CLAST CLIP-IN PEDALS
INSTALLATION AND USE

Thank you for choosing Clast clip-in pedals for your mountain bike.

Proper installation is crucial for optimal performance and compliance with our warranty policy.
Follow these step-by-step instructions and illustrations carefully. Our product offers superior grip, durability, and performance.
Enjoy your new pedals and happy riding!

TOOLS REQUIRED

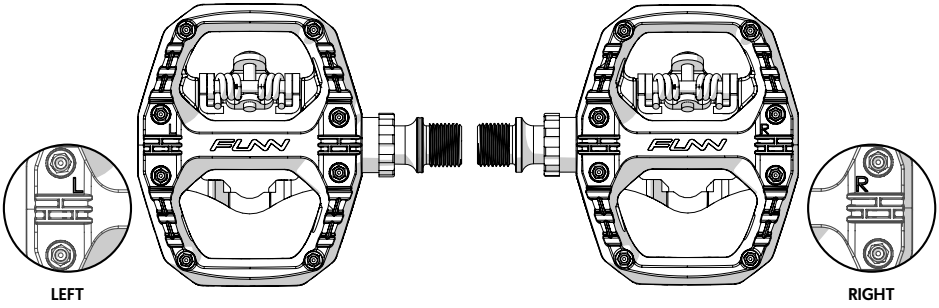
- **Hex key 3mm**
- **Hex key 4mm**
- **Hex key 8mm**

CONTENTS

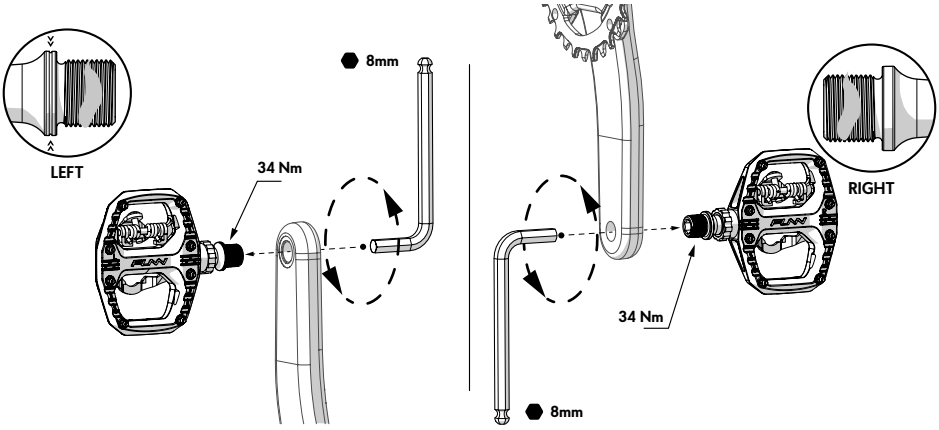
- **Clast pedals** ..... **1 SET**
- **Cleat kit** ..... **1 SET**

PEDAL INSTALLATION

1. Identify the left and right pedals by the markings on the main pedal body.



2. Lightly lubricate the axle threads with anti-seize grease. Thread the axle into the crank hole with your fingers first. Please follow the illustrated directions for tightening the left and right side pedals.
3. Insert a 8mm hex key to further tighten the screw to 34Nm (300 lb-in) torque.

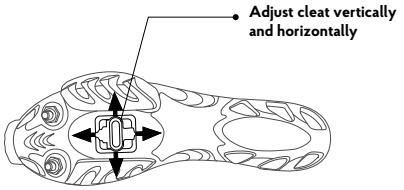


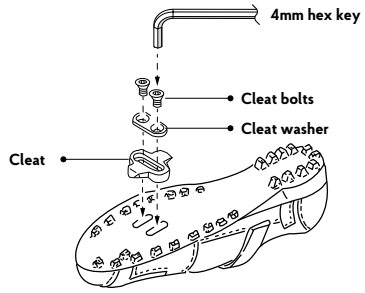
INSTALL CLEATS TO CYCLING SHOES

Apply a thin layer of grease to the cleat bolt threads, then loosely attach the cleat bolts and washers to the shoe soles using the 4mm hex key.

Position the cleat so that it aligns directly beneath the center of the ball of your foot. Vertical adjustment can be achieved through the slots in the shoe's sole. For horizontal alignment, utilize the interplay between the cleat washer and the cleat itself.

Secure the cleat with a torque of 5-8Nm (44–70lb-in), being careful to avoid applying excessive force. The cleat's position can be adjusted according to personal preference following initial trial rides. Finding the ideal cleat configuration may require several rides to achieve perfection.

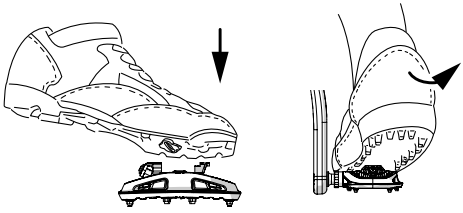




ENGAGE AND DISENGAGE

To engage cleated shoes with the pedals, align the cleat between the front and rear bindings while applying downward pressure.

Disengage by twisting the heel outward (away from the bicycle). If necessary, the cleat can also be released by twisting the heel inward.

