

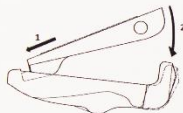
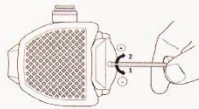
**Instructions**

**General advice  
(for adjustable pedals)**

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

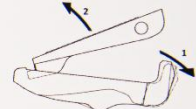
**Insert**

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



**Remove (option 1)**

1. Pull rear clip of the pedal backward
2. Remove Pedal Plate from pedal



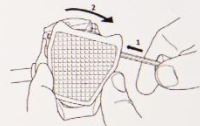
**Remove (option 2)**

1. Push against the rear side of the pedal-plate



**Remove (high-tension ped:**

1. Insert tool into rear of the Pedal Plate
2. Rotate Pedal Plate to release 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)

