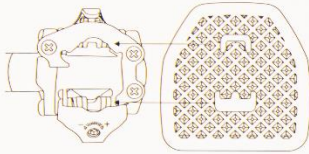


# SPD / X-TRACK compatible

## Pedal Plate Pedal Adapters



### Instructions

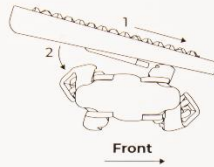


#### Alignment

Make sure Pedal Plate is aligned with pedal

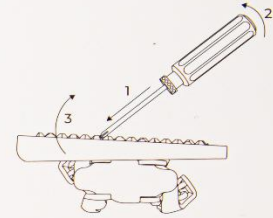
#### General advice (for adjustable pedals)

Before inserting or removing Pedal Plate: reduce the tension of the pedal. Before cycling with the Pedal Plate: increase the tension



#### Insert

1. Insert Pedal Plate into front of the pedal
2. Push back of the Pedal Plate down into the rear clip



#### Remove

1. Insert tool in rear hole of the Pedal Plate
2. Pull tool backwards to open rear clip
3. Remove the Pedal Plate from the pedal



#### Please note:

The Pedal Plates are designed for normal road use. Visit the FAQ section on [www.Pedal-Plate.cc](http://www.Pedal-Plate.cc) to find the full set of instructions, video's, tips & tricks. If you have any questions please contact us through the form on our website.  
Enjoy your Pedal Plates!

[www.Pedal-Plate.cc](http://www.Pedal-Plate.cc)

