

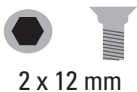
# SPD Cleat Wedge

# Installation Instructions

Form No. 0210101

SPD (2-hole style)

1° tilt per Wedge



2 x 12 mm



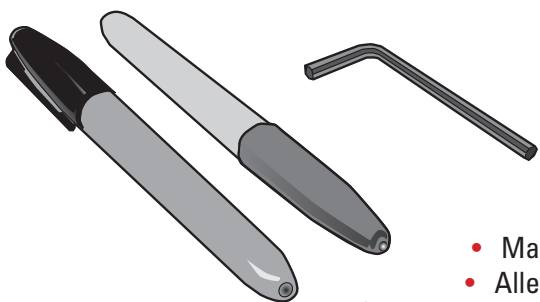
2 x 14 mm

**Compatible with:**

- Shimano SPD
  - Bebop
  - Time Atac
  - Speedplay Frog (see Step 4)
  - Crank Bros. (see Step 4)
- & other popular 2-hole MTB type pedals

8 x Wedges per box

## Tools Required:

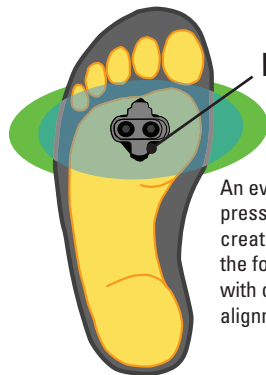


- Marking Pen
  - Allen wrench
- (included with SPD Cleat Wedges)

## Why a Wedge?

Recent studies show 96% of all cyclists are misaligned in their connection to the bicycle, decreasing comfort & efficiency.

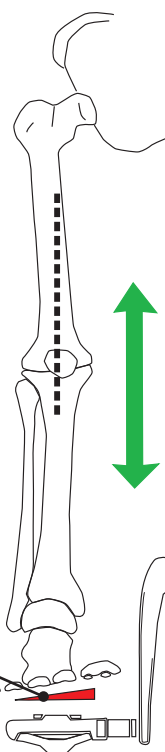
BECAUSE... 87% of people with feet have a forefoot that tilts up & to the inside (Forefoot Varus) and 9% of people with feet have a forefoot that tilts up and to the outside (Forefoot Valgus). ALL conventional pedal systems require a cyclist to connect to the pedal flat-footed. Without correction, this predisposes cyclists to mechanical defects in their pedaling stroke.



**With Wedge(s) added.**

An even pressure point is created between the foot & pedal with correct alignment.

Wedges fill the gap of the foot to meet the pedal.



**STEP**

**1.**

## How to measure Forefoot Tilt:

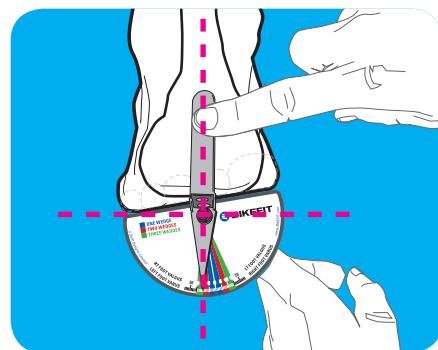
Please visit your nearest BikeFit Pro, who will be able to measure both of your feet with the Forefoot Measuring Device (FFMD). This is a measurable way to determine the starting point for your Cleat and the number of Cleat Wedges you may need for each foot. To learn more, see the process pictured below. Or view more online at [www.BikeFit.com](http://www.BikeFit.com)



- a.** Kneel on a chair, facing the back, with relaxed feet extending over the edge.



- b.** Your BikeFit Pro will place the Forefoot Measuring Device (FFMD) on the bottom of each foot pushing the handle against the heel so the vertical portion is aligned dividing the heel in two equal halves. The FFMD can be purchased separately at [www.BikeFit.com](http://www.BikeFit.com).



- c.** With FFMD in place, position the top flat surface of the Device (½-circle protractor portion) on the ball of the foot. Make a note of the angle indicated by the protractor. Repeat this procedure 3 times for each foot & average the numbers separately. Use this as your starting point. See reference charts found online at [BikeFit.com](http://BikeFit.com)



Android Smartphone Users - **FREE Foot Fit Calculator App** - now available at the Google Play Store for you to calculate your starting point for how many Cleat Wedges to use.

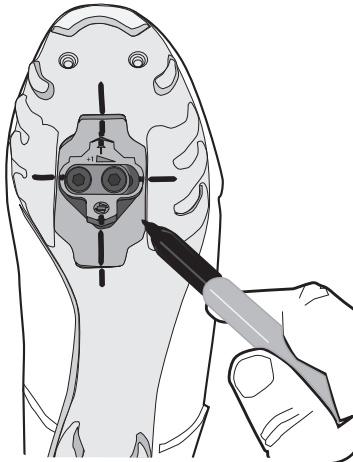


## STEP 2.

### Mark your old Cleats

If replacing an old cleat, use a marking pen to draw reference points on the shoe sole to aid installation/reinstallation of the cleats.

