

Cleat Wedge - INSTALLATION INSTRUCTIONS

Tools Required:

- (1) – Allen wrench (included with SPD Cleat Wedges)
- Philips or Regular screwdriver
- Marking Pen



STEP

1.

Bike Fit Systems Cleat Wedge packages are supplied with 8 cleat wedges. It is suggested that you start with 1 or 2 Wedges per shoe. The Cleat Wedges are thin, so you can add or subtract them until your knee oscillation is at a minimum and comfort is at a maximum.



STEP

2.

With a marking pen, draw reference positions on the cleat and outside sole of your shoe.

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

3.

Line up your Bike Fit Cleat Wedges so that the outside & front dimensions of each wedge match. For most riders, the thick side is to the inside of the shoe, closest to the crank arms.

Stack Cleat Wedges thick to thin to create a riser for Leg Length Discrepancy



STEP

4.

Remove the cleat on your shoe. Insert the Wedge(s) between the cleat & shoe. See below where Cleat Wedge is between shoe sole and cleat. Longer screws are provided, if needed.



Most people use Cleat Wedges with the thickest part closest to the bike.

Use the reference marks you created prior to removing your cleats, to ease reposition of the cleats back on to your shoes, after placement of Cleat Wedges.

Be sure to tighten all screws/fasteners evenly and securely.



STEP

5.

Go for a short, easy test ride.

Then add or subtract Cleat Wedges, as necessary, to maximize comfort & increase your knee-over-pedal alignment (as seen from the front).

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

Let comfort be your guide.

