



BIKEFIT

Q & A



Can I use Cleat Wedges with my Speedplay Frogs?!

YES!

Use SPD style (2-hole) Cleat Wedges.

Remember to use the Cleat Wedges backwards from how they are placed with SPD cleats. The pointed end is forward to support **the tab** of the Frog Cleat.



Also the smaller the shoe size, the more curved the sole may be, and the fewer Cleat Wedges you'll be able to use. The tab on the cleat may not engage the pedal.

The orientation of the Cleat Wedge for Frogs.



PLEASE NOTE:

Extra long screws may be needed depending upon the brand of shoes you have, but Bike Fit does not carry extra long screws for Speedplay Frogs.



See more tips at:

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