

PD-M324

SPD Pedals

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

These pedals have an SPD-type face on one side and a standard face on the other side.

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-SH51/ SM-SH52/ SM-SH55) 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.
- Obtain, read and carefully service instructions when installing parts. A loose, worn, or damaged parts may cause injury to the rider. We strongly recommend that only genuine Shimano replacement parts be used.
- If you have any questions concerning your pedals, contact a professional dealer.

CAUTION

These pedals can be fitted with toe clips, but the toe clips should be removed when using the pedals as SPD pedals.

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.

NOTE:

For maximum performance we highly recommend Shimano lubricants and maintenance products.

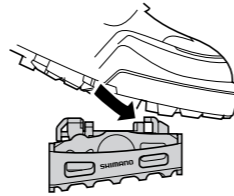
Cleat types and using the pedals

WARNING

Do not use the pedals and cleats in any way other than as described in these Service Instructions. The cleats are designed to engage and disengage from the pedals when the cleats and pedals are facing forward. See below for instructions on how to install the cleats. FAILURE TO FOLLOW THESE INSTRUCTIONS MAY RESULT IN SERIOUS PERSONAL INJURY.

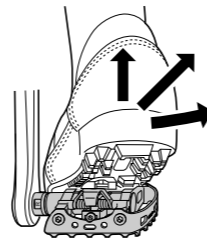
Engaging the cleats with the pedals

Press the cleats into the pedals with a forward and downward motion.



Releasing the cleats from the pedals

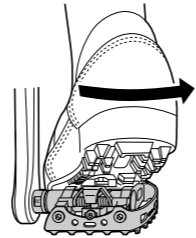
The method of release varies according to the type of cleats you are using. (Check the model number and color of your cleats to determine the proper method of release.)



SM-SH55 (silver)

Multiple release mode

Release the cleats from the pedals by twisting your heels in any direction.



SM-SH51/ SM-SH52 (black)

Single release mode (Optional accessory)

Release the cleats from the pedals by twisting your heels to the outside.

Note:

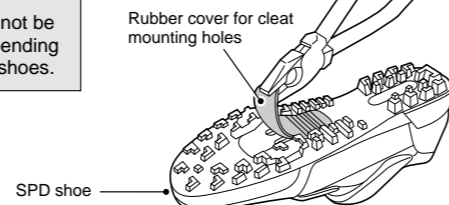
In multiple release mode, it is necessary to practice releasing until you become accustomed to the technique. Releasing by lifting your heel requires particular practice.

Attaching the cleats

- With a pair of pliers or a similar tool, pull off the rubber cover to expose the cleat mounting holes.

Note:

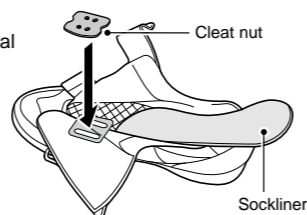
This step may not be necessary depending on the type of shoes.



- Remove the sockliner and position a cleat nut over the oval holes.

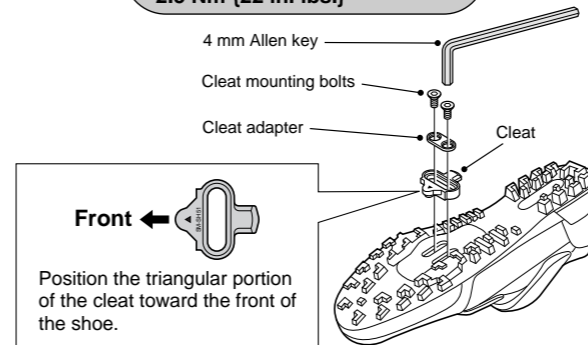
Note:

This step may not be necessary depending on the type of shoes.



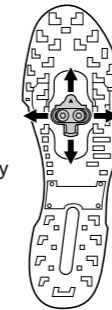
- From the bottom of the shoe, position a cleat and then a cleat adapter over the cleat holes. The cleats are compatible with both left and right pedals. Provisionally tighten the cleat mounting bolts.

Provisional tightening torque for cleat mounting bolts: 2.5 Nm {22 in. lbs.}



Adjusting the cleat position

- The cleat has an adjustment range of 20 mm front to back and 5 mm right to left. After provisionally tightening the cleat, practice engaging and releasing, one shoe at a time. Readjust to determine the best cleat position.
- After you have determined the best cleat position, firmly tighten the cleat mounting bolts with a 4 mm Allen key.



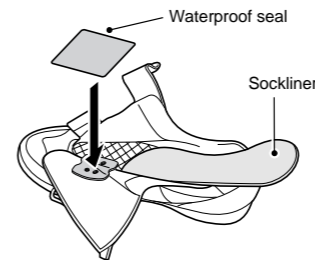
Tightening torque: 5 – 6 Nm {43 – 52 in. lbs.}

Waterproof seal

Remove the sockliner and attach the waterproof seal.

Note:

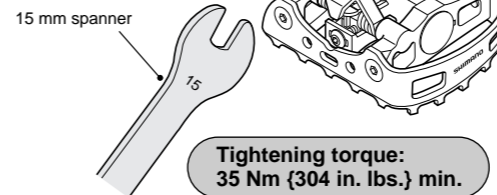
The waterproof seal is supplied with Shimano shoes which require this step to be carried out.



Mounting the pedals on the crank arms

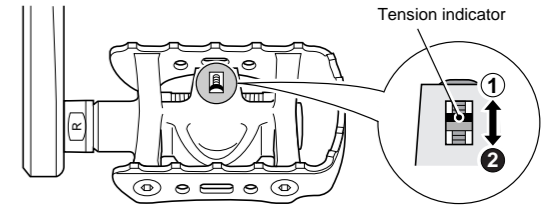
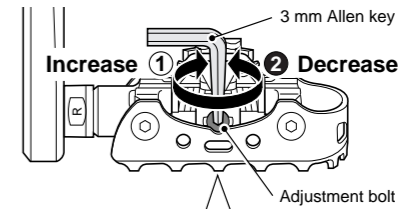
Use a 15 mm spanner to mount the pedals on the crank arms. The right pedal has a right-hand thread; the left pedal has a left-hand thread.

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



Adjusting the spring force of the binding

The spring force is adjusted by means of adjustment bolts. The adjustment bolts are located behind each of the bindings, and there is one adjustment bolt on each pedal. Equalize the spring tensions by referring to the tension indicators and by counting the number of turns of the adjustment bolts. The spring tension can be adjusted in three steps for each turn of the adjustment bolt.



Strongest position

Weakest position

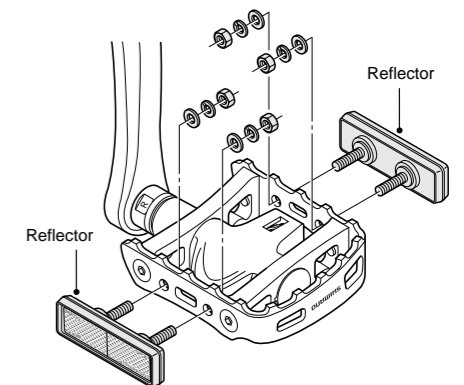


If the tension indicator is at the strongest or the weakest position, do not turn the adjustment bolt any further.

Note:

- 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 may arise because of the unfamiliar effort required for engagement and release.
- 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.

Mounting the reflectors (optional)



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

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