WARNING – To avoid serious injuries:

- SPD pedals are designed so that you release them only when you intend to. 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-SH52/SM-SH55/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 driving 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 tighter 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. It is possible to maintain both your shoes and cleats in good condition, release and engagement to the pedals could be 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.

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.
- Parts are not guaranteed against natural wear or deterioration resulting from normal use.
- For maximum performance we highly recommend Shimano lubrants and maintenance products.

General Safety Information

- USE OF THIS PRODUCT IN ACCORDANCE WITH THESE SERVICE INSTRUCTIONS IS ESSENTIAL FOR YOUR CHILD’S SAFETY. MAKE SURE YOU AND YOUR CHILD UNDERSTAND THESE SERVICE INSTRUCTIONS. FAILURE TO FOLLOW THESE INSTRUCTIONS MAY RESULT IN SERIOUS PERSONAL INJURY.

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- If the warnings are not followed, your shoes may not come accidentally released from the pedals. If the cleats release by accident, you may fall off the bicycle and serious injury may result. If the feature 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. If you lose your balance, you may fall off the bicycle and serious injury may result.

- ENGAGING THE CLEATS WITH THE PEDALS

- Single release mode cleats (SM-SH51/SM-SH52) and multiple release mode cleats (SM-SH55/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 best suits your riding style and the terrain and riding conditions which you will encounter.

- Single release mode cleats

- SM-SH51 (black)
- SM-SH52 (black)
- These cleats only release when the heel is twisted outward. They will not release if the heel is twisted in any other direction.
- You are able to apply upward force to the pedal, since they will not release unless the foot is twisted outward.

- Releasing the cleats 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.
- 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 releasing the cleats beforehand.
- The cleat has an adjustment range of 20 mm front to back and 5 mm right to left.
- The cleat 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 feature 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.

- Multiple release mode cleats

- SM-SH55 (silver/Optional accessory)
- SM-SH56 (silver, gold /Optional accessory)
- These cleats should not be used for riding style which may involve pushing/pulling on the pedals or for activities like jumping, as putting pressure on the cleats may release the cleats accidentally.
- 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 become accustomed to the amount of force and the angle required to release.

Adjusting the cleat position

1. The cleat has an adjustment range of 20 mm front to back and 5 mm right to left. After you have determined the best cleat position, firmly tighten the cleat mounting bolts with a 4.4 mm Allen key.
2. After you have determined the best cleat position, firmly tighten the cleat mounting bolts with a 4.4 mm Allen key.

- Water proof seal

- Remove the sockliner and attach the water proof seal.

- Be sure to attach reflectors to the bicycle during night time.
- These cleats should not be used for riding style which may involve pushing/pulling on the pedals or for activities like jumping, as putting pressure on the cleats may release the cleats accidentally.
- The cleat can be released by twisting in any direction.

- 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.

- From the bottom of the shoe, position a cleat and then a cleat adapter over the cleat holes. The cleats are compatible with both left and right pedals. Properly tighten the cleat mounting bolts. Before attempting to ride with these pedals and shoes, make sure that you understand the operation of the engagement/release mechanism.

- Mounting the pedals on the crank arms

- Use a 15 mm spanner to mount the pedals on the crank arms. The right pedal has a right-hand thread, the left pedal has a left-hand thread.

- 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. Equilibrate the tandem by rotating the pedals by counting the number of turns of the adjustment bolts. The spring tension can be adjusted in three steps for each turn of the adjustment bolt.

- Mounting the reflectors (optional)

- An optional reflector set (SM-PO4) is available. Please contact a professional dealer for details.

- Cleaf replacement

- Clean 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 when it was new in condition.

Maintenance of the axle units

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

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

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