

# **FLYWHEEL**

**FLY FIERCE CYCLING SHOES**



# TABLE OF CONTENTS

Maintenance	3
Limited Warranty	3
Overview	4
Tightening the Cleat	5
Positioning the Cleat	6
Clipping In and Out	7
Contact	8

# LIMITED WARRANTY

The warranty of this product under normal usage against defects in workmanship and materials to the original purchaser for six months from purchase date.

1. Pedals are warranted for use by an individual rider only. Use by multiple riders, or in a fitness center will void warranty.
2. This warranty does not cover any incidental or consequential damages, such as personal injury or any other losses due to accident, neglect, misuse, abuse, modification, normal wear and tear, improper assembly or maintenance.
3. When returning a defective product for warranty purposes, the claimant must provide proof of purchase and a written description of damages.
4. There are no other warranties implied except this express limited warranty.

# MAINTENANCE

1. To function properly, pedals and cleats must be kept free of debris and reasonably clean.
2. If pedals have exposed binding springs, lightly lubricate springs occasionally.
3. Minimize walking in cleated shoes as this accelerates wear.
4. Occasional lubrication of cleat bolts will help prevent rust and seizure.
5. To avoid metal fatigue, replace pedals every six months.

# OVERVIEW

## CLEATS

The cleats are LOOK Delta compatible with a 9-degree float for use with the FLY Anywhere bike pedals.

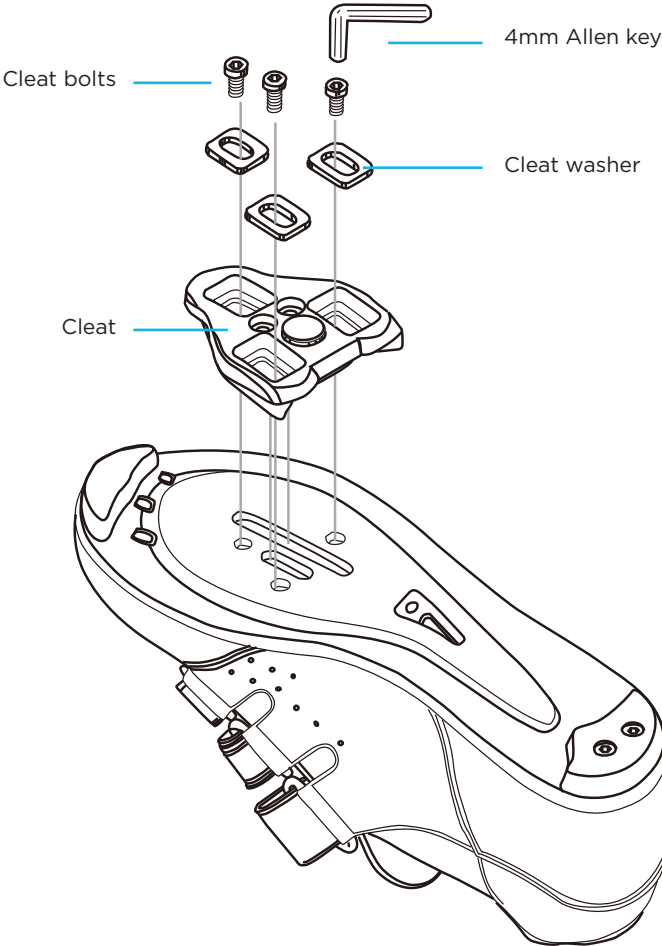
## SHOES

The shoes are made up of composition leather mesh cutouts to allow for breathability.

The OrthoLite insoles are removable and washable.

**Note:**

- The FLY Anywhere bike pedals do not support SPD cleats.



# TIGHTENING THE CLEAT

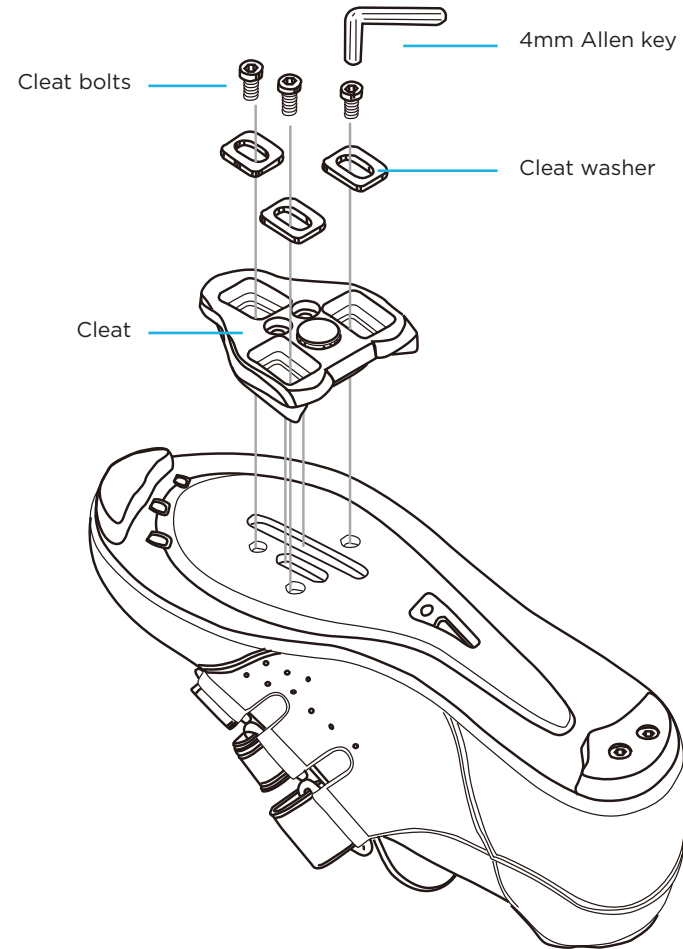
When clipped in and pedaling, the cleat should remain firmly in place relative to the shoe. If the cleats are loose, you can tighten them with the provided 4mm Allen key.

