

# dp Pedal Plate Pedal Adapters

KEO  
compatible

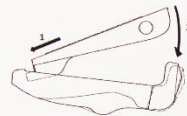
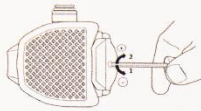
## Instructions

### 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

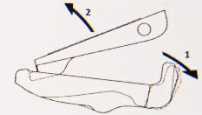
### Insert

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



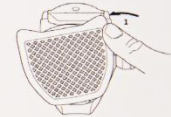
### Remove (option 1)

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



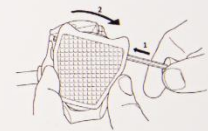
### Remove (option 2)

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



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### 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)

