



ADAPTER FOR CLIP-IN PEDALS INSTRUCTIONS

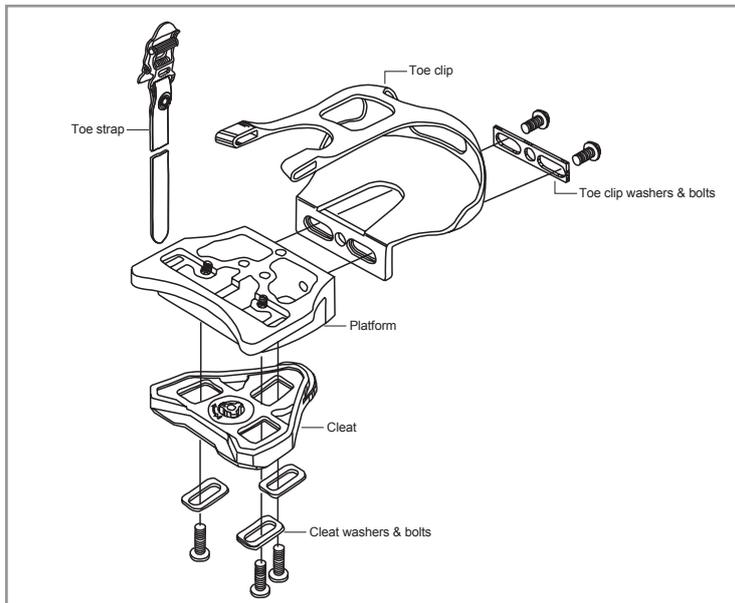
Carefully read these instructions before installing and using this product—improper use may lead to injury. Keep this document for future reference. Consult a bicycle dealer if you have any questions, or doubts about your ability to perform the following procedures. There may be updated or additional information on our website: www.exustar.com

This product is for use with clip-in (clipless) pedals. You should be familiar with clip-in pedal use before attaching this adapter to your pedals. Consult instructions that came with your clip-in pedals if necessary.

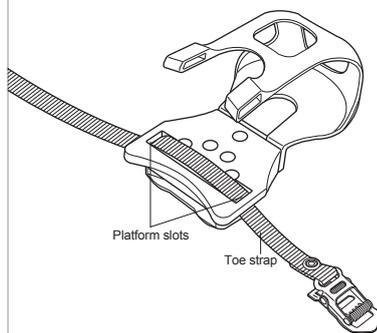
WARNING Ensure that cleats supplied with your adapter set are compatible with your clip-in pedals—incompatible pedals and cleats can be DANGEROUS.

ASSEMBLING TOE STRAP TO TOE CLIP

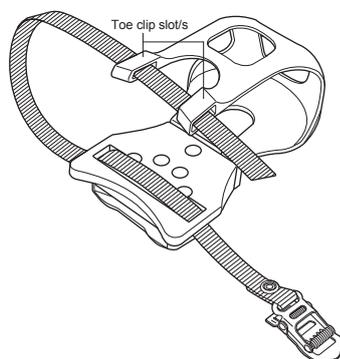
If toe strap is already attached to toe clip when you purchased this product, disregard the following steps 1. to 3. Go directly to steps 4. to 7.



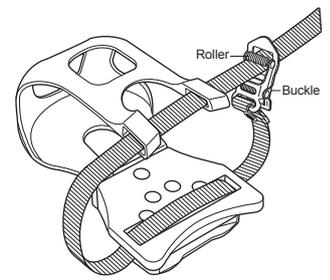
1. Thread most of strap through the two slots in platform body. There should be 5 or 6 cm remaining on the buckle end of the strap.



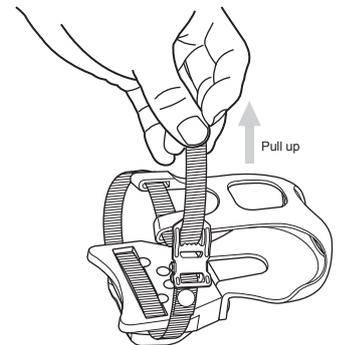
2. Continue to thread strap through slot/s on top of toe clip.



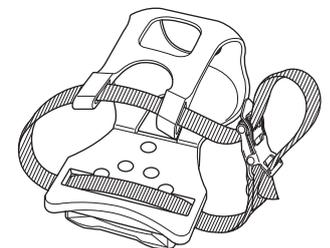
3. Join two ends of strap by running the pointed end through the slot of the buckle with the roller.



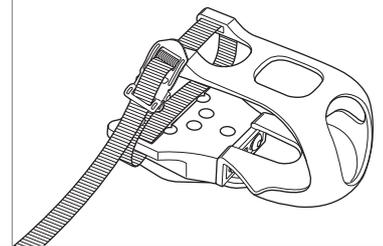
4. Tighten strap by pulling it up.



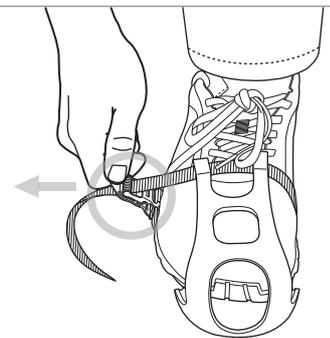
5. Optional for experienced users. Thread strap end through lower buckle slot to fix position. **Warning** If strap is very tight, it will be more difficult to release the foot quickly.



6. Toe strap attached correctly to toe clip.



7. To loosen, push buckle outwards with your thumb.



TOE CLIP & STRAP USE

If you have never used toe clips and straps before, take time to learn how to use them safely. Sit on, or stand over your bike with one foot firmly on the ground. With the other foot, practice engaging and disengaging. When you get used to this, progress to riding slowly in a safe, traffic-free area until engagement and disengagement become natural actions that you can manage easily without looking at your feet.

Adjust tightness of straps to suit your ability and experience, and the environment you are riding in. Minimum tightness is recommended for beginners and for rides requiring frequent disengagement, such as in heavy traffic.



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