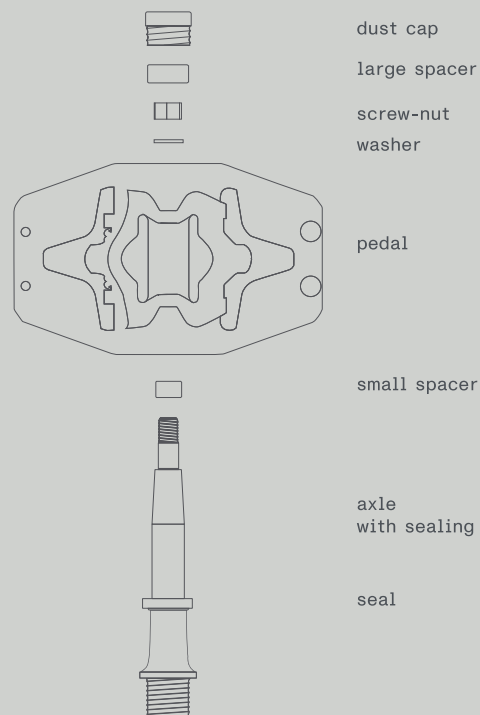




clipless
pedal manual

www.acros-components.com

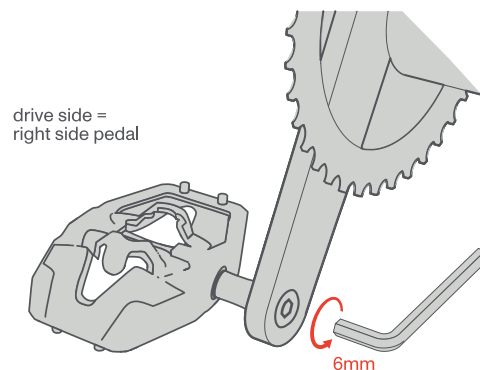
how to mount your acros pedals



3

mount your pedals

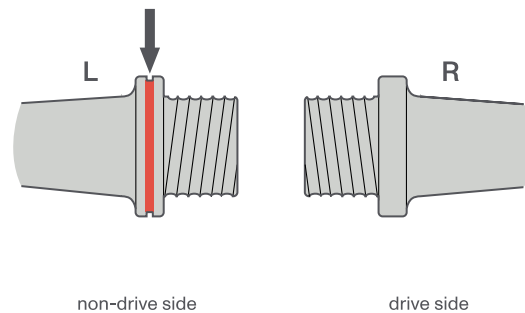
On the drive side you need to screw in the pedal counter clockwise. The pedal in the non-drive side you need to screw in clockwise. Tightening torque (Nm): **please check the specifications given by the crank manufacturer!**



1

choose your side

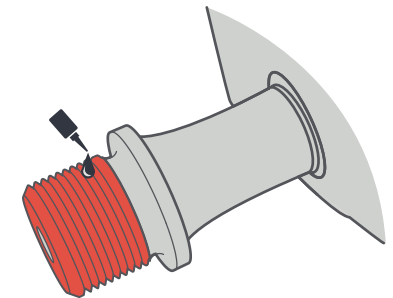
Finding the proper side to mount your pedal is easy. **Pedals for the non-drive side (left) have a groove**, while pedals for the drive side (right) don't have that groove.



2

grease the thread

Make sure to grease the thread of the pedal or the thread of your crankset. Otherwise there's risk of damaging the thread of your crankset and you might not be able to easily dismount your pedal again.



en

Non-observance of the advice given in this manual could cause accidents resulting in death or serious injury.

Read this manual carefully before performing any necessary assembly and maintenance work. It is essential to read and observe all assembly and maintenance instructions, including those given in the manuals of other manufacturers whose products are used on your bicycle (frame, fork, stem etc.). Ensure that all other users of your bicycle carefully read this manual and observe the instructions.

Intended use

Any use differing from the intended one could cause accidents resulting in death or serious injury.