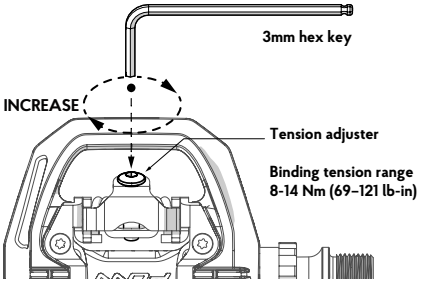


BINDING TENSION ADJUSTMENT

The tension adjuster is positioned on the rear binding. To adjust the binding tension, utilize a 3mm hex key to turn the tension adjuster.

Increase tension by turning clockwise for a firmer shoes binding, albeit with more resistance in engaging and disengaging.

Decrease tension by turning counter-clockwise for a looser shoes binding, offering easier engagement and disengagement.



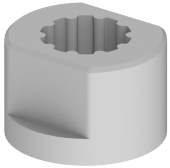
Welcome to the Clast Pedals Cartridge Axle Replacement Guide

Before beginning the maintenance on Clast pedals, ensure a seamless process by high-quality tools to avoid damaging the screw sockets. It's advisable to service your pedals one side at a time to avoid mixing up parts. Additionally, be mindful of thread directions, as indicated by diagrams on both sides of the pedal, and pay special attention when handling these specific parts.

NEW AXLE KIT



Cartridge axles

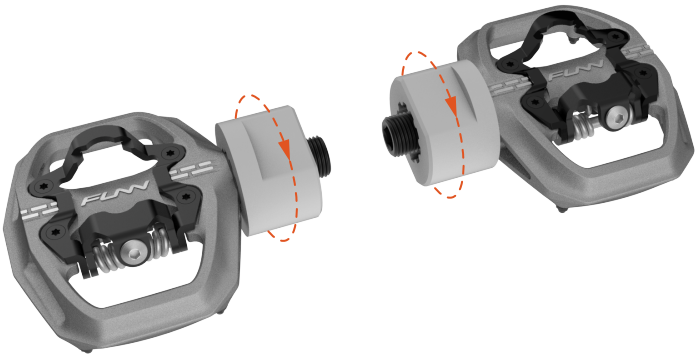


Axle fixture

STEP 1 : Secure the axle fixture onto the axle head. Ensure the flat section of the fixture is facing the threaded side and that the fixture are properly aligned and mated.

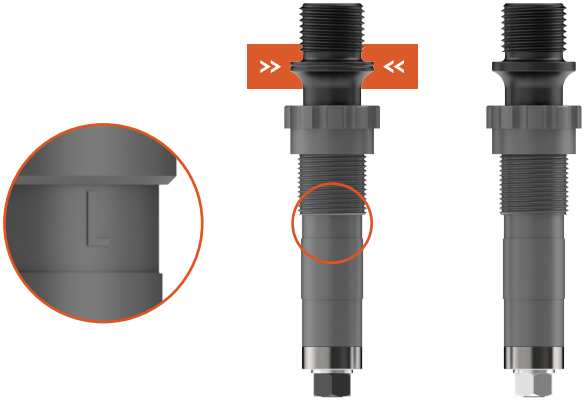


STEP 2 : Ensure the fixture are securely attached before removing the axles. Then, rotate the pedal fixture in the directions shown in the illustration to remove the cartridge axles.

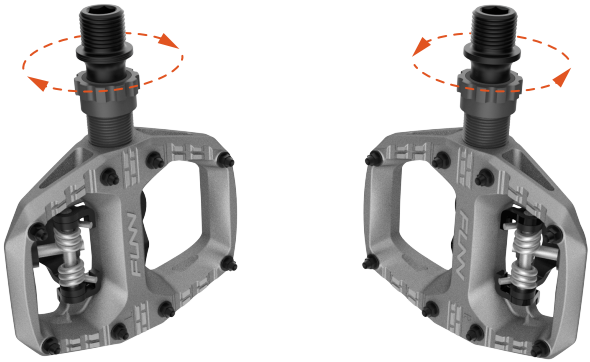


LEFT **RIGHT**

STEP 3 : Identify the left-side axle by locating the “L” marking on the plastic shell and by checking the shape of the axle head. Then, apply a thin layer of grease to the bearings.

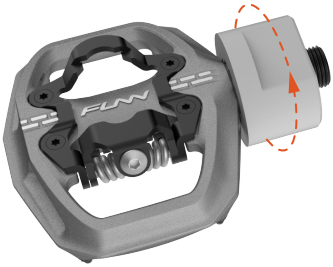


STEP 4 : Hand-thread the axles into the corresponding pedal bodies for correct thread alignment, and note that the left side axle tightens clockwise, while the right pedal body tightens counterclockwise.

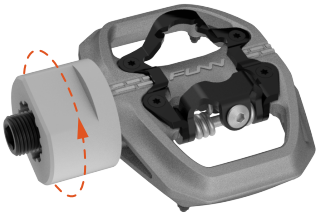


STEP 5 :

Once threaded, reattach the fixture to the axle head. Tighten the axle head to 2Nm. Be cautious to avoid using excessive force, as this could deform the axle shell. After installation, check that the axle rotates smoothly and has no side-to-side movement. If everything feels right, you're good to reinstall the pedals and hit the trail.



LEFT



RIGHT