

- ASSEMBLY INSTRUCTIONS -

WARNING - READ THIS FIRST !

Bicycle riding is an inherently dangerous activity. To reduce the risk of serious injury, be sure your bicycle is adequately maintained and that all components are correctly installed and adjusted. Always wear a helmet and follow the rules of the road when cycling. Do not rely on reflectors. Always use a proper headlight and tail lights when riding at any time of reduced visibility.

KEO pedals are not intended for beginning cyclists, and they are not designed to release automatically in a fall or crash. Proper use by skilled riders will increase riding efficiency and performance, but pedals may be an aggravating factor in the event of a fall or collision. Do not use your KEO pedals with 'street' shoes or with cleats other than LOOK KEO cleats, as your feet may slip off and cause a crash.

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WARNING!

LIFESPAN - WEAR - INSPECTION REQUIREMENT - The lifespan LOOK components depends on many factors, such as rider size and riding conditions. Impacts, falls, improper use or harsh use in general may compromise the structural integrity of the components and significantly reduce their lifespan. Some components are also subject to wear over time. Please have your bicycle regularly inspected by a qualified mechanic for any cracks, deformation, signs of fatigue or wear. If the inspection reveals any deformation, cracks, impact marks or stress marks, no matter how slight, immediately replace the component; components that have experienced excessive wear also need immediate replacement. The frequency of inspection depends on many factors; check with your authorized LOOK representative to select a schedule that is best for you. If you weigh 85 kg/185 lbs or more, you must be especially vigilant and have your bicycle inspected more frequently (than someone weighting less than 85 kg/185 lbs) for any evidence of cracks, deformation, or other signs of fatigue or stress.

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PRESENTATION AND ASSEMBLY OF THE CLEATS

CAUTION : these cleats are designed to limit the risks of slipping when walking over very short distances. They shall never be used for walking over a long distance.

BOTTOM VIEW : CLEAT-PEDAL CONTACT :

1 : Adjustment: the 3 adjustment openings allow fitting the cleat under the shoe sole. These are rectangular and can be adjusted over 4mm sideways and 9mm lengthwise, making it possible to position the cleat under the sole in a precise manner.

2 : Plates (6)

3 : Cleat fastening screws (6): screws provided with cleats are M5x11. They shall be tightened using 4mm Allen wrench or a flat screwdriver.

Caution: for fastening the cleat under a sole with inserts, use some longer screws provided with the shoes or available in a Kit from your retailer (20mm Screw Kit Ref. LOOK: DTPD/0151059).

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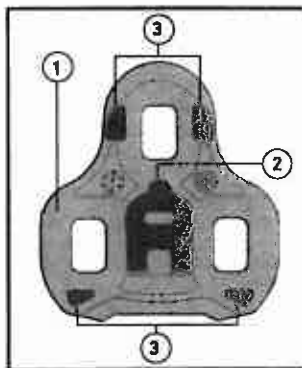
CLEAT-PEDAL CONTACT : TOP VIEW

1: Cleat body

2: Adjustment Memory: This part is to be screwed under the shoe sole and allows replacing the cleat, using current adjustment settings saved in memory. The new cleat is snapped onto the memory pad (which remains fasten under the sole when replacing the cleat) with former settings being used.

Note: This feature can be used only if your sole has a 4th specific oblong hole. If your sole has no such hole, the cleat can nevertheless be used, provided the memory pad is kept snapped on the cleat.

3: Anti-slip shoes on sole: these polyurethane pads limit the risks of slip between sole and cleat, including when carbon soles are used.



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- **WARNING**: This LOOK pedal is construction and optimized to be used by cyclists less than 100 kgs (220.5 lbs)
- Before going on the road, make sure you are used to the function of your new pedals
- Practice engaging and disengaging your new pedals while stationary, and train yourself mentally to disengage your pedals at every stop or in other situations where you may need to steady yourself with a foot on the ground
- The material of the KEO cleats is especially sudded to be compatible with the body of your KEO. Using other than LOOK KEO cleats can seriously damage your pedals and creates a real risk of disfunction.
- Please read these instructions carefully and completely before installing or using these pedals, and keep these instructions in a safe place for future reference. If you have any questions during the installation or adjustment of your LOOK pedals, please contact your authorized dealer
- LOOK reserves the right to change product specifications without prior notice

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PRESENTATION OF THE PRODUCT AND ITS COMPONENTS

Congratulations, you have just acquired a pair of LOOK KEO standard pedals. In your pedal packaging you will find the following parts:

- 1 pair of pedals - 1 pair of KEO GRIP cleats - 6 bolts - 6 washers - 1 assembly instructions - 1 LOOK sticker

PEDAL INSTALLATION

Confirm that the pedal cranks are of the BSA (9/16x20) type.