Important safety information

If not properly performed, assembly and maintenance work could cause accidents resulting in death or serious injury.

- Do not overestimate your technical ability. All assembly and maintenance work shall be performed by a specialist workshop for bicycles.

This is the only guarantee of having this work done in a professional way.

- Use only acros genuine parts.
- Always keep your bicycle in a faultless technical state.

Danger of accident through a wrong riding mode.

- Use only the range of application for which your acros product is designed.

- When riding your bicycle you should always wear a new cycling helmet of good quality (e.g. ANSI certified). Your clothing should be close fitting, but not uncomfortable. For special types of use (e.g. downhill or free style) appropriate protective clothing is indispensable.

- Only drive your bicycle if you are in good physical condition.
Don't jump with your bicycle – the forces created by such manoeuvres are enormous and frequently cause serious accidents, which can result in death.

You should also rely on your common sense and avoid any unreasonable behaviour!

de

Das Nichtbeachten der Hinweise in dieser Anleitung kann zu Unfällen mit Todesfolge oder schwerer Verletzung führen.

Bitte lies die Anleitung vor den erforderlichen Montage- und Wartungsarbeiten sorgfältig durch. Beachte und befolge stets alle Hinweise zu Montage und Wartung – auch in den Bedienungsanleitungen anderer Hersteller, deren Produkte an Deinem Fahrrad verwendet werden (Rahmen, Gabel, Lenkervorbau etc.). Stelle sicher, dass auch andere Benutzer Deines Fahrrads die Anleitung sorgfältig lesen und beachten.

Bestimmungsgemäße Verwendung

Eine andere als die bestimmungsgemäße Verwendung kann zu Unfällen mit Todesfolge oder schwerer Verletzung führen.

Grundlegende Sicherheitshinweise

Unfallgefahr durch nicht fachgerecht ausgeführte Montage- und Wartungsarbeiten.

- Überschätze nicht Deine fachlichen Fähigkeiten. Lasse Montage- und Wartungsarbeiten in einer Fahrrad-Fachwerkstatt durchführen. Nur dort ist die fachgerechte Ausführung gewährleistet.

- Verwende ausschließlich acros-Originalteile.
- Halte Dein Fahrrad stets in technisch einwandfreiem Zustand.

Unfallgefahr durch Fehlverhalten beim Fahren.

- Fahre nur im Einsatzbereich für den Dein acros-Produkt bestimmt ist.
- Trage beim Radfahren stets einen qualitativ guten (z.B. ANSI-zertifizierten), neuwertigen Fahrradhelm und Bekleidung, die eng anliegt aber nicht behindert; bzw. bei entsprechendem Einsatz passende Schutzbekleidung (z.B. Downhill).

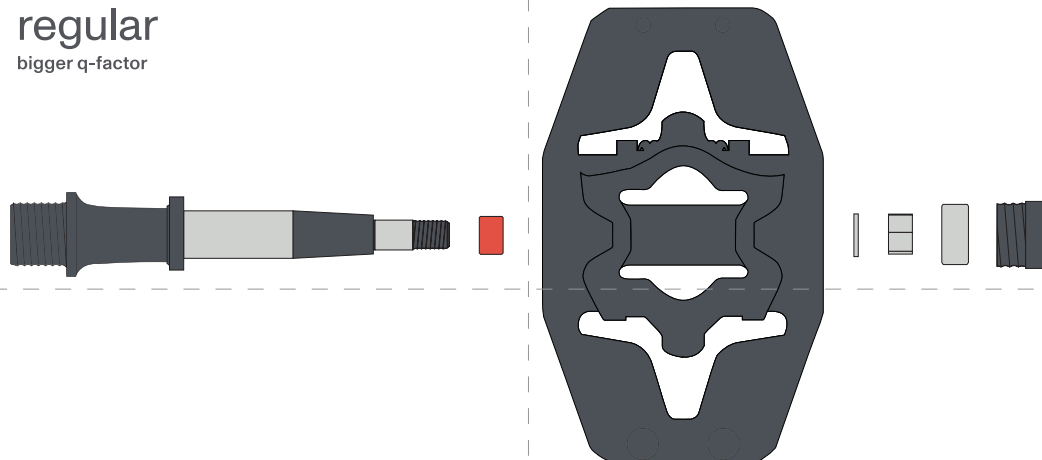
- Fahre nur mit Deinem Fahrrad, wenn Du in guter körperlicher Verfassung bist.

