

**TOOLS NEEDED:**

8mm Allen Wrench
Torque Wrench
Grease for Steel Spindle
Anti-Seize for Titanium Spindles

PLEASE NOTE:

The threads of the axles are 9/16 X 20 threads per inch. If you are unsure the type of threads used on your cranks, please contact your local bike shop for assistance.

INSTALLATION:

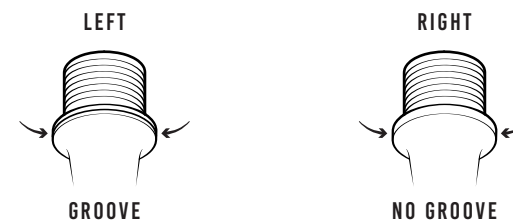
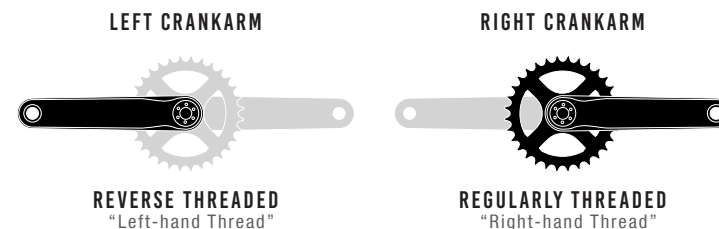
1. Lightly grease the threads of both pedals. If installing level "11" pedals please use anti-seize on the titanium spindle threads
2. Starting by hand, install the left pedal (groove in flange) into the left crankarm (Figure B). This pedal has a left hand thread (slopes up to the left) so the spindle installs counterclockwise into the crankarm.
3. Turn the spindle a few turns to engage the threads. Be careful not to cross thread! If difficult to turn, either the wrong pedal is being installed, or the crankarm threads will need to be chased with a 9/16 x 20 tpi tap and cleaned out by a professional mechanic.
4. Insert the 8mm hex through the backside of the crankarm and into the 8mm socket of the pedal spindle. (Figure C).
5. Continue turning the spindle counterclockwise until the spindle flange makes contact with the crankarm.
6. Using a torque wrench, tighten the pedal spindle to 34nm.
7. Repeat the process for the right pedal. Note the right pedal (no groove in flange) has right hand threads (slopes up to right) so the spindle installs clockwise into the crankarm.

REMOVAL:

1. With the bike in the upright position, rotate the right crankarm so it is facing forward near the bottom of the stroke.
2. Insert the 8mm hex into the back of the pedal with the handle facing towards the back of the bike. (Figure C).
3. Apply firm downward pressure to the hex wrench, which will turn the spindle counter-clockwise, to loosen the spindle from the crankarm
4. Continue turning counter-clockwise to remove the pedal from the crankarm.
5. Repeat for the left side by rotating the crankarms until the left arm is facing forward and near the bottom of the stroke.
6. Insert the hex wrench into the back of the pedal with the handle to the rear of the bike.
7. Apply firm downward pressure to the hex wrench, which will turn the spindle clockwise, to loosen the spindle from the crankarm
8. Continue turning clockwise to remove the pedal from the crankarm.

BEFORE STARTING:

Determine the left and right pedal spindles. Left pedals have a small groove on the spindle flange and right pedals have no special markings (Figure A).

FIGURE A**FIGURE B****FIGURE C**