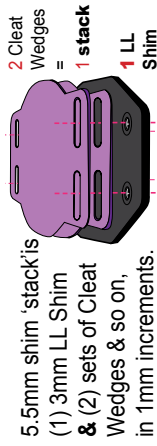


LL SHIM DESIGN

These flat 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:

4.5mm shim 'stack' is (1) 3mm LL Shim & (2) Cleat Wedges



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 & hints listed below will help you get the best out of your LL Shim purchase for Speedplay Light Action, Zero or X Series cleats.

BIKEFIT
4-Hole (Speedplay type)
Leg Length Shim
Part# 3430103
Form# 0410105

Fitting Instructions & Helpful Hints

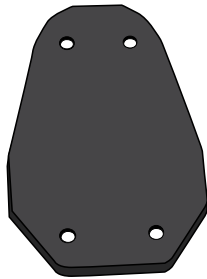
Thank you for your purchase and interest in using our products. We hope this Leg Length Shim will exceed your expectations and help you with your cycling activities.

As an esteemed customer of ours, we would be glad to hear from you. Please provide any feedback at our website www.BikeFit.com.

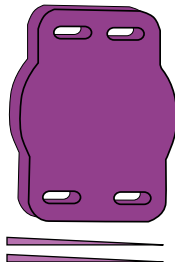
Your kit includes:

Speedplay (4-hole style)

- 4 x M4-14 mm
- 4 x M4-16 mm



Leg Length Shim
3 mm stack height

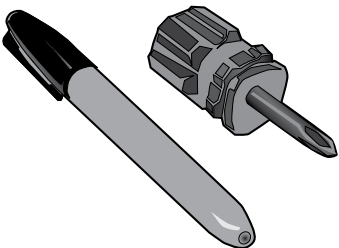


2 x Cleat Wedges

1° tilt per Cleat Wedge

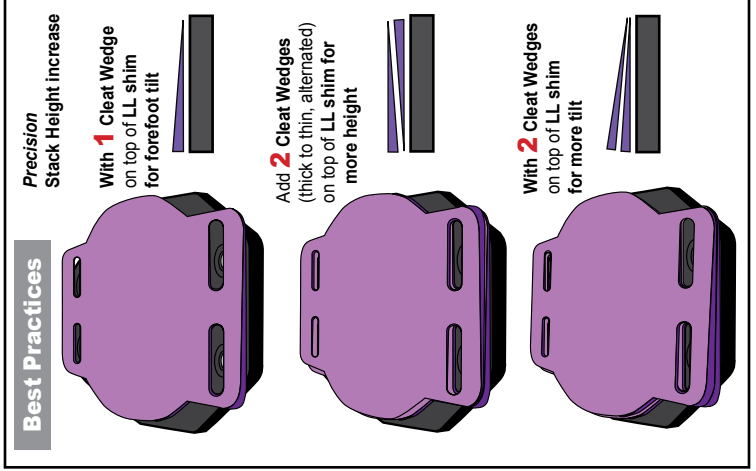
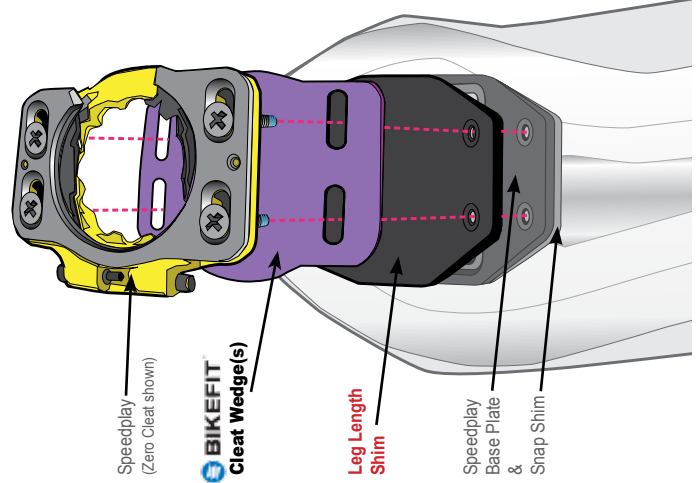
Compatible with:
• Speedplay

Tools Required:



