

## INSTRUCTIONS

**CONGRATULATIONS ON JOINING THE NEW WORLD OF SAFE CHANNELED MAGNETIC J-PEDALS USERS!**

**J-PEDALS** are Engineered to Eliminate Pedal anxiety and tip-overs. Risky and Tenuous flats, clip and clipless with their pins, springs, cages, mechanisms that need adjustment, cleats that wear or don't release; are a **thing of the past!** **CHANNELED MAGNETIC J-PEDALS** are extremely **SAFE** to ride; however, they contain powerful magnets that can pinch if not handled safely when installing. **J-PEDALS LLC** neither assumes nor accepts any liability for damages resulting from the handling or use of the magnets contained therein. The buyer assumes all risk. High pull forces incorporated into **PATENTED J-PEDALS** make **J-PEDALS VERY UNIQUE** in keeping your foot strongly attached to your pedal without sliding off.

*Be careful pulling apart Pedals. Twist and pull.*

Do not insert the cleat into the pedal without first attaching to a shoe! It is difficult to remove. Keep hands, fingers, out of harm's way. Gloves recommended. Children should not be allowed to handle J-PEDALS.

Use caution when installing onto bicycle crank. Keep the **8mm or (5/16") hex wrench** away from the magnets. **NOTE: LEFT PEDAL LEFT HAND THREAD!** You knew that!

Magnetic J-Pedals are attracted to bicycle chains, bike racks, street signs, and can pick things up from the ground if laid down. **Please check pedals for debris after laying on the ground.**

Before venturing see how quickly you adapt to **J-PEDALS SAFE EASY RELEASE**. We love saying this- NO TWISTING REQUIRED! Just TILT or ROLL your foot outward! a natural movement - YAY J TEAM! You will have confidence riding J-PEDALS.

**BE CAREFUL WALKING ON SLIPPERY SURFACES LIKE TILE ETC ESPECIALLY WITH ROADIE CLEATS.**

J-PEDALS are robust in design and function. J-PEDALS employ Channeled Magnetic Tech with no clips, springs, pins, screws to wear, break, bend, or gouge! MTB pedal strikes, no problem! Young Riders adapt quickly to J-PEDALS. No more tip-overs or crashes with your foot still attached using dangerous pedals!



### WHAT'S IN THE BOX?

#### ROADIE SET

- 2-PEDALS
- 2-CLEATS
- 2-BASES
- 4-FILL SCREWS
- 4-CLEAT KEEPERS
- 6-ROADIE SCREWS
- 4-MTB SCREWS



#### MTB SET

- 2-PEDALS
- 2-CLEATS
- 4-FILL SCREWS
- 4-MTB SCREWS



#### CLEATS-SCREWS

- 2-CLEATS
- 4-FILL SCREWS
- 4-MTB SCREWS



#### ROADIE CLEATS-BASES-HARDWARE

- 2-CLEATS
- 2-BASES
- 4-FILL SCREWS
- 4-CLEAT KEEPERS
- 6-ROADIE SCREWS
- 4-MTB SCREWS



# INSTRUCTIONS

## J-PEDALS MTB SET UP

J-PEDALS CLEATS are very **VERSATILE**, used on both **MTB** and **ROADIE** – uses same **PEDAL**.

**2 Fill Screws** are used to maintain magnetic integrity in the mounting holes. Removing reduces the force.

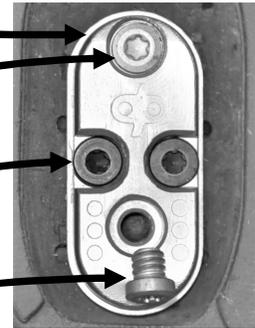
**1- Using a T-25 Torx wrench**, install but keep the **2 Fill Screws loose**.

**2- Orient Cleat with Fill Screw** closest to the end toward the toe.

**3- Install 2 Flat Head screws**, tighten.

**4- Tighten Both Fill Screws** to bite into the shoe.

↑  
**SHOE TOE**



## J-PEDALS ROADIE 3 POSITION SET UP

J-PEDALS Cleats are **switchable/rotatable** used on both **MTB** and **ROADIE** – uses the same **Pedal**.

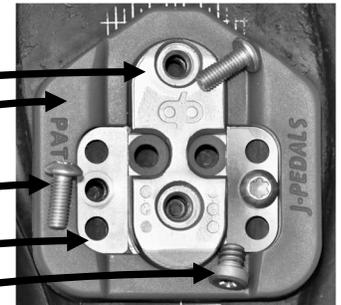
**FOR ROADIE- Cleats snap into a walkable base.**

**Walkable Cleat Base** – designed for 3 positions.

**Mounting screws** mount it all to the shoe.

**Cleat Keepers** bind cleat to base and shoe.

**Fill Screws** - maintain magnetic integrity in the unused mounting holes.



## J-PEDALS-FORWARD POSITION (TOWARD TOE)

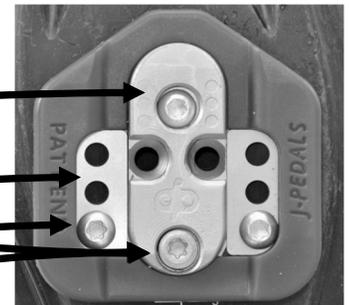
**1- Orient Cleat in Cleat Base** as shown.

**2- Using a T-25 Torx wrench**, install but keep the rear **Fill Screw loose**.

**3- Install 2 Cleat Keepers**.

**4- Install 3 mounting screws**, as shown, tighten.

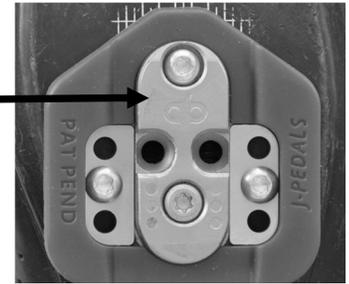
**5- Tighten rear Fill Screw** to bite into the shoe.



## J-PEDALS-MIDDLE POSITION (RECOMMENDED)

**1- Orient Cleat in Cleat Base** as shown.

**2-5 Same as above**



## J-PEDALS-BACK POSITION (TOWARD HEEL)

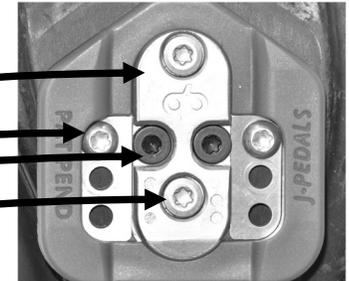
**Note- The back position will not use a forward mounting screw and will need 2 Fill Screws. Hence there will only be 2 mounting screws on the sides. Therefore, to be fully secure it is recommended a 5-hole Road shoe be used as shown.**

**1- Orient Cleat in Cleat Base** as shown.

**2- Install Keepers and 2 mounting Screws**, tighten.

**3- Install 2 Flat Head screws**, tighten.

**4- Install 2 Fill Screws**, tighten.



**Tools needed: T-25 Torx, 8mm or 5/16" Hex**  
**REMEMBER! LEFT PEDAL-LEFT HAND THREAD**

**GO RIDE-RIDE SAFE-RIDE FREE!**

**FROM TIPOVER ANXIETY!**

\* Studies show the closer to the heel the Cleat position is, the less fatigue on the calf muscles. **J-PEDALS** has accounted for this. (Neills Bike fit) **EXPERIMENT WITH POSITION!**