

# 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 that can pinch if not handled safely when installing. 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. 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.

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! A NATURAL MOVEMENT.

BE AWARE IF YOU ROLL YOUR FOOT, YOU WILL COME OUT! KEEP YOUR FEET FLAT ON THE PEDALS AT ALL TIMES UNTIL YOU WANT TO EXIT. YOU WILL QUICKLY BUILD CONFIDENCE RIDING J-PEDALS.

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

Be careful pulling Pedals apart. Twist and pull. Spacers are installed to ease lift off of cleat from pedal.

<u>Do not insert the cleat into the pedal</u> without first attaching to a shoe! It is difficult to remove. Keep hands, fingers, out of harm's way. Gloves recommended. <u>Children should not</u> 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.

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!

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** 







# J-PEDALS MTB SET UP SHOE TOE 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. **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 5hole 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.

\* 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!

Tools needed: Screws - <u>T-25 Torx</u> not hex; spindle - 8mm or 5/16" Hex

REMEMBER! LEFT PEDAL-LEFT HAND THREAD

GO RIDE-RIDE SAFE-RIDE FREE!



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