

## 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 falling off the bicycle. This is a safety measure 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-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.
- 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 cleats in good condition, release and engagement to the pedals could become unpredictable or difficult, which could result in 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.

### 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.

### NOTE:

- Before riding the bicycle, check that there is no play or looseness in the connection. Also, be sure to retighten the crank arms and pedals at periodic intervals.
- In addition, if pedaling performance does not feel normal, check this once more.
- As an optional reflector set, SM-PD22 (exclusively for PD-M970/PD-M770/PD-M540/PD-M520) and SM-PD60 (exclusively for PD-M530) are available. Please contact a professional dealer for details.
- Parts are not guaranteed against natural wear or deterioration resulting from normal use.
- For maximum performance we highly recommend Shimano lubricants and maintenance products.

## Cleat types and using the pedals

### ⚠ WARNING

Do not use the pedals and cleats in any way other than as described in these Service Instructions. 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.**

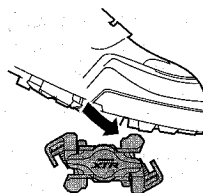
Single release mode cleats (SM-SH51) and multiple release mode cleats (SM-SH56) are available for use with these pedals.

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 cleat

The method of release varies. (Check the model number.)

#### • Single release mode cleats (SM-SH51) (black)

These cleats only release when you twist your heels outward. They will not release if the heel is twisted inward.

You are able to apply upward pressure to release the cleat unless the foot is twisted inward.

The cleats will not necessarily release in all directions. Accordingly, for places and conditions where you may lose balance, make sure to release the cleats beforehand.

When you are pedaling vigorously outward and this may cause the cleat to release by accident, your injury may result.

You can help to prevent this by practicing releasing the cleats until you become accustomed to the amount of force required to release the cleats.

#### Single release mode cleats

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

#### Note:

It is necessary to practice releasing the cleats until you become accustomed to the amount of force required to release the cleats.

SI-41R0G-003

PD-M970 PD-M540  
PD-M770 PD-M530  
PD-M520

SPD Pedals

- From the bottom of the shoe, push the cleat into the cleat holes. The cleat will be held in place by the spring tension of the pedals. Provisionally tighten the cleat mounting bolts.



4 mm

Cleat mounting bolts

Cleat

## Technical Service Instructions

### Attaching the cleats

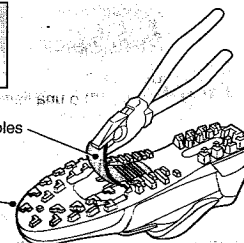
- With a pair of pliers or a similar tool, pull off the rubber cover to expose the cleat mounting holes.

#### Note:

This step may not be necessary depending on the type of shoes.

Rubber cover for cleat mounting holes

SPD shoe



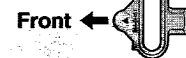
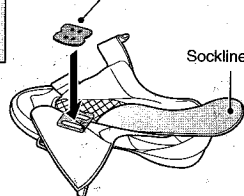
- Remove the sockliner and position a cleat nut over the oval holes.

#### Note:

This step may not be necessary depending on the type of shoes.

Cleat nut

Sockliner



Position the triangular portion of the cleat toward the front of the shoe.

### Adjusting the cleat

- The cleat has an adjustment back and 5 mm right to left. After provisionally tightening engaging and releasing, one more adjustment is required to determine the best adjustment.
- After you have determined the best adjustment, firmly tighten the cleat mounting Allen key.

Tightening torque:

5 - 6 N·m (44 - 52 in. lb)