

EXPANDED CLEAT-ADJUSTMENT RANGE



SPD-SL

A combined fore and aft cleat-adjustment range of 22 mm (11 mm from the outsole and 11 mm from the cleat) offers each rider the opportunity to find their best cleat position.



22 MM OF TOTAL CLEAT-ADJUSTMENT

22 mm of combined cleat-adjustment range offers each rider the ability to select the best possible cleat position.



**WIDER CLEAT ADJUSTMENT**  
Expands range for mounting cleats



SHIMANO outsole cleat-adjustment range = 11 mm  
SPD-SL cleat-adjustment range = 11 mm

SPD

A wide cleat-adjustment range is enhanced by additional aft adjustment to deliver rider confidence for increased bike control.



MODEL	XC/RT/MT/XM	ME4 ME3/ME2/ME1	AM				ME7/ME5				
	+10 mm fore -10 mm aft	+10 mm fore -13 mm aft	36 to 39	40 to 42	43 to 45	46 to 48	36 to 39	40 to 42	43 to 45	46 to 48	49 to 52
ADJUSTMENT RANGE	20 mm total	23 mm total	20 mm total				23 mm total				
NORMAL ADJUSTMENT RANGE											
BALL CENTER											
ADDITIONAL AFT (REARWARD) ADJUSTMENT RANGE											
							-15 to -18			-15 to -19	

# DON'T JUST PUSH THE LIMIT. REDEFINE IT.

SHIMANO

TORBAL (Torsional Balance) improves balance and bike control by letting the heel section accommodate some lateral movement, while optimizing pedaling efficiency at the sole/cleat interface. This flexibility better connects the rider and pedal with what the bicycle is doing underfoot, while maintaining comfort and fluidity through all ranges of rider motion.



## DUAL-DENSITY RUBBER SOLE

For the demanding conditions of trail-enduro mountain biking.

## PROPRIETARY DESIGNED MICHELIN® SOLE

SHIMANO & MICHELIN® in collaboration have developed the new sole that combines Dual-Density Rubber & Strategic Lug Placement Pattern for better grip without compromising pedaling efficiency.



### 1 DURABLE CONTACT AREAS

Pedal contact areas, toe, and heel boast a SHIMANO-standard blend of grip and durability.

### 2 HIGH-TRACTION RUBBER

Lugs on the outer edges provide excellent traction on the widest variety of terrains.



## TORBAL

TORSIONAL SOLE ALLOWS NATURAL  
RIDER "FLOW" MOTION

TORBAL solution provides sideways flex in the back section of the sole.