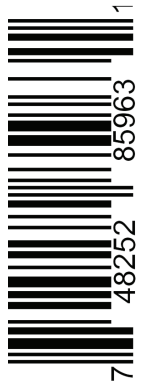


Leg Length Shims (LL Shims)

Form# 0910101

VARIETY PACK

Fitting Instructions & Helpful Hints



BikeFit's Leg Length Shims (LL or LLS) are 3mm in height and are sold in three styles based upon the number of connection holes. Made of high density plastic, they have enough flex to curve to shoe soles. More than one can be used to fill a larger gap and used in conjunction with a 'stack' of Cleat Wedges. All individual retail kits of LLs include two Cleat Wedges and extra-long screws.

- Two (2) hole connection (2-hole MTB/SPD LLs) for most mountain bike or SPD type cleats.
- Three (3) hole for Look Keo specific shape (3-hole Keo LLs). And a three (3) hole Universal (3-hole Universal LLs) connection for all 3-hole types.
- Four (4) hole connection Leg Length Shims for Speedplay road pedals (4-hole Speedplay type LLs).

2-hole



• **MTB**
Part# 3230103

- SPD
- Time MTB
- Crank Bros

• *Ramped front edge design to improve cleat/pedal engagement*

2-hole Cleat
countersunk M5



3-hole



• **Universal** (for ALL 3-hole types)
Part# 3430103

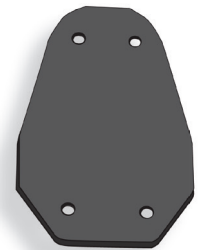
3-hole Cleat **slotted pan head M5 screw**



• **Look Keo**
Part # 3630103

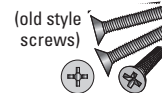


4-hole



• **Speedplay**
Part# 3430103
Part# 3430183 (Walkable)

4-hole Cleat
countersunk
Phillips M4



LL SHIM DESIGN

These flat, but conformable Leg Length (LL) Shims are designed to allow cyclists to compensate for functional or measurable differences in leg length. A Leg Length Shim 'stack' can be attained by using a LL Shim(s) [and/or alternating stacked Cleat Wedges].

Some examples:

4mm shim 'stack' is (1) 3mm LL Shim
& (2) Cleat Wedges

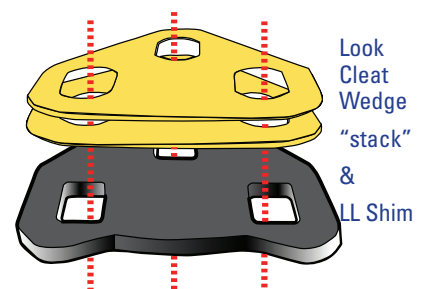
5mm shim 'stack' is (1) 3mm LL Shim
& (2) sets of Cleat Wedges & so on,
in 1mm increments.

Stacking Cleat Wedges

(2-Cleat Wedges - placed thick side to thin side = "1 Stack")

(1-**Look** Wedge STACK = ~1.5mm,
1-**Speedplay** Wedge STACK = ~1.3mm,
1-**SPD** Wedge STACK = ~1.1mm)

works well in combination with LL Shims to fill precise gaps!



Your structural health care professional, bike fitter or even your own experience will help to determine the size of the shim stack best suited to your needs. These simple suggestions and hints listed below will help you get the best out of your LL Shim purchase.