ts from the pedals

es according to the type of cleats you are using.
nd color of your cleats to determine the proper method of release.)

de cleats:

n the heel is twisted **outward**.
l is twisted in any other direction.

force to the pedal, since they will not
ed outward.

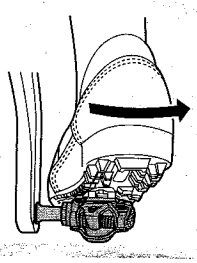
release if you lose your balance.
nditions where it looks as though you
hat you have sufficient time to release

sly, your heel may inadvertently twist
e cleat to release accidentally. If the
may fall off the bicycle and serious

adjusting the amount of force
nd you should practice until you are
rce and the angle required to release

edals by

leasing
d to the



• Multiple release mode cleats: SM-SH56 (silver, gold / Optional accessory)

The cleats can be released by twisting in any direction.

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.

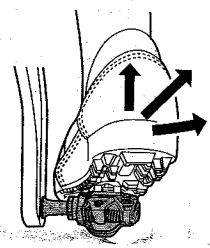
Although the cleats can be released by twisting your heels in any direction or by lifting, they will not necessarily release if you lose your balance.
Accordingly, for places and conditions where it looks as though you may lose balance, make sure that you have sufficient time to release the cleats beforehand.

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.

Multiple release mode

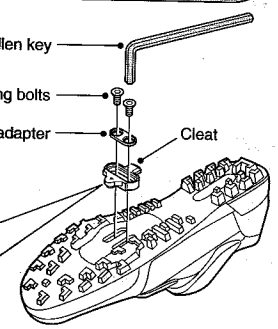
Release the cleats from the pedals by twisting your heels in any direction.

Note:
In multiple release mode, it is necessary to practice releasing until you become accustomed to the technique. Releasing by lifting your heel requires particular practice.



osition a cleat and then a cleat adapter
s are compatible with both left and right
e cleat mounting bolts.

tsional tightening torque
r cleat mounting bolts:
2.5 N·m {22 in. lbs.}



osition

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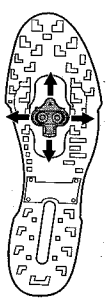
cleat, practice
e at a time.
leat position.

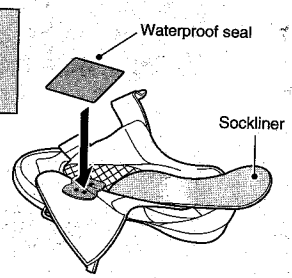
est cleat position,
bolts with a 4 mm



Waterproof seal

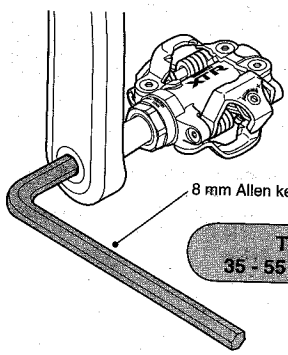
Remove the sockliner and attach the waterproof seal.

Note:
The waterproof seal is supplied with Shimano shoes which require this step to be carried out.

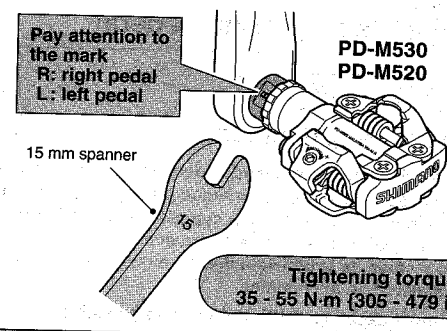


Mounting the pedals on the crank arms

Use an 8 mm Allen key (for PD-M970/PD-M770/PD-M540 pedals) or a 15 mm spanner (for PD-M530/PD-M520 pedals) to mount the pedals on the crank arms.
The right pedal has a right-hand thread; the left pedal has a left-hand thread.



Tightening torque:
35 - 55 N·m {305 - 479 in. lbs.}

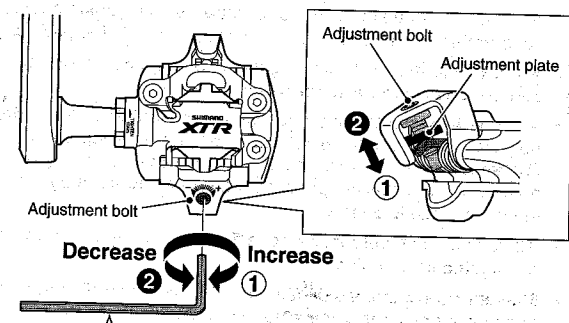


Tightening torque:
35 - 55 N·m {305 - 479 in. lbs.}

Note:
A 6 mm Allen key cannot provide a sufficient tightening torque.
Always be sure to use a 15 mm spanner.

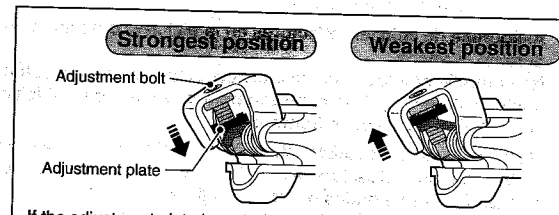
Adjusting the spring tension of the binding

The spring force is adjusted by means of adjustment bolts. The adjustment bolts are located behind each of the bindings, and there are two adjustment bolts on each pedal. Equalize the tensions by referring to the adjustment plates and by counting the number of turns of the adjustment bolts. The spring tension can be adjusted in four steps for each turn of the adjustment bolt.



PD-M970: 2.5 mm Allen key
PD-M770/PD-M540/PD-M530/PD-M520: 3 mm Allen key

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



If the adjustment plate is at the strongest or the weakest position, do not turn the adjustment bolt any further.

Note:
- In order to prevent accidental release from occurring, make sure all the spring tensions are properly adjusted.
- The spring tensions should be adjusted equally on both sides of each pedal and for both right and left pedals. If they are not adjusted equally, it can cause the rider difficulty to engage or release from the pedals.

Cleat replacement

Cleats wear out over time and should be replaced periodically. Cleats should be replaced when it becomes difficult to release, or it starts to release with much less effort than the when it was in new condition.

Maintenance of the axle units

If you experience any trouble with the rotating parts of the pedal, the pedal may require adjustment. Obtain advice from a professional dealer.

* Service Instructions in further languages are available at :
http://techdocs.shimano.com

Please note: Specifications are subject to change for improvement without notice. (English)

SHIMANO

SHIMANO AMERICAN CORPORATION
One Holland, Irvine, California 92618, U.S.A. Phone: +1-949-951-5003

SHIMANO EUROPE B.V.
Industrieweg 24, 8071 CT Nunspeet, The Netherlands Phone: +31-341-272222

SHIMANO INC.
3-77 Oimatsu-cho, Sakai-ku, Sakai-shi, Osaka 590-8577, Japan