General Safety Information

**WARNING**

- SPD pedals are designed so that you release them only when you intend to do so. 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.
- Only Shimano cleats (SM-SH51/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 and release mechanism for the pedals and 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 from its pedal until you can do so naturally and with minimal effort.
- Check that there is no looseness in any joints or connections before riding. (BB-FC, FC-PD)
- 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 chains 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 incoming 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 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:**
- Check that there is no looseness in any joints or connections before riding the bicycle. (BB-FC, FC-PD)
- In addition, if pedaling performance does not feel normal, check this once more.
- An optional reflector set (SM-PD22) is available. Please contact a professional dealer for details.
- Parts are not guaranteed against natural wear or deterioration resulting from rust, etc.
- For maximum performance we highly recommend Shimano lubricants and maintenance products.

---

**WARNING**

- For maximum performance we highly recommend Shimano resulting from normal use.
- 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 shoes are connected.
- Before riding, adjust the spring tension of the pedals to your liking.
- 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. Be sure to prevent this by adjusting the amount of force required to release the cleats, and you should practice until you are accustomed to the tension required to release the cleats.

---

**Technical Service Instructions**

**Attaching the cleats**

1. With a pair of pliers or a similar tool, pull off the rubber cover to expose the cleat mounting holes.
2. Position the pin of the cleat toward the front of the shoe. (Note: This step may not be necessary depending on the type of shoes.)
   - Rubber cover for cleat mounting holes
   - SPD shoe
3. Tighten the cleat mounting bolts. (Note: This step may not be necessary depending on the type of shoes.)

**Adjusting the cleat position**

1. The cleat has an adjustment range of 20 mm from back to front and 4 mm from side to side. Adjust as follows:
   - After poisonous tightening, the cleat, engaging and releasing, one shoe at a time. Readjust to determine the best cleat position.
2. After you have determined the best cleat position, lightly tighten the cleat mounting bolts with a 4 mm Allen key.

**SPD Pedals**

- 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.
- This step may not be necessary depending on the type of shoes.
- Other types of cleats such as single release mode cleats (SM-SH52) and multiple release mode cleats (SM-SH56) cannot be used, as they do not provide stable enough step-out performance or sufficient holding force.

---

**CLEAT TYPES AND USING THE PEDALS**

**Releaseing the cleats from the pedals**

- The method of release varies according to the type of cleat you are using. (Check the model number and color of your cleats to determine the proper method of release.)

  **Single release mode cleats:**
  - SM-SH51 (black)
  - SM-SH56 (silver, gold, Optional accessory)

  The cleats can be released by twisting in any direction.

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

  The 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.

  Because the cleats can also be released by lifting your heel, they may become accidentally released when applying upward force on the pedal.

  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 force is applied to the pedal causing possible release from the pedals.

  Although the cleats can be released by twisting your heels in any direction or by lifting, you 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 or if they are not used correctly, then they may be released inadvertently with a greater frequency than for single release mode cleats.

  You should be prevented from releasing the cleats in any direction, and you should practice until you are accustomed to the tension and angle required to release the cleats.

**Cleats wear out over time and should be replaced periodically. Cleats should be replaced when they become difficult to release, or when release with much less effort than that which was in new condition.

---

**Adjusting the spring tension of the binding**

- The binding tension is adjustable by means of adjustment bolts. The adjustment bolts are located behind each of the bindings, and there are two adjustment plates on each pedal. Equate the tension 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.

**Waterproof seal**

- Remove the sockliner and attach the waterproof seal.

**Mounting the pedals on the crank arms**

- Use an 8 mm Allen key to release the PD-M570 (PD-M520, PD-M540) pedal or a 10 mm spanner (for PD-M520) pedal to mount the crank on the pedals. The right pedal has a right-hand thread, the left pedal has a left-hand thread.

**Maintenance of the axle units**

- If your equipment includes the rotating parts of the pedal, this pedal may require adjustment. Obtain advice from a professional dealer.