- Marking Pen
- Philips Screwdriver

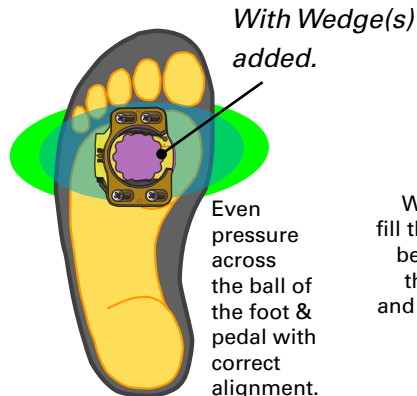
4-hole connection - Speedplay



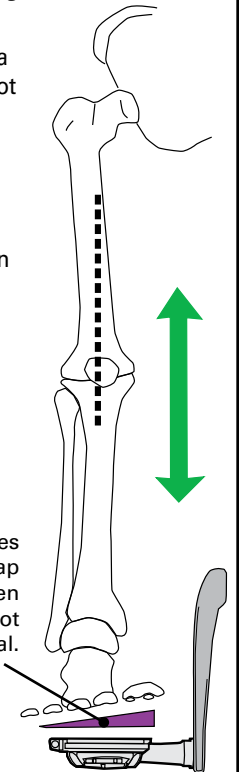
Why a Wedge?

Recent studies show 96% of all cyclists are misaligned in their connection to the bicycle, decreasing comfort & efficiency.

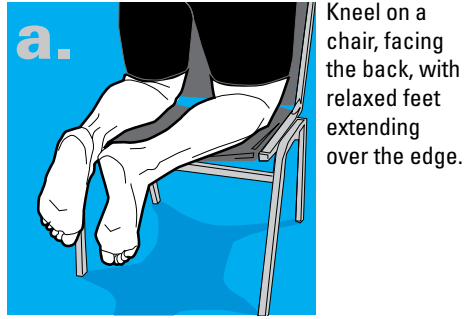
BECAUSE... 87% of people with feet have a forefoot that tilts up & to the inside (Forefoot Varus) and 9% of people with feet have a forefoot that tilts up and to the outside (Forefoot Valgus). ALL conventional pedal systems require a cyclist to connect to the pedal flat-footed. Without correction, this predisposes cyclists to mechanical defects in their pedaling stroke.



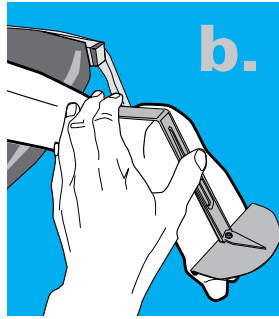
Wedges fill the gap between the foot and pedal.



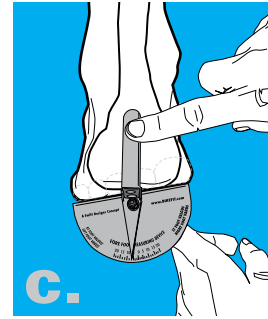
Most people can benefit from a Wedge, so remember to check forefoot tilt to see if you can improve knee alignment by using an **ITS Wedge** inside your shoe or external **Cleat Wedges**. Check each foot for tilt, as they may be different. Use the Forefoot Measuring Device (FFMD) shown below, to easily and quickly determine forefoot tilt and calculate a starting point for the number of wedges needed. **FFMD BikeFit Part# 7010101**



a. Kneel on a chair, facing the back, with relaxed feet extending over the edge.



b. 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.

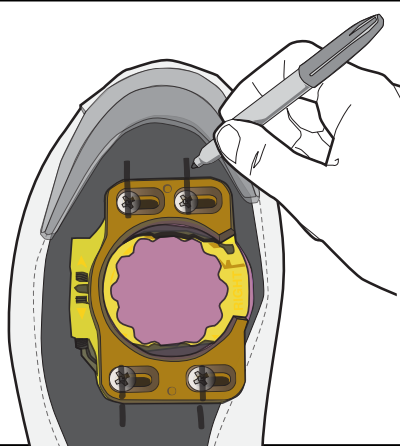


c. With FFMD in place, position the top flat surface of the Device (1/2-circle protractor) on ball of foot. Note angle indicated by the protractor. Repeat 3-times / foot to achieve a left & right forefoot tilt avg. Use this as your starting point for Cleat Wedge usage.

