

PEDAL INSTRUCTIONS

45North is built on real-world needs and knowledge – by people who know more about riding in hard winter conditions than anyone on the planet. Our products provide the ultimate in comfort and control. 45North's competitive advantage is our distinct combination of extreme winter plus extreme expertise riding in it. We create the ultimate in cold weather performance gear for the committed winter cyclist.

PARTS & TOOLS INCLUDED:

- 2 Pedals

TOOLS NEEDED:

- 6mm Allen Key or 15mm Open-End Wrench
- 6mm Open/Box Wrench

PEDAL INSTALLATION

Mount Pedals to Crank Arms

Note: Right pedal has right-hand threads (normal) and the left pedal has left-hand threads (reverse).

- Grease pedal threads before installation to prevent corrosion
- Use a 6mm Allen key or 15mm open-end wrench to mount pedals to crank arms (fig. 1 & 2). The pedal axle is stamped with an "L" or "R" to denote left and right sides respectively
- Apply one drop of Loctite Blue to pin threads before installation to prevent corrosion
- Recommended torque is 35NM or 25 ft-lb



Figure 1



Figure 2

PIN REPLACEMENT

When pins become worn or damaged, replace them with new pins (fig. 3).

- Recommended torque: 0.8–1.2Nm or 6.9–10.4 in-lb



Figure 3

WARNING: The grip pins on this pedal can damage shoes or clothing, and may cause leg, foot, and/or ankle injury in the event of a slip or crash.

For additional product and safety information go to:
www.45nrth.com/safety