You'll need to tighten your shoe cleats if they arrived loose, or if you loosened them to adjust their position.

- Turn the cleat washers counterclockwise to tighten.
- Turn the cleat washers clockwise to loosen

## Note:

- Tighten cleats firmly, but avoid excessive force. Recommended torque is 5-8 Nm (50-80 kgf/cm).



# POSITIONING THE CLEAT

When the cleat is loose, you can adjust its position to fit your preference.

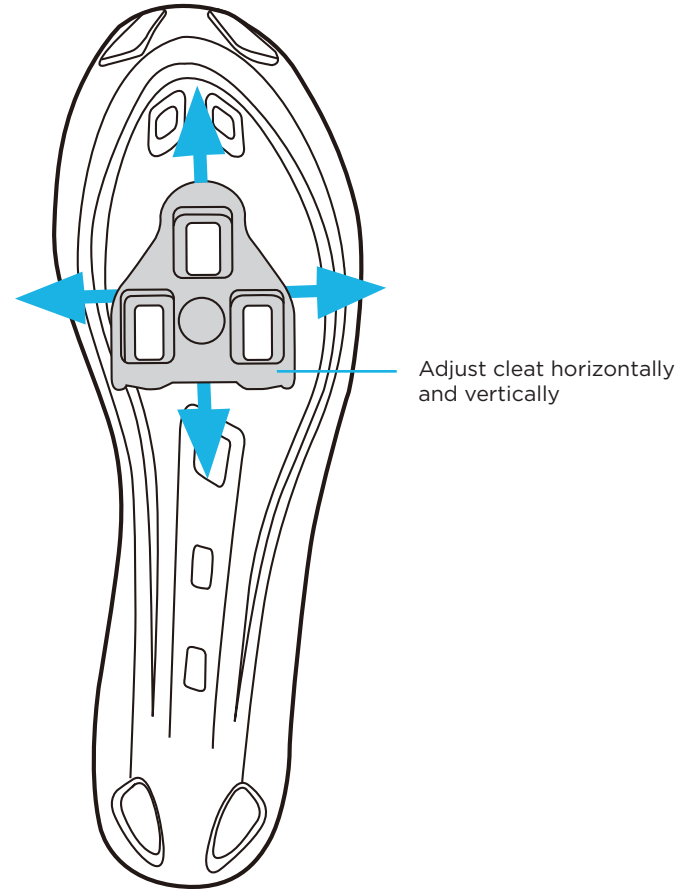
With the narrower end facing the toe of the shoe, the lateral center line of the cleat should be aligned with the center of the ball of the shoe.

- Adjust vertically via slots in shoe sole
- Adjust horizontally via play between cleat washer and cleat

When clipped in to the bike pedals, the ball of your foot should be aligned with the center of the pedal axle.

## **Note:**

- Finding your optimal cleat setup may take some time and experimentation over the course of your first couple of rides.
- Left and right cleats are identical.



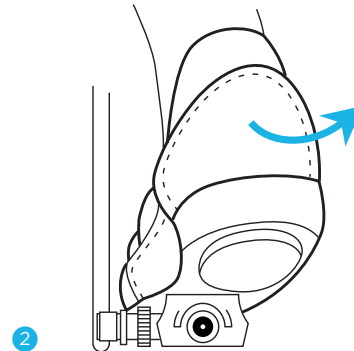
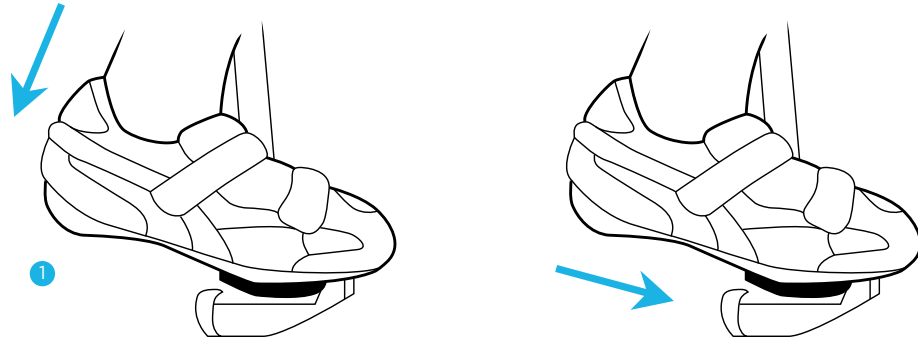
# CIPPING IN AND OUT

## CLIP IN

Sit on or stand over your bike with one foot firmly on the ground. Find the U-shaped side of the pedal, then slide the ball of your foot down while dropping your heel until you hear a click (1).

## CLIP OUT

With your hand on the Torq Knob, swing your heel away from the bike (2).



***FLYWHEEL***

**FLYWHEELSPORTS.COM**

**CONTACT**

Web: [www.flywheelsports.com](http://www.flywheelsports.com)

Email: [help@flywheelsports.com](mailto:help@flywheelsports.com)

Phone: (888) 589-8431

©2017 Flywheel Sports, Inc.