

Schwinn Triple Link™ Pedal User Instructions

Warning:

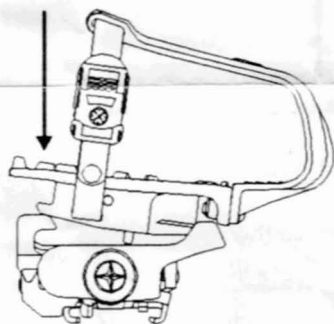
The Schwinn Triple Link™ pedal is intended for use on indoor stationary cycles only. Do not use on outdoor bicycles. It is not safe to use the Triple Link pedal outdoors, as there are no reflectors for visibility at night and, in certain positions, the pedal is dangerously close to the ground.

Installation:

To install the pedals, grease the threads with Schwinn Cycle Lube grease. Install the pedal marked with an L (left) on the end of the axle in the left crank arm by turning it counter-clockwise. Install the pedal marked with an R (right) on the end of the axle into the right crank arm by turning it clockwise. Tighten with a 15mm pedal wrench to 360-in. lbs.

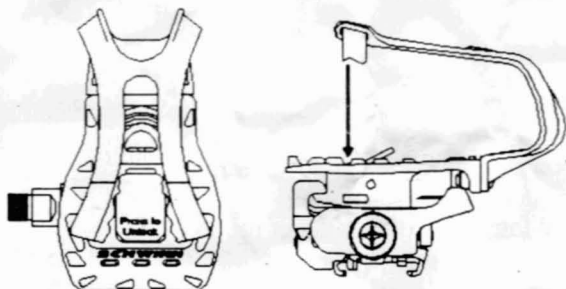
Installation of "street" shoe adapter

To install the street shoe adapter, insert the front of the adapter under the front lip of the pedal. Then, with your hand or foot, apply pressure to the adapter until it snaps firmly into place.

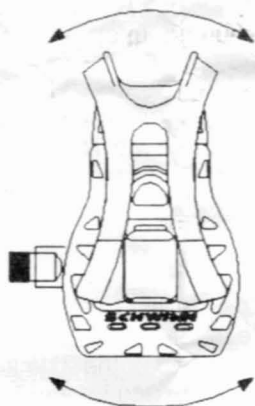


Removal of "street" shoe adapter

To remove the adapter, depress the red locking plate where it says, "press to unlock." Press to make the locking plate rock downward until it stops. This will not take much force, because the locking plates simply lock the adapter in place while your foot is in the pedal and does not secure the adapter to the pedal.



Once the locking plate has been pressed, rotate the adapter with your hands outward (away from the bike). This will take some pressure to remove it. It will help to place one hand on the front of the adapter and the other on the rear, which will maximize your leverage.



Use of "road" side

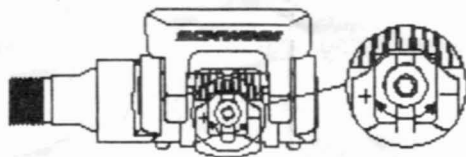
The road side of the pedal will accept any shoe with a cleat mounted to it that is Look® compatible. Place shoe with cleat into the correct side of the pedal and push down to secure the cleat into the pedal. To remove the shoe and cleat from the pedal, simply rotate heel inward or outward, which will release the cleat from the binding system.

Use of SPD side

The SPD side is compatible with most SPD-style cleats. To engage the shoe with the SPD cleat, place cleat over binding system and push down. To release, rotate heel inward or outward.

Pedal adjustment

Both sides of the pedal can be adjusted to increase the release force. The adjustment for each is on the backside of the pedal. If you wish to increase the tension on the bindings system, turn the adjustment screw clockwise with a 3mm Allen wrench. If the tension needs to be decreased, turn the adjustment screw counter-clockwise with a 3mm Allen wrench.



Maintenance

- To function properly, pedals must be kept clean
- Apply a small amount of SCHWINN® Fit Tech lubricant to pedal binding areas to ensure ease of engagement
- Apply a light coat of Fit Tech lube onto the springs and pivots to keep the pedal working smoothly
- Pedals should be serviced if they feel tight, loose or rough when being turned