

## 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.

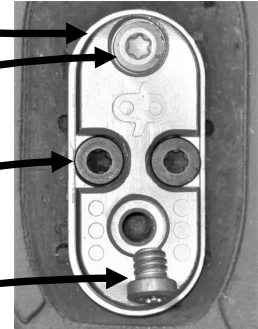
**1- Using a T-25 Torx wrench**, install but keep the **2 Fill Screws** loose.

**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**.

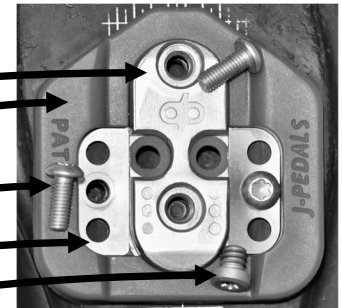
**FOR ROADIE- Cleats** snap into a **walkable base**.

**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)

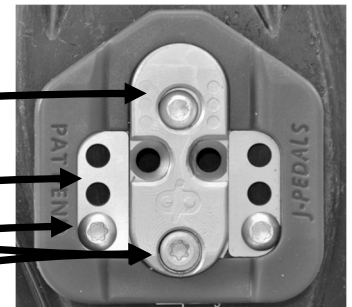
**1- Orient Cleat** in **Cleat Base** as shown.

**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.

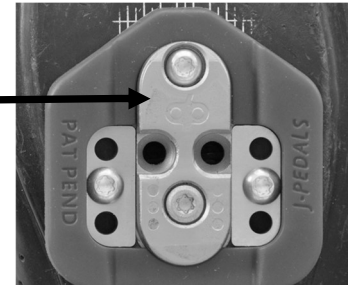
**5- Tighten rear Fill Screw** to bite into the shoe.



### J-PEDALS-MIDDLE POSITION (RECOMMENDED)

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

**2-5 Same as above**



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

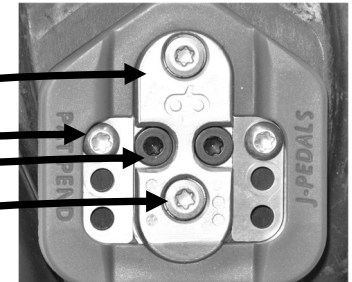
**Note- The back position will not use a forward mounting screw and will need 2 Fill Screws. Hence there will only be 2 mounting screws on the sides. Therefore, to be fully secure it is recommended a 5-hole Road shoe be used as shown.**

**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!