

CAUTIONS -



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 FOLLOWING THIS GUIDE.

J-PEDALS CONTAIN POWERFUL MAGNETS WITH ABOUT 80LBS FORCE WHICH CAN CAUSE INJURY IF NOT HANDLED SAFELY WHEN INSTALLING AND USE.

J-PEDALS LLC NEITHER ASSUMES NOR ACCEPTS ANY LIABILITY FOR DAMAGES OR INJURY RESULTING FROM THE HANDLING OR USE OF MAGNETIC PEDALS. THE BUYER ASSUMES ALL RISK IN THE USE THEREOF. 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.

RIDERS ADAPT QUICKLY TO J-PEDALS. NO MORE TIP-OVERS OR CRASHES WITH YOUR FOOT STILL ATTACHED!

INSTALLATION

BE CAREFUL PULLING PEDALS APART. 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. LEFT PEDAL LEFT-HAND THREAD/COUNTERCLOCKWISE.

MAGNETIC J-PEDALS ARE ATTRACTED TO METALLIC OBJECTS AND CAN PICK THINGS UP FROM THE GROUND IF LAID DOWN. PLEASE CHECK PEDALS FOR DEBRIS AFTER LAYING ON THE GROUND.



RIDING INSTRUCTIONS - CAUTIONS!

ENTERING - STRADDLING YOUR BIKE HOVER YOUR FIRST FOOT OVER THE PEDAL AND STEP ON IT. WIGGLE YOUR FOOT A BIT TO MAKE SURE THE CLEAT IS SEATED IN THE PEDAL POCKET. THERE IS 7 DEG OF FLOAT. DO THE SAME WITH THE OTHER FOOT AS YOU TAKE OFF. **CAUTION!** MAKE SURE YOU ARE CONNECTED AND IN THE POCKET BEFORE PEDALING AWAY!

- INSTRUCTIONS

RIDING – PEDAL AS NORMAL. KEEP YOUR LEGS IN LINE AND FEET FLAT ON THE PEDALS AT ALL TIMES UNTIL YOU WANT TO EXIT. **WARNING!** IF YOU ROLL YOUR FOOT OUTWARD AT ANY TIME, YOU WILL COME OUT OF THE PEDAL! FOR INSTANCE, MOVING YOUR LEG OUT TO GRAB YOUR WATER BOTTLE CAN RELEASE YOUR FOOT IF NOT CAREFUL. BE MINDFUL THAT MAGNETS HAVE LIMITS, AND ALL RIDERS DIFFER IN STRENGTH AND RIDING STYLE.

EXITING – WHEN COMING TO A STOP, JUST ROLL YOUR FOOT OUTWARD AND PUT YOUR FOOT DOWN.

CAUTION! - BE CAREFUL WALKING ON SLIPPERY SURFACES LIKE TILE ETC.

BEFORE VENTURING TEST HOW QUICKLY YOU ADAPT TO J-PEDALS SAFE EASY RELEASE ATTAINED BY ROLLING YOUR FOOT OUTWARD. NO TWISTING REQUIRED! JUST TILT OR ROLL YOUR FOOT OUTWARD, LEADING WITH THE KNEE IS HELPFUL – ALL NATURAL MOVEMENTS.

YOU WILL QUICKLY BUILD CONFIDENCE RIDING J-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





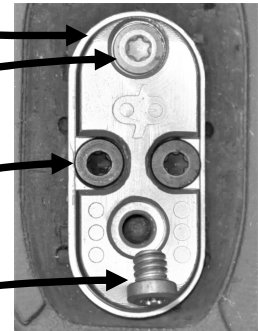
CAUTIONS -

- INSTRUCTIONS

J-PEDALS MTB SET UP

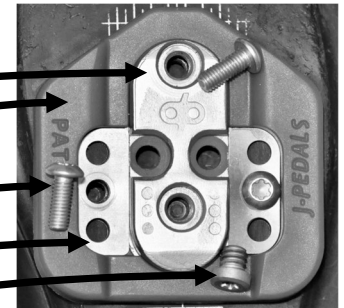
- J-PEDALS CLEATS are very **VERSATILE**, used on both **MTB and ROADIE** – uses same **PEDAL**.
2 Fill Screws are used to maintain magnetic integrity in the mounting holes. Removing reduces the force.
1- Using a T-25 Torx wrench, install but keep the **2 Fill Screws loose**.
2- Orient Cleat with Fill 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.

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SHOE TOE



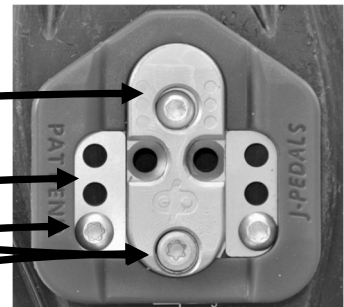
J-PEDALS ROADIE 3 POSITION SET UP

- 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.



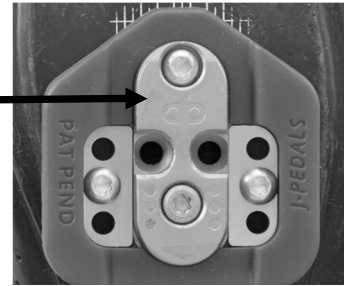
J-PEDALS-FORWARD POSITION (TOWARD TOE)

- 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)

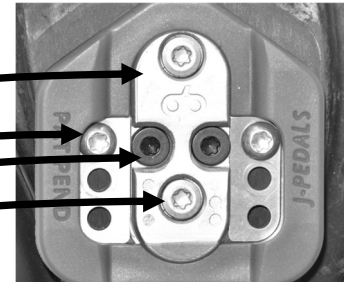
- 1- Orient Cleat in Cleat Base** as shown.
2-5 Same as above



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. (5-hole shoe)
4- Install 2 Fill Screws, tighten.



Tools needed: Shoe Screws - T-25 Torx - not hex

Spindle - 8mm or 5/16" Hex

LEFT PEDAL-LEFT HAND THREAD - COUNTERCLOCKWISE

GO RIDE-RIDE SAFE-RIDE FREE!

* 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!