

# PERFORMANCE<sup>®</sup>

## Forté

### Pro / Pro Mg Ti Road Pedal

Congratulations on your purchase of Forté pedals. To install and adjust your new pedals you will need:

- 15 mm pedal wrench
- 3 mm hex wrench
- 4 mm hex wrench

#### ⚠ WARNING

- Before attempting to ride with these pedals, make sure you understand how to release your shoes from the pedals. Apply the brakes, place one foot firmly 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 in a traffic-free area at first, until you become adept at engaging and releasing your shoes from the pedals.
- Adjust binding tension for comfortable release force. Minimum tension settings are recommended for riding on difficult terrain or in traffic.
- Ensure that cleats and pedals are free of debris, and that cleat bolts and pedals are tightened securely.
- Check cleats for wear before every ride. Cleats that are badly worn may impair release from the pedals, and should be replaced. Readjust binding tension after changing cleats.
- Be sure to read and understand the following instructions before using these pedals.

#### Pedal Installation

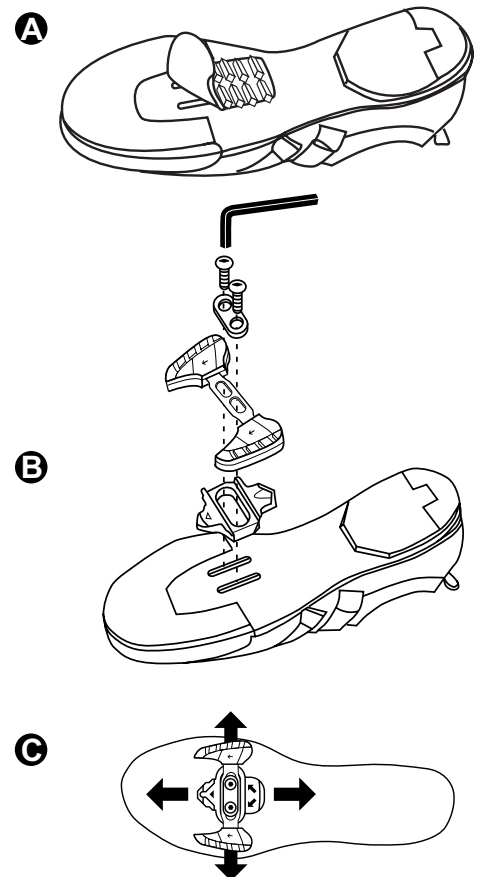
These Forté Pedals have 9/16"x20T threaded axles. The right pedal (*marked R*) is installed in a clockwise direction. The left pedal (*marked L*) is installed in a counterclockwise direction.

1. Grease the axle threads prior to installation.
2. Use a 15 mm pedal wrench to install and tighten the pedals. Tighten to a minimum of 300 inch/lbs. of torque.

#### Cleat Attachment

The cleats supplied with these pedals are compatible with cycling shoes with twin slots suitable for SPD style cleats. Left and right cleats are identical. *Note: Use only Performance Pro/Pro Mg Ti Road Cleats with your pedals. Other cleats may be non-compatible and unsafe.*

1. If necessary, remove the patch covering the cleat attachment slots on the shoe sole (see Figure A).
2. Grease cleat bolt threads before attaching cleats to shoes.
3. Install cleat with arrow on cleat face pointed forward, and the ridged surface against the shoe sole (see Figure B).
4. Center the cleat under the ball of the foot by sliding the cleat forward or rearward along the cleat mounting slots. The cleat can also be adjusted a few millimeters from side to side (see Figure C).
5. Tighten the cleat bolts securely with a 4 mm allen wrench.
6. Cleat position can be fine-tuned during test rides by loosening the cleat bolts, repositioning the cleat, and retightening the cleat bolts. Always ensure the cleat bolts are tightened securely before riding.