- Springe nicht mit Deinem Fahrrad – die hierbei auftretenden Kräfte sind enorm und führen häufig zu schweren, mitunter tödlichen Unfällen.

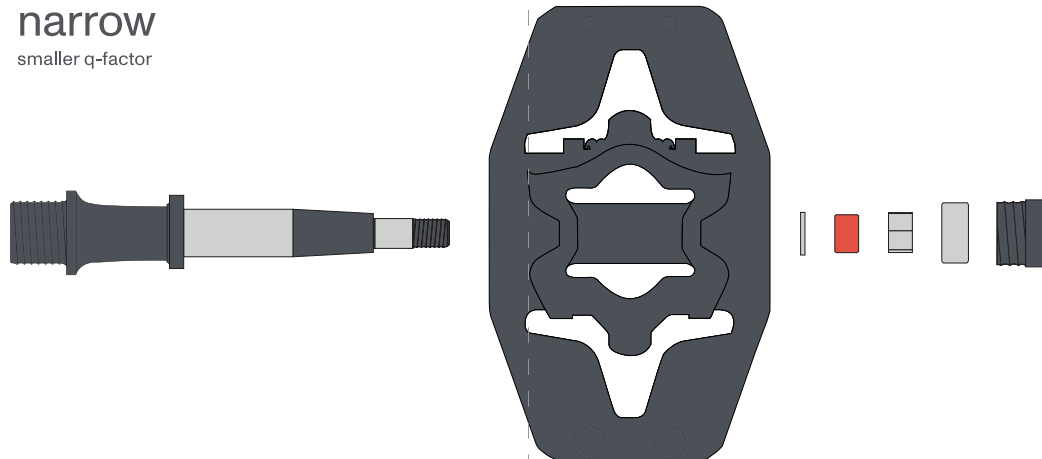
Profitiere darüber hinaus von Deinem gesunden Menschenverstand und unterlasse unvernünftiges Handeln!

how to change the q-factor of your pedals

regular bigger q-factor



narrow smaller q-factor



disassembly

1 remove the dust cap

To adjust the q-factor or maintain the internals of your pedals, remove the dust cap at the outside of your pedal with a 6mm allen key.

2 separate the large spacer

You'll find a large silver spacer inside your pedal. Take out that spacer with a screw driver or a pair of long nose pliers.

3 loosen the screw-nut

Now fixate the axle on the thread side with a 6mm allen key and loosen the screw-nut inside the pedal with an 8mm socket wrench. **Note that the drive side pedal (right) has a left-hand thread.** This means you must turn the screw-nut to the right to loosen it. The non-drive side pedal (left) has a regular thread and can be opened counterclockwise.

4 remove the axle

You can now remove the axle and separate all the remaining parts from the pedal. You should now have the following parts in front of you: axle, pedal body, washer, small spacer, nut, large spacer and dust cap. Please have a look at the front page for reference.

assembly

1 place the small spacer

Place the small spacer onto the axle if you want to set the bigger q-factor (regular). Then insert the axle. If you prefer the smaller q-factor (narrow), then insert the axle without the small spacer.

2 fit the washer (and spacer)

Now put the washer in so that it sits on top of the bearing. If you want to set the smaller q-factor, then also add the small spacer onto the axle now.

3 tighten the screw-nut

Fixate the threaded side of the axle with a 6mm allen key again. Then tighten the screw-nut with an 8mm socket wrench with 6-8Nm.

4 add spacer and dust cap

End the assembly by inserting the large spacer and closing the pedal with the dust cap. That's it, that's all.
#ridemoreworryless