

## ENGAGEMENT AND RELEASE OF SPD SHOES

## ENGAGING THE CLEATS WITH THE PEDALS

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



**WARNING:**

Do not use the pedals and cleats in any way other than as described in the service instruction manuals. The cleats are designed to engage and release from the pedals when the cleats and pedals are facing forward. Please read the instructions below to learn how to use the cleats.

< FAILURE TO FOLLOW THESE INSTRUCTIONS MAY RESULT IN SERIOUS PERSONAL INJURY. >

## RELEASING THE CLEATS FROM THE PEDALS

(The release mode varies according to the type of cleats you are using.)

SM-SH51 (BLACK)  
SINGLE RELEASE  
MODE

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



**SM-SH56 (SILVER)**  
**MULTIPLE RELEASE MODE**

Release the cleats from the pedals by twisting your heels in any direction.



## SPD SYSTEM FIRST TIME USER INFORMATION

If you are using SPD binding shoes for the first time, you are recommended to practice clipping the shoes in and out a number of times before riding on the road. Also, please read the service instructions that came with your pedal carefully.

## PRACTICE BEFORE RIDING ON THE ROAD

If you are using SPD shoes and pedals for the first time, adjust the spring tension for attaching the pedal cleats lighter. (For further information, please consult with your local Shimano dealer.) 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. Use a safe open space for the practice.

## FINDING THE RIGHT SPRING TENSION OF BINDING

When you put too much force on the pedals, your shoes may come out of the pedals unexpectedly or accidentally. (This trouble tends to occur when the spring tension is weaker.) To avoid this problem, you need to find out the optimum spring tension by practicing over and over while trying different pedaling forces and various pedaling styles.

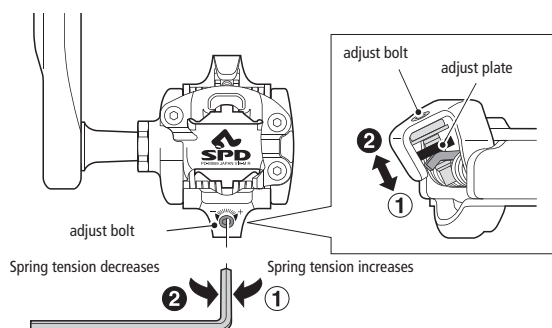
## MAINTENANCE OF CLEAT

Cleats wear out over time and must be replaced regularly. Replace your cleats when you find them worn and too hard or too easy to release.

If you do not maintain your cleats in good condition, your shoes may not come out of the pedals when you intend or they may come out unexpectedly or accidentally, and you may fall off the bicycle.

## ADJUSTING THE SPRING TENSION OF BINDING

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



Before you attempt to ride with these pedals and shoes, please read the service instruction manuals that were supplied with them and follow the directions carefully.

## MEN'S SIZE CHART

	36	37	37.5	38	38.5	39	39.5	40	40.5	41	41.5	42	42.5	43	43.5	44	44.5	45	45.5	46	46.5	47	48	49	50	51	52	
EU																												
	4	4.5		5	5.5		6	6.5	7	7.5	8	8.5		9	9.5	10	10.5		11	11.5		12	13	14	15	16		
US																												
	22.5	23	23.5	24	24.5	25	25.5	26	26.5	27	27.5	28	28.5	29	29.5	30	30.5	31	31.5	32.5	33							
CM																												

## WOMEN'S SIZE CHART

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