



Toll Free 855-813-3233

Kirkland, WA • USA

[www.BikeFit.com](http://www.BikeFit.com)

## STEP

# 1.

### How to measure Forefoot Tilt:

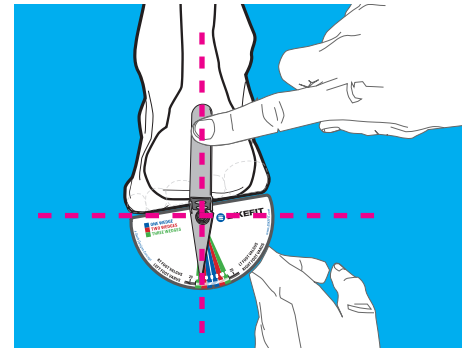
Please visit your nearest BikeFit Pro, who will be able to measure both of your feet with the Forefoot Measuring Device (FFMD). This is a measurable way to determine the starting point for your Cleat and the number of Cleat Wedges you may need for each foot. To learn more, see the process pictured below.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



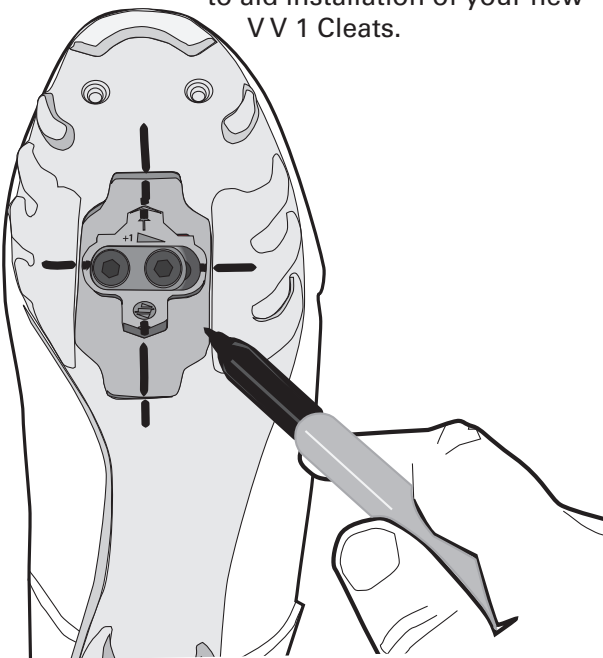
- c.** With FFMD in place, position the top flat surface of the Device (½-circle protractor portion) on the ball of the foot. Make a note of the angle indicated by the protractor. Repeat this procedure 3 times for each foot & average the numbers separately. Use this as your starting point. See FFMD reference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

## STEP

# 2.

### Mark your shoes.

If replacing an old SPD style cleat, use a marking pen to draw reference points on the shoe sole to aid installation of your new V V 1 Cleats.



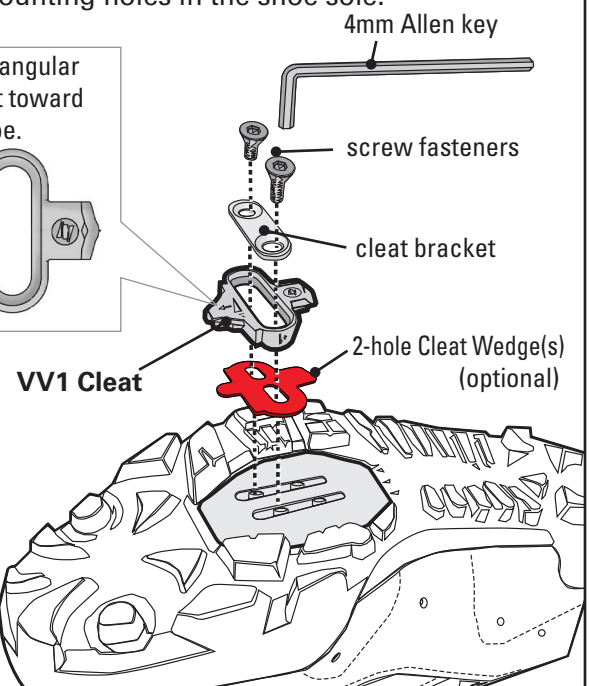
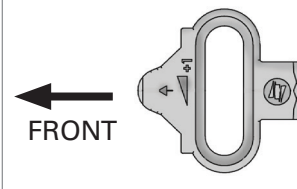
## STEP

# 3.

### Remove old cleats.

If replacing cleats, remove old ones from the shoe. Remove any debris or dirt from the mounting holes in the shoe sole.

