

## WARNING

- Understand how the locking mechanism works before you ride.
- Before riding, place one foot on the ground and practice engaging and disengaging from the pedal a number of times until you get used to it.
- Practice riding on smooth ground first.
- Before riding, adjust the retention force of the pedal to your liking. (Refer to the adjustment instructions for the pedal set.)
- Make sure that mud, dirt, and foreign objects don't build up in the pedal-cleat interface area.
- Select the right-sized shoes for your feet, and be sure to fasten the velcro straps and/or shoe laces when using.
- Do not use washing machines or dryers to clean the shoes.
- Allow your shoes to air-dry in a shaded area. Do not expose your shoes to strong direct sunlight.  
Do not apply heat with a dryer or similar appliance.
- Refer to the instructions supplied with your SPD pedals.
- Obtain and read the service instructions carefully prior to installing the parts. Loose, worn, or damaged parts may cause serious injury to the rider. We strongly recommend only using genuine Shimano replacement parts.
- If you have any questions regarding methods of installation, adjustment, maintenance or operation, please contact a professional bicycle dealer.

Be sure to read and follow the above warnings carefully, otherwise your shoes may not release from the pedals, or they may release unexpectedly and slip from the pedals, causing a fall that could result in severe injury.

## SERVICE INSTRUCTIONS

SI-40L0R

SH-M221	SH-M058	SH-MP66
SH-M180	SH-M038	SH-T092
SH-M120	SH-M034	SH-T071
SH-M071	SH-M021	

## SPD shoes

Before use, read these instructions carefully, and follow them for correct use.

### NOTE:

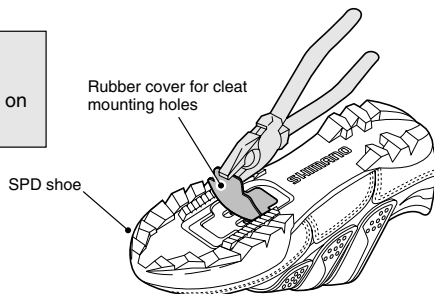
These SPD shoes cannot be used with SPD/SPD-R pedals for road riding.

## Attaching the cleats

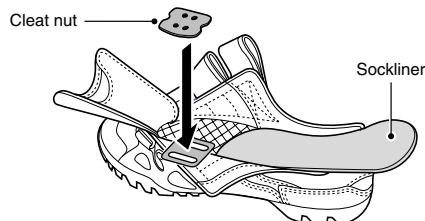
1. With a pair of pliers or a similar tool, pull off the rubber cover to expose the cleat mounting holes.

### Note:

This step may not be necessary depending on the type of shoes.



2. Remove the sockliner and position a cleat nut over the oval holes.



3. From the bottom of the shoe, position a cleat and then a cleat adapter over the cleat holes. The cleats are compatible with both left and right pedals. Provisionally tighten the cleat mounting bolts.

**Provisional tightening torque for cleat mounting bolts:**  
2.5 Nm {22 in. lbs.}

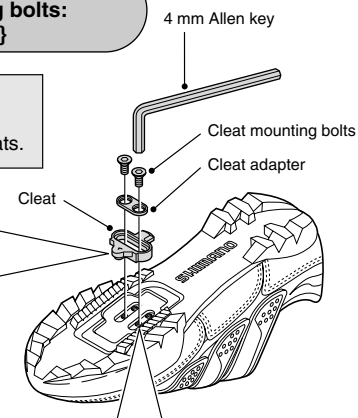
### Note:

Be sure to use the special cleat mounting bolts to attach the cleats.

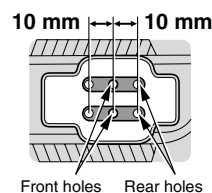
Position the triangular portion of the cleat toward the front of the shoe.



Cleat: SM-SH51 / SM-SH55



The position of the cleat can be adjusted forward and backward by a total distance of 20 mm. If set in the front holes, it can be adjusted 10 mm forward, and if set in the rear holes, it can be adjusted 10 mm backward.



If you do not feel confident about pulling off the rubber cover and mounting the cleat, ask your Shimano footwear dealer for assistance.

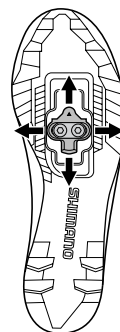
## Adjusting the cleat position

1. The cleat has an adjustment range of 20 mm front to back and 5 mm right to left. After provisionally tightening the cleat, practice engaging and releasing, one shoe at a time. Readjust to determine the best cleat position.

If you cannot find the optimum position for yourself, please contact the place of purchase.

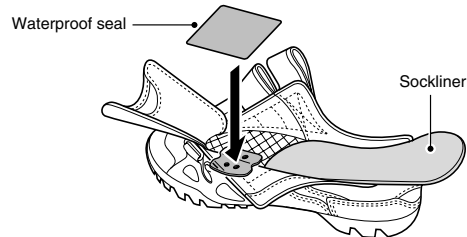
2. After you have determined the best cleat position, firmly tighten the cleat mounting bolts with a 4 mm Allen key.

**Tightening torque:**  
5 – 6 Nm {43 – 52 in. lbs.}



## Waterproof seal

Remove the sockliner and attach the waterproof seal.



## Cleat replacement

Cleats wear out over time and must be replaced. Replace your cleats when you find it difficult to engage or release.

If you do not maintain your shoes and cleats in good condition, your shoes may not properly release from the pedals, resulting in a fall or other mishap.

These service instructions are printed on recycled paper.  
Please note: Specifications are subject to change for improvement without notice. (English)

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