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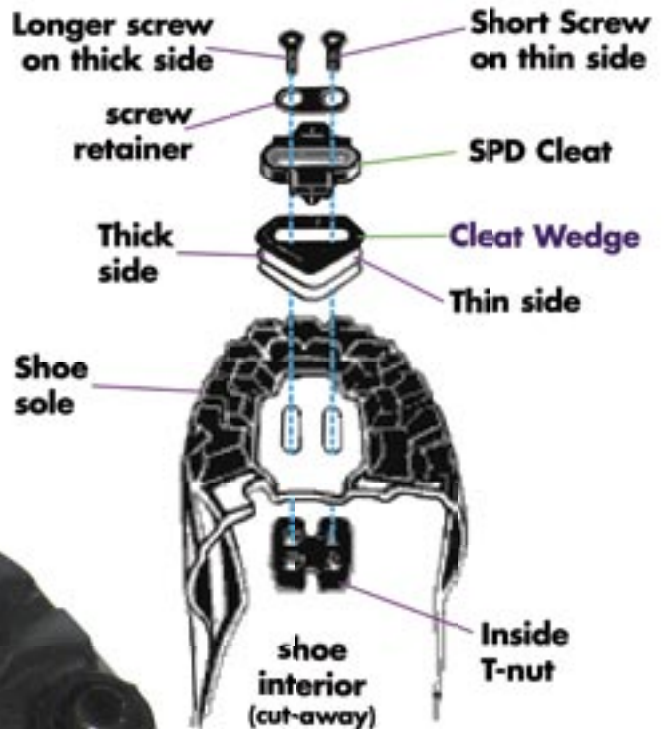
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How to install SPD style (2-hole) Cleat Wedges.

Remember to use the Cleat Wedges with the directional arrow facing forwards. That means the blunt edge is at the toe end of the shoe.

Most people have the thicker side of the Cleat Wedge closest to the crank arm. Always use comfort as your guide.



The orientation of the Cleat Wedge for Shimano SPD & related types.
Note: directional arrow



See more tips at:

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