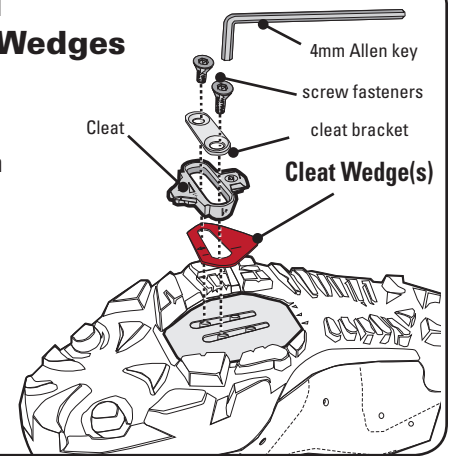
Cleats wear out over time & should be replaced periodically to maintain performance, especially if you walk on your cleats often. Cleats should be replaced when it becomes difficult to release, or it starts to release with much greater ease than when in new condition.



## STEP 3.

### Install Cleat Wedges

Remove old cleats from shoe. Remove any debris or dirt from the mounting holes in the shoe sole.



## STEP 4.

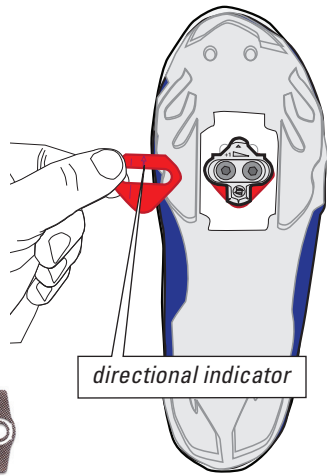
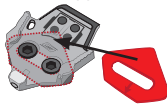
### Ensure correct Wedge direction

For **Shimano SPD**, flat edge of Cleat Wedge is at the front of the shoe.

For **BeBop**, flat edge of Cleat Wedge can be either pointed to the front or to back.

For **Speedplay Frog**, the pointed end of Cleat Wedge is forward to support the 'tab' of Frog Cleat.

For **Crank Bros**, their "Shoe Shield" must be used, with Cleat Wedge under that. [www.crankbrothers.com](http://www.crankbrothers.com)

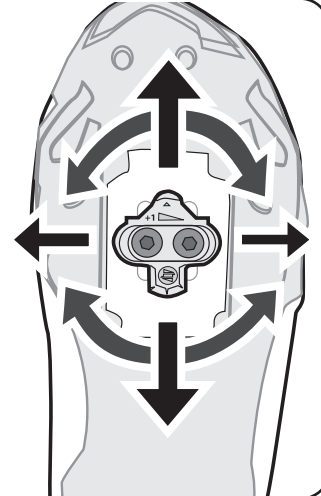


## STEP 5.

### Adjusting the Cleat position.

**a.** Your Cleat has an adjustment range front to back, right to left and rotation on the shoe. After practicing engagement and release from pedal, readjustment may be needed for best cleat placement.

**b.** After determining best cleat position, firmly and evenly tighten screw fasteners with 4mm Allen key.



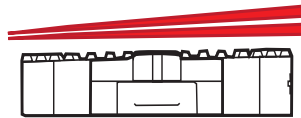
## STEP 6.

### Cleat Wedges can add more tilt with VV1 Cleat

It is not recommended to use more than (2) two Cleat Wedges per foot.

To gain needed tilt, please try BikeFit's V V 1 Mtb Cleat.

V V 1 Cleat with two (2) Cleat Wedges



## STEP 7.

### Go for a short, easy test ride.

Then add or subtract any Cleat Wedges, as necessary, to maximize comfort & increase your knee-over-pedal alignment.

Treat each foot independently. One foot may feel better, with more or less Cleat Wedges, than the other.

Always let comfort be your guide.

### General Safety Information

#### ⚠ WARNING - To avoid serious injuries:

- BikeFit CleatWedges may cause cleat to protrude out from the surface of your shoes and may mark or scratch floor surfaces.
- Cycling shoes may not provide adequate traction for walking on wet and/or smooth surfaces. Use extreme caution when walking on any surfaces in order to avoid a serious injury.
- Understand how the locking mechanism of your pedals functions with your Cleats and understand how they work before you ride.
- Before riding, place one foot on the ground and practice engaging and disengaging from the pedal a number of times until you get used to it. Repeat this for both feet.
- Practice riding on smooth ground, void of traffic, first.
- Always let comfort be your guide when adding or subtracting the optional Cleat Wedges. Treat each foot independently.
- Before riding, adjust the retention force of the pedal to your liking (Refer to the adjustment instructions for your current pedals on your bike. ).
- Make sure that mud, dirt, and foreign objects don't build up in the pedal-cleat interface area.
- 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.
- If you have any questions regarding methods of installation, adjustment, maintenance or operation, please contact a BikeFit Pro for assistance.
- Read these Instructions carefully & 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.