

# Exerciser Pedals

## Instruction Manual

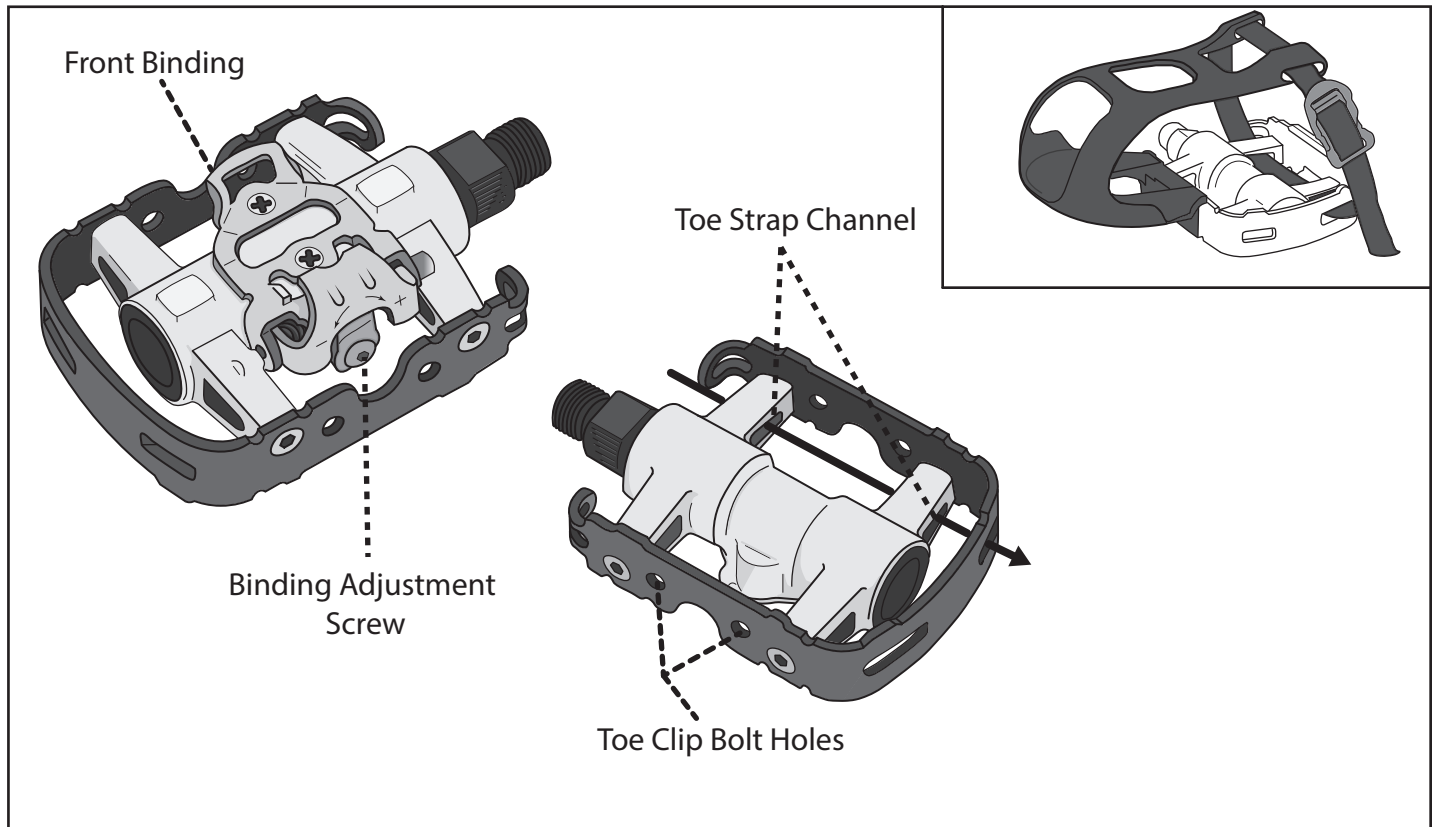
EP001

Please read all instructions before installing and using your Sunlite pedals.

**These pedals are intended for use on stationary fitness equipment.**

### Warning

Failure to install pedals properly may result in serious injury/death and or damage to your bicycle.



### Pedal Installation

1. Lubricate axle threads with appropriate grease and install by turning toward the front of the bike. Right (R) pedal tightens clockwise, left (L) pedal tightens counter clockwise.
2. Using a 15mm pedal wrench or torque wrench tighten to 34Nm.

### Toe Clip Installation

1. Install clip on side opposite of cleat binding to mounting holes shown above.
2. Thread strap through mounting channel so that the strap buckle is to the outside as pictured above.
3. Double check mounting screws are fully seated and tightened.

### Pedal Use

1. It is recommended to have professional assistance in properly setting up the cleat position.
2. Engage cleats by placing cleat between binding toe first and pushing down with the heel of the foot.
3. Disengage cleat by twisting heel outwards away from the bike.
4. Binding tension is adjustable using a 5mm allen key, turn clockwise to increase tension, counter clockwise to decrease tension.

**SUNLITE**