Always position triangular portion of the cleat toward the front of the shoe.

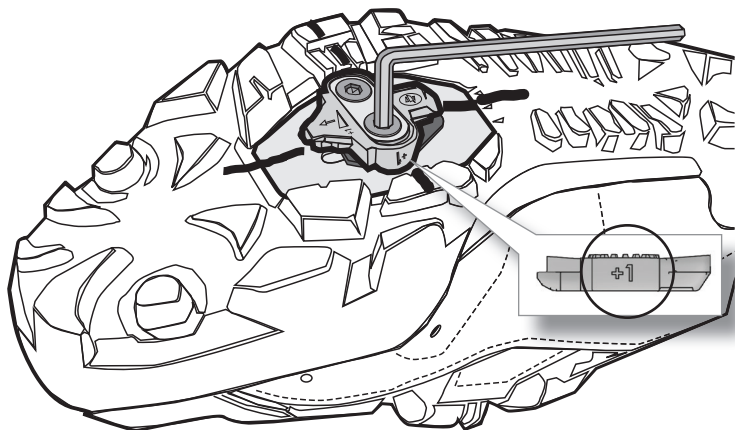


## STEP 4.

### Install new VV1 Cleats

Use your reference marks on the shoe to install the new V V1 Cleat. Step 3 indicates proper order of parts. Provisionally tighten all screw fasteners.

Most people will install the new V V1 Cleat with the thick part toward the inside of the shoe, the “+1” is on the thick side of the V V1 Cleat, making identification easier.

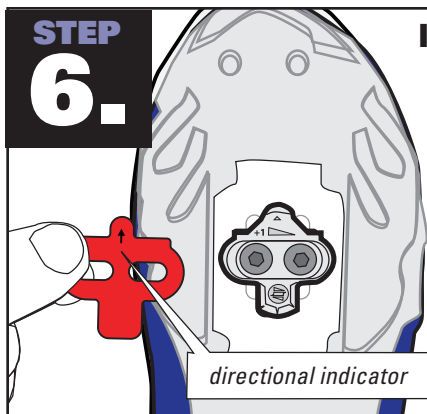


If you are not confident about mounting the V V1 Cleat, please see your nearest BikeFit Pro for assistance.

## STEP 6.

### If installing Cleat Wedges

Front edge of Cleat Wedge must NOT protrude in front of cleat. Improper engagement may occur if not aligned properly. Cleat Wedges can “overhang” in the back.



## STEP 7.

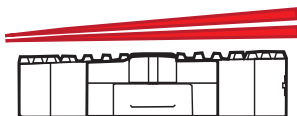
### Go for a short, easy test ride.

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.

VV1 Cleat with two (2) Cleat Wedges



## STEP 8.

### VV1 Cleat replacement

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.

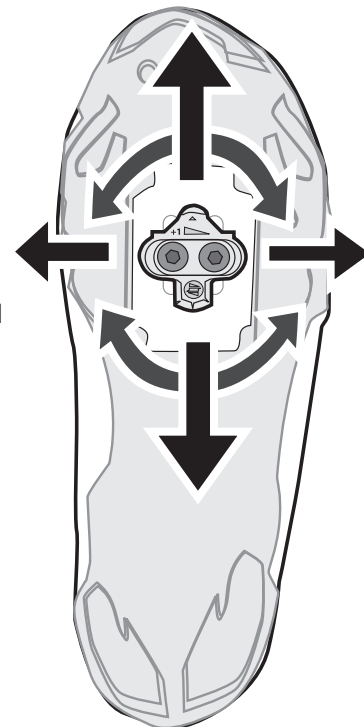
## STEP 5.

### Adjusting the VV1 Cleat position.

a. The V V1 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. If you cannot find the optimum position, please see your BikeFit Pro for assistance.

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



### General Safety Information

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

- BikeFit Cleats may protrude out from the surface of your shoes and may mark or scratch floor surfaces.
- Mtb type 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 VV1 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.