

PD-7410 PD-6500

SPD Pedals

Before use, read these instructions carefully, and follow them for correct use.

WARNING

- 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-SH70 or SM-SH71) 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 doing a U-turn, nearing an intersection, riding uphill or turning a blind curb), 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 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.
- If you have any questions concerning your pedals, contact a professional dealer.

Be sure to read and follow the above warnings carefully, otherwise your shoes may not release from the pedals, or they may release unexpectedly and slip from the pedals, causing a fall that could result in severe injury.

An optional reflector set (SM-PD51) is available. Please contact a professional dealer.

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

SHIMANO®

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Cleat types

Note

- The cleats shown below (SM-SH70 and SM-SH71) for SPD racing shoes should be used with the pontoons (cleat rubbers) as a set.

SM-SH70



Wide

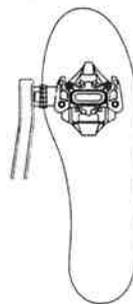
SM-SH71



Narrow

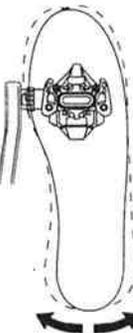
Fixed mode

- There is no play when the shoes are firmly engaged with the pedals.



Self-aligning mode

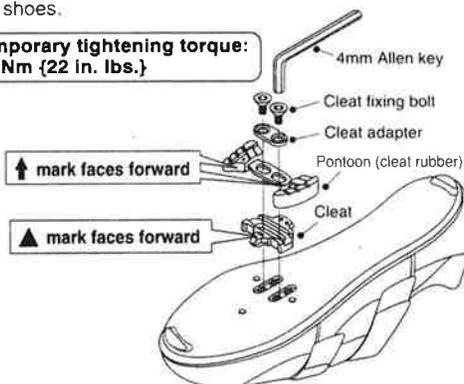
- There is some sideways play when the shoes are firmly engaged with the pedals.



Attaching the cleats

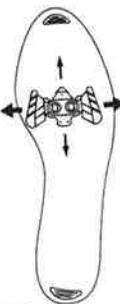
Set a cleat, adapter and pontoon (cleat rubber) in order on the bottom of each shoe and then temporarily tighten the cleat fixing bolts. Refer to the service instructions provided with your SPD racing shoes.

Temporary tightening torque:
2.5 Nm {22 in. lbs.}



Adjusting the cleat position

- The cleat has an adjustment range of 15mm front to back and 5 mm right to left. After temporarily tightening the cleat, practice engaging and disengaging, one shoe at a time. Readjust to determine the best cleat position.

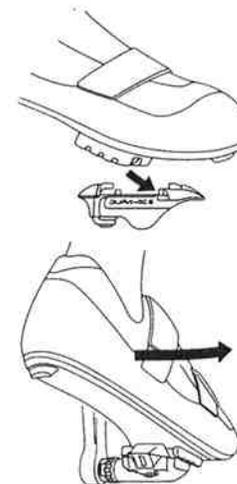


Tightening torque: 5 - 6 Nm {43 - 52 in. lbs.}

Using the pedals

To engage

Press the cleat into the pedal.



To release:

Twisting your heel to the outside.

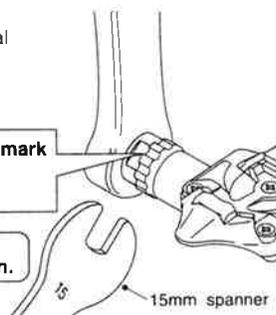
Place one foot on the ground, apply the brakes, and practice engaging and releasing the cleat from the pedal several times to determine the spring tension you prefer.

Mounting the pedals on the crank arms

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

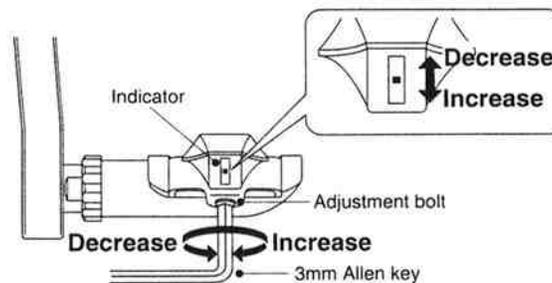
Pay attention to the mark
R: right pedal
L: left pedal

Tightening torque:
35 Nm {304 in. lbs.} min.



Adjusting the spring tension

Adjust the spring tension with the adjustment bolt located on the underside of the pedal. The spring tension is displayed on the indicator. Turn the bolt clockwise to increase the spring tensions; counterclockwise to decrease the tension.



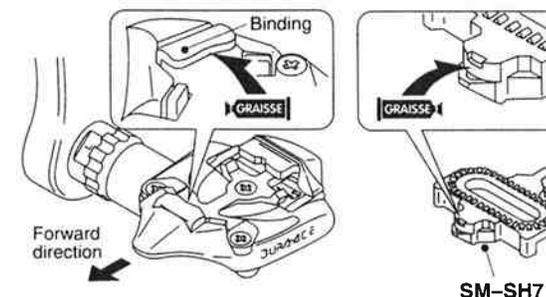
A click stop at each 120° turn of the bolt marks an incremental change in the spring tension. The bolt can be turned up to eight complete revolutions. Do not turn the bolt past the point at which the indicator shows the maximum or minimum tension. If the bolt is turned too far in the direction of minimum tension, it will slip out.

If the adjustment bolt is completely withdrawn from the spring plate, disassembly and reassembly will be required. If this occurs, ask a professional dealer for assistance.

If the spring tensions are unequal, a different amount of effort will be required to engage and release the cleats from the right and left pedals. As a result, unexpected difficulty will arise because of the unfamiliar effort required for engagement and release.

Preventing noise

If noise can be heard, apply grease to the points shown in the illustration.



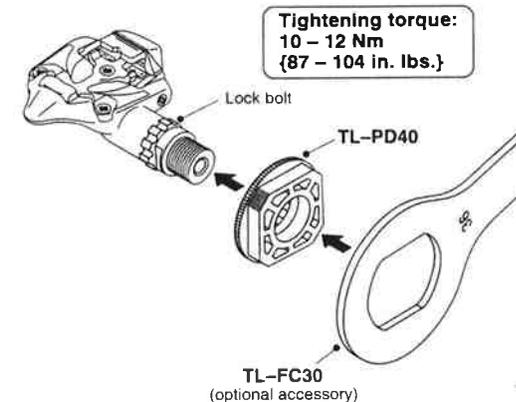
Cleat replacement

Cleats wear out over time and must be replaced. Replace your cleat when you find it difficult to engage or release.

If you do not maintain your shoes and cleats in good condition, your shoes may not properly engage or release from the pedals, resulting in a fall or other mishap.

Removing the axle units

Attach the special tool (TL-PD40) to the lock bolt. Use the wrench (TL-FC30) to unscrew the axle unit. For the right pedal, turn the wrench clockwise; for the left pedal, turn the wrench counterclockwise.



Tightening torque:
10 - 12 Nm
{87 - 104 in. lbs.}

Maintenance of the axle units

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