## Binding Tension Adjustment

1. Locate the binding tension adjustment bolt at the rear of each pedal (see Figure D).
2. To increase binding tension, turn the bolt in a clockwise direction. Increased tension will produce a more secure shoe/pedal connection, but will make engagement and release more difficult.
3. To decrease spring binding tension, turn the bolt in a counterclockwise direction. Decreased tension will produce a less secure shoe/pedal connection, but will facilitate engagement and release.
4. Be careful not to over-tighten or over-loosen the adjustment bolt. Over-tightening may strip the threads, while over-loosening may cause the bolt to fall out of the adjustment plate.
5. **IMPORTANT:** Binding tension settings should be equal for both pedals to ensure uniform entry and release. Therefore, if you make an adjustment to the tension setting for one pedal, you should make the same adjustment to the other.

### **WARNING**

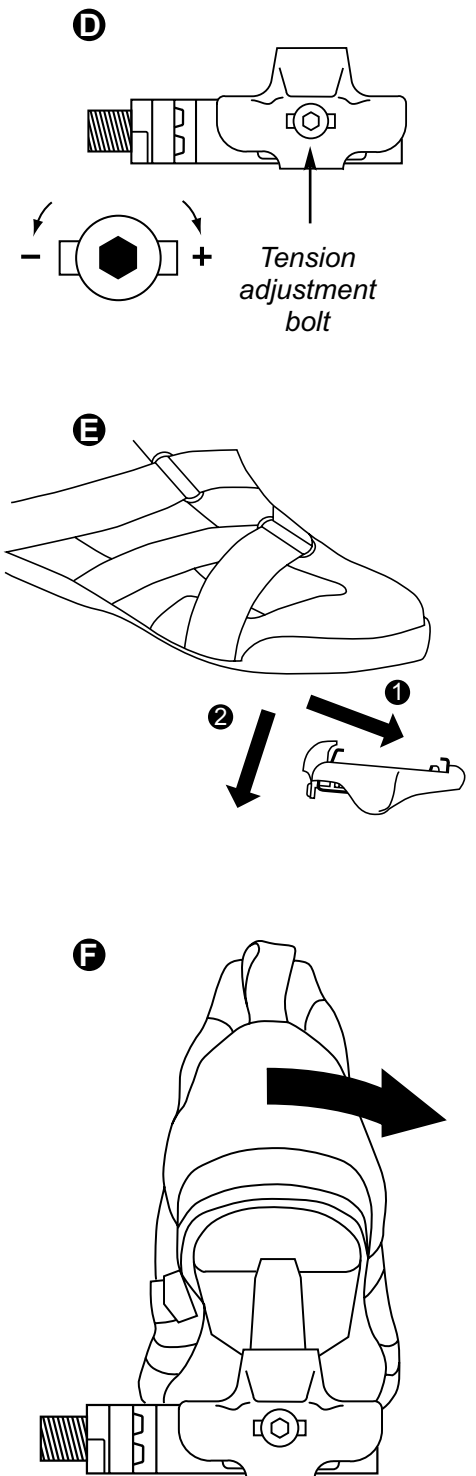
Minimum binding tension settings are recommended for novice riders and for riders in situations requiring frequent cleat release, such as on difficult terrain or in heavy traffic.

## Pedal Use

1. Engage cleated shoes in pedals by stepping down on top of the pedal with the toe pointed slightly downward. Slide the forward end of the cleat under the lip of the front pedal binding. Then step down firmly with your heel to engage the rear of the cleat in the rear pedal binding (see Figure E).
2. When the cleat is properly engaged, you should hear a “click,” and you should be able to pull your foot up firmly without releasing from the pedal.
3. Release by twisting the heel away from the bicycle until the cleat releases from the pedal (see Figure F). The cleat will also release by twisting the heel toward the bike if necessary in an emergency situation. If release is difficult, reduce the spring binding tension on both pedals, and test again.

## Maintenance

1. To function properly, pedals and cleats must be kept clean.
2. Occasional lubrication of cleat bolts will help prevent rust and seizure.
3. Oil or light grease should be applied occasionally to rear binding tension springs.
4. Check cleats for wear before every ride. Cleats that are badly worn may impair release from the pedals, and should be replaced.



**Performance Tech Support 1(800)553-8324 9am-6pm EST Monday-Friday**



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