Clean and grease the pedal crank internal thread prior to pedal fitting.

Caution: there is a right pedal and a left pedal. The left pedal, marked by a ring on the spindle, is threaded counter-clockwise, and the right pedal in a clockwise manner. Use an 8 mm Allen key for a cromoly axle and an 6 mm Allen key for a titanium axle (or a 15 mm wrench) inserted from the inside of the crank. The recommended tightening torque is 40 Nm.

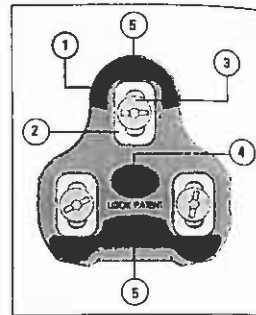
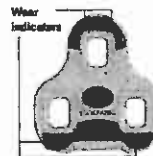
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4 : PAD: Play adjusting pad to be inserted between the cleat and the pedal, and essential for correct operation.

Caution: for using adjustment memory pad, the PAD shall be fitted outside the cleat, after fitting the letter to the sole. Special cleat shape and material make this possible (See next paragraph).

5 : Anti-slip pads: these polyurethane pads limit the risks of slipping when walking.

Caution: It is hazardous to use the cleat when one of its pad wear indicators becomes visible. (See diagram opposite)



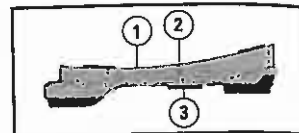
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SIDE VIEW

1: Bending radius: LOOK's cleats has 150mm bending radius, providing shoe sole the required camber which is essential to make shoe comfortable. The soles of shoes used with these cleats shall also have the same bending radius, otherwise the cleat might get out of shape after it is fixed and provide inadequate foot support.

2: Axle-pedal mark: this reference mark indicates pedal axle position when the cleat is inserted in the pedal.

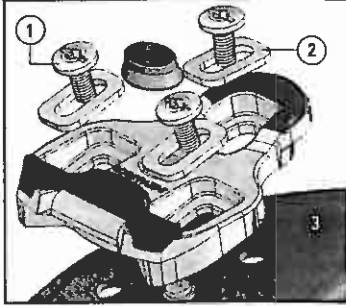
3: PAD: see instructions stated above.



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Cleat Installation

Cautions: make sure that the cleats are suitably tightened under your shoes before snapping. After replacing the cleats and before using the bike, always make sure that pedal spring tension is adequate. If release is too easy or too difficult, this might result in fall and serious injury. Fasten the cleat to shoe bottom using screws (1) and plates (2) provided (or recommended) with the cleats.



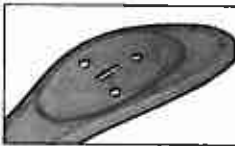
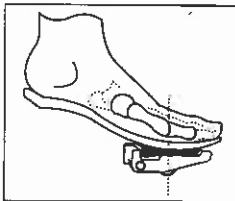
Step 5: once the cleat is suitably adjusted, check the tightening torque (within 5.5 - 6 Nm range)

Caution: before cycling on road, practise using your automatic pedals.

Practice engaging and releasing the pedals at standstill position until you feel comfortable using the pedals and mentally train for releasing the pedals when stopping at a traffic sign or in other situations requiring to set foot on the ground.

Use of memory tab:

Use of memory tab: Memory tab cannot be used unless your have a compatible shoe with centre oblong hole (see opposite diagram)



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Cleat adjustment

Step 1: Cleat side adjustment. Center the cleat as much as possible under the shoe (sole fixing holes are located in the centre cleat openings).

