

Detachable Pedals

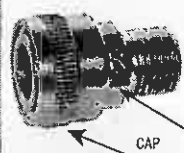
Ezy PEDALS PAT.

☐ SERVICE INSTRUCTIONS ☐

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

First, take out the pedals from a pouch, each side of pedals consists of Ezy adapter and pedal. And 2 of Ezy stopper (plastic made) are also being included in a pouch. To separate Ezy adapter from pedal, pull pedal out of Ezy adapter while sliding Ezy adapter cap outside.

Ezy adapter



Attach Ezy adapter to crankarm firmly. Each Ezy adapter has a distinctive mark showing each side. R and L, although pedal can be used on either side. Tightening torque: 30Nm (300kgfcm)

Ezy stopper

crankarm

Crank

If your Crank has dimple as photo, Please use the included spacer on Crankarm to attach Ezy adapter

dimple

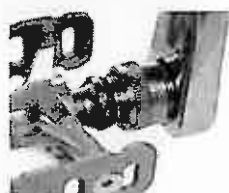
HOW to attach Ezy

(show Promenade-Ezy on photo)

- ① Push a cap to crankarm



- ② Push pedal axle into Ezy adapter hole until it clicks into position while sliding Ezy adapter cap crankarm-side.



- ③ Fit Ezy stopper in the place between crankarm and Ezy adapter cap.



Ezy stopper

CAUTION

PLEASE DO NOT FORGET TO FIT EZY STOPPER BETWEEN THEM
Failure to follow the instruction may result in serious personal injury.

How to detach Ezy

- ① Remove Ezy stopper
Be sure not to lose it

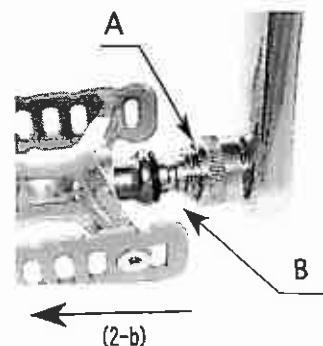


(2-a)

- ② Pull the pedal out of Ezy adapter (2-b) while sliding Ezy adapter cap crankarm-side (2-a)

CAUTION

In order to keep the pedal performing well, please put oil into A & B



(2-b)

AR-2 Ezy

MTE Ezy

NP Ezy

MM-Cube Ezy

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PEDAL

USE INSTRUCTION

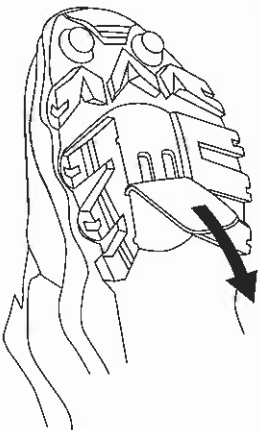
1. Mounting the pedals on the crank arms

Fit the pedals on the crank arms with a 15mm Wrench.

The right pedals (Marked R) has a right-hand thread, the left pedal (Marked L) has a left-hand thread.

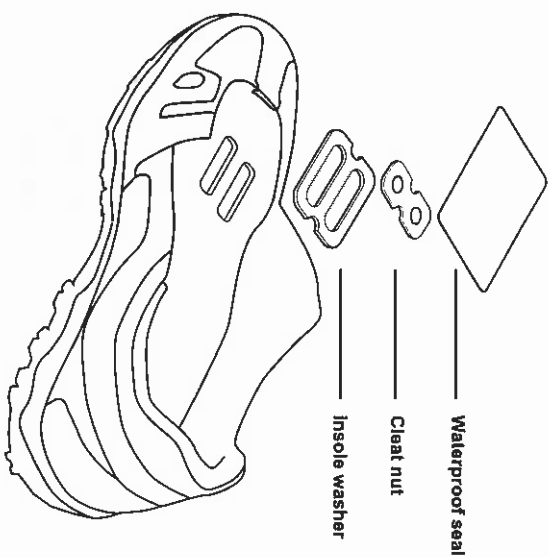
2. Attaching the cleats to cycling shoes

A Pull off the rubber cover from the shoe with pair of pliers.

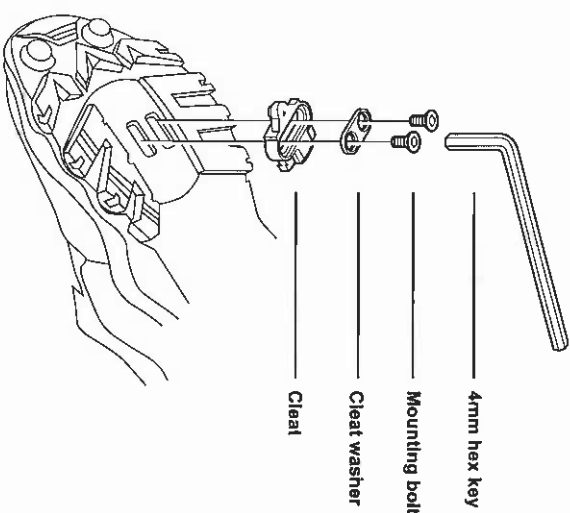


2. Attaching the cleats to cycling shoes

B Remove the sockliner, position an insole washer and a cleat nut over the oval holes.

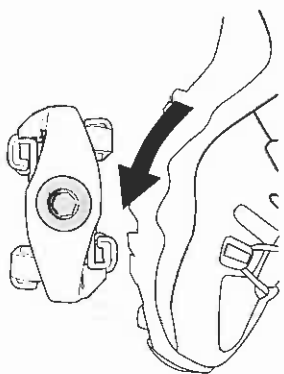


C From the bottom of the shoes, position a cleat and a cleat washer over the oval holes then secure the cleat tightly with the bolts.

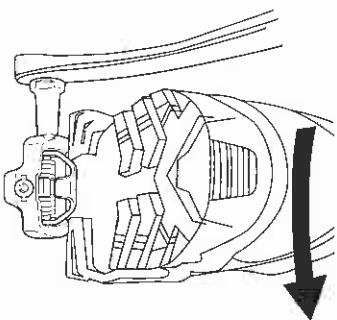


3. Using the pedals

- A** Engaging: Press the cleat into the pedals with a forward and downward motion.



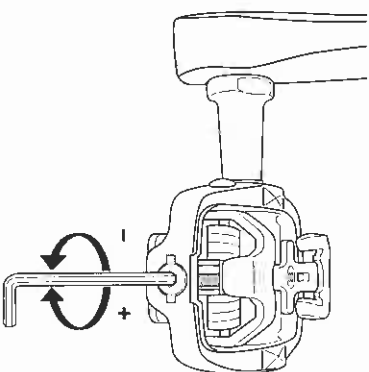
- B** Releasing: Twist your heels to the outside



4. Adjusting the spring tension

The spring tension for each bindings (top and bottom) is adjusted with the adjustment bolt at the rear of the pedal.

Turn the bolt clockwise to increase the spring tension; counterclockwise to decrease the tension. There are two adjust-ment bolts on each pedal. The spring tension setting of all four bolts should be identical. Equalize the tension by referring to the tension indicator.



5. Caution

- A** Before riding adjust the spring tension of the pedals to suit yourself. Lower tension is recommended for beginners.

- B** Practice engaging and releasing in a stationary position until you do so naturally.

- C** Keep cleats and bindings clear of mud and dirt to ensure engagement and release. Oil or light grease should be applied to the springs and the cleat contact areas of pedal binding after cleaning the pedal.

- D** Cleat that are badly worn or difficult to release should be replaced.