FITTING INSTRUCTIONS

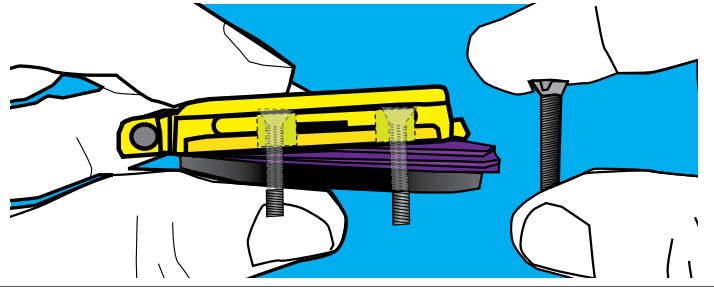
STEP 1.

Mark your cleat position (make sure the marks extend well enough beyond to account for LL Shims to be installed). This step will benefit you greatly when putting things back together.



STEP 2.

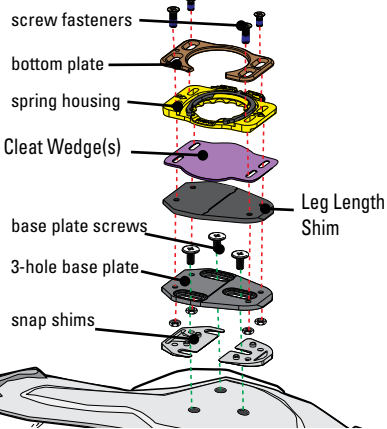
Remove cleat from shoe and measure length of the existing screws. Add the size of the LL Shim(s) you plan to use to the measurement of the length of mounting screws to determine the length of new screws that you'll need.



STEP 3.

Place Shim stack on sole of shoe, place cleat on top and screw bolts into shoes but don't tighten fully.

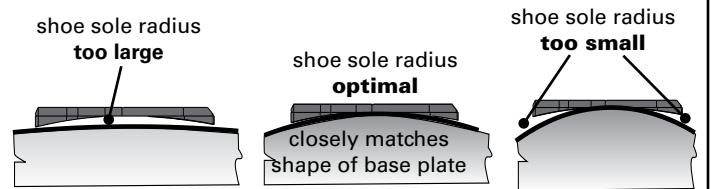
Adjust the cleat to desired position using marks on sole and then tighten bolts evenly until secure.



STEP 4.

Ensure cleat to shoe compatibility

Do not overtighten 3 base plate screws to cause base plate deflection to curved shoe soles. This is more often with smaller sized shoes. Speedplay includes Snap Shims with their cleats that will help (See Step 3).

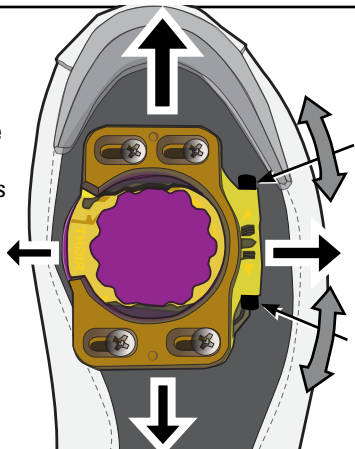


STEP 5.

Adjusting the Cleat position.

a. Your Cleat has an adjustment range front to back (via base plate), right to left via 4 screws and rotation on the cleat. After practicing engagement and release from pedal, readjustment may be needed for best cleat position.

b. After determining best cleat position, firmly and evenly tighten screw fasteners.



HELPFUL HINTS:

HINT a. Speedplay FIT TECH ONLINE VIDEOS

Speedplay has some great additional information online, so please check out their [Fit Tech Videos](http://www.Speedplay.com) found at www.Speedplay.com

HINT b. SCREW PICK

The BikeFit **Screw Pick** (part# 70010 - sold separately) is a sharp stainless steel point to clean away debris from the smallest crevices, aiding you in the task to quickly remove old cleats and their worn down screws. This tool can be such a time saver for problem cleats! Speedplay® users will find that this tool grinds out debris from the screw heads providing more contact area for a screw driver, to remove old worn screws from cleats.