Step 2: Cleat adjustment lengthwise (at front/backend of shoe bottom) Most experts consider adjustment to be optimal when the reference mark on the cleat (3) (indicating pedal axle) is located under the axis of inside metatarsus articulation. See opposite diagram

The axis of your inside metatarsus articulation is located in the centre section of foot-big toe articulation
Step 3: Once the cleat is adjusted as stated above, fasten it to the shoe using the fixing screws, and not omitting the plates. Tightening is done using 4mm Allen wrench or flat screwdriver

The tightening torque shall be set within 5.5 - 6 Nm range

Step 4: Engage your foot in the pedal and run a few meters with your bicycle

If your heels come in contact with the bases or if you feel that the weight of your body is greater on one side with ankle or knee supporting a heavier load, adjust cleat direction Repeat this operation until you feel fully comfortable for push-pull.

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Installing the cleat when replacing worn cleats

if your shoe is equipped with centre oblong hole with the screw inserted in it, unfasten it.

Mount the cleat together with the memory part but without the PAD. Fix the cleat and screw the memory part without tightening. Do not insert the PAD unless cleat adjustment is complete



Adjust the cleat (see previous paragraph.) without PAD (do not do a full ride when PAD is not fitted) Once correct adjustment is found, screw the memory and insert the PAD from the outside (see diagram opposite)

Installing the cleat when replacing worn cleats:

Unscrew the cleat and take it out, leaving the memory part in place. Fit the new cleat in place, which will be adjusted to the same setting as saved from the previous unit after snapping the new cleat on the memory part.

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TENSION ADJUSTMENT (only for HM, Carbon, Sprint & Classic model)

LOOK pedals are ALWAYS delivered pre-set to a minimum tension.

Adjustment is carried out at the rear of the pedal, on the lever, using a 3 mm Allen key.

By turning the key in the + direction (clockwise), you increase the amount of stress necessary for cleat release. Allow tension to remain minimal until you have become perfectly familiar with the system.

Adjustment can not be carried out when the cleat is engaged in the pedal.

You will hear a "click" when the maximum adjustment is reached. Once this click is heard, stop screwing as it may damage the pedal.

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ENGAGEMENT / RELEASE

Engagement: Insert the cleat in the pedal in accordance with trajectory 1 and press down on the pedal as per trajectory 2 to lock the cleat.

Release: Rotate your heel towards the outside 3 and it will disengage.

WARNING 1: Do not release towards the inside, as this may cause the heel to touch the spokes and cause a crash

WARNING 1: K&O Easy model provides a soft "clip in" and "clip out" system. You must be cautious of the "easy clip" when using it, as it might release involuntarily, in case of very strong stress on the pedal.

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MAINTENANCE

WARNING 1: Before every ride, check your pedals and cleats to be sure they are free of dirt and that they are operating properly.

WARNING 1: Check your cleats daily for excessive wear, and replace as indicated. Worn cleats may release inadvertently and cause you to crash. Your cleats are worn out and must be replaced if one of the four white wear indicator sections on the bottom of the cleat becomes visible through the gray, red or black material. [ADD DIAGRAM] Replace only with genuine LOOK KE0 cleats

Do not drill, paint or refinish

Keep pedals and cleats away from any heat source.

Spindle: LOOK spindles are subjected to a rotation test of one million cycles at 100 revs / minute, with a load of 80 kg on the pedal and off centred rotation (which creates an impact at each rev) This test exceeds the toughest know standard EN 104781.

The high pressure cleaners is not recommended

If you are doubtful, if your pedals works properly, please contact your LOOK authorized dealer

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LIMITED WARRANTY

Please keep your proof of purchase and register your warranty on line at www.lookcycle.com

LOOK pedals provide the latest and best technology in the field of automatic pedals. They can not, however, guarantee safety in the event of accident.

LOOK, through its authorized distributor in the country in which this product was first sold at retail, warrants to the first retail purchaser or user that this product shall be free from defects in materials and workmanship. This Limited Warranty, as well as any implied warranty, shall expire 2 years from date of the initial retail purchase.

For warranty claims or service, the product must be returned to your LOOK authorized retailer with these Assembly Instructions and proof of purchase.

This limited warranty does not apply to ordinary wear and tear (including worn out cleats), parts which have been refinished or subjected to improper repairs or modifications, or to damage caused by accident, abuse, lack of reasonable care or improper use. Improper use which will void this warranty includes excessive force, twisting, overloading, extreme angles and similar situations.

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