats. The cleat holding force for the right and left pedals should be adjusted so they are equal.

Replacing cleats

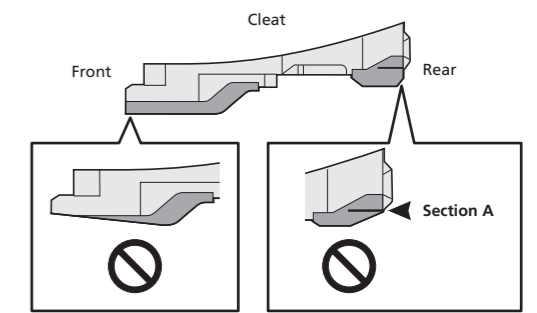
Cleats become worn and need to be replaced periodically. When, due to wear, the cleat release starts to become too tight or too loose, immediately contact the place of purchase or a distributor and replace the cleats with new ones.

Notice:

If the colored portion of the cleat becomes worn, replace it with a new one.

Front: Replace the cleats when the black layer underneath the cleats is visible.

Rear: Replace the cleats when the cleat wears down to section A in the figure.



Installing the reflectors (sold separately)

Optional reflector sets are available. Reflector sets vary depending on the model of the pedals, therefore, consult a distributor or a place of purchase.

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