

## EXPANDED CLEAT-ADJUSTMENT RANGE

SHIMANO

### 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 fore	36	40	43	46	36	40	43										
ADJUSTMENT RANGE	-10 mm aft	-13 mm aft	to 39	to 42	to 45	to 48	to 39	to 42	to 45	to 48	to 52										
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															

# FOOTWEAR OPTIMIZED AROUND THE HUMAN FOOT

SHIMANO

SHIMANO footwear is developed using our unique understanding of how the foot interfaces with the shoe and the pedal to optimize comfort and maximize power transfer for smooth and efficient pedaling. Our footwear is System Engineered to function seamlessly with our SHIMANO SPD and SPD-SL pedal platforms to optimize rider performance, efficiency, and comfort for every type of rider and ride.

## ANATOMICALLY DESIGNED

All SHIMANO footwear closures are anatomically designed to reduce pressure and tension on the highest points of the foot. By wrapping the foot securely, and in a uniform method, comfort is improved and added power transmission is created.



THE BOA® SYSTEM



The BOA® System offers infinite adjustment for a glove-like fit with a nifty one-handed adjustments and convenient fast release.



THE BOA® POWERZONE GUIDE

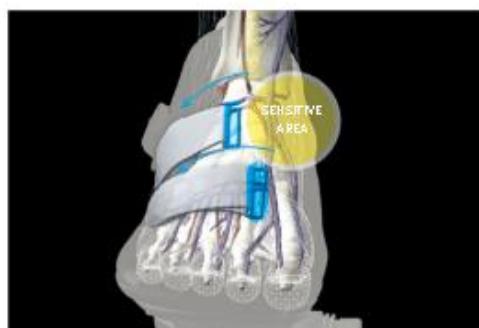
Powerzone is easy to adjust to a preferred or refit preference. A tighter fit is available by looping the wire around the hook as shown.



LOW PROFILE REVERSE BUCKLES



Low profile reverse buckles hold the foot securely while reducing aerodynamic drag on Road footwear, and decreasing the chance of hitting obstacles on Off-Road footwear.

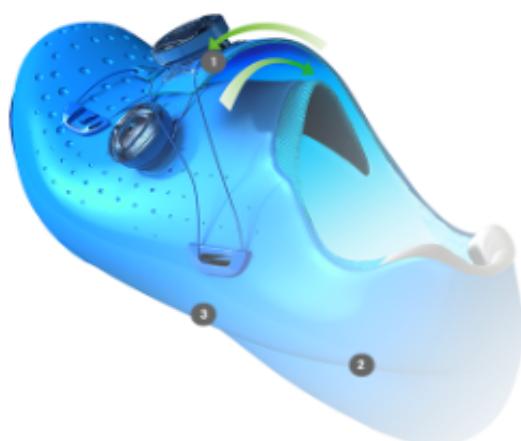


OFFSET STRAPS



Unlike conventional closures, SHIMANO's anatomically precise Offset Straps relieve tension at the highest point of the foot, where pressure tends to be greatest.

## SHIMANO FOOTWEAR PROVIDES ALL-DAY COMFORT BY WRAPPING THE FOOT SECURELY TO MAXIMIZE POWER TRANSFER.



### ① COMFORT

Every SHIMANO cycling shoe uses supple yet durable upper materials engineered with unique closure options to secure the foot firmly and comfortably without hot spots or pressure points.

### ② SECURITY

Efficient power transfer demands a stiff and rigid sole that can result in heel slip. SHIMANO cycling footwear is engineered with lightweight internal or external 3D Anatomic heel cups, which secure the heel to eliminate slip and chafing while maximizing power transfer.

### ③ POWER TRANSFER

Whether it is our ultra-stiff carbon fiber DYNALAST road performance outsole, off-road tuned TORBAL outsole or on-and-off-the-bike optimized city to touring Explorer outsole, every SHIMANO shoe is designed with the specific user in mind.

#### EXTERNAL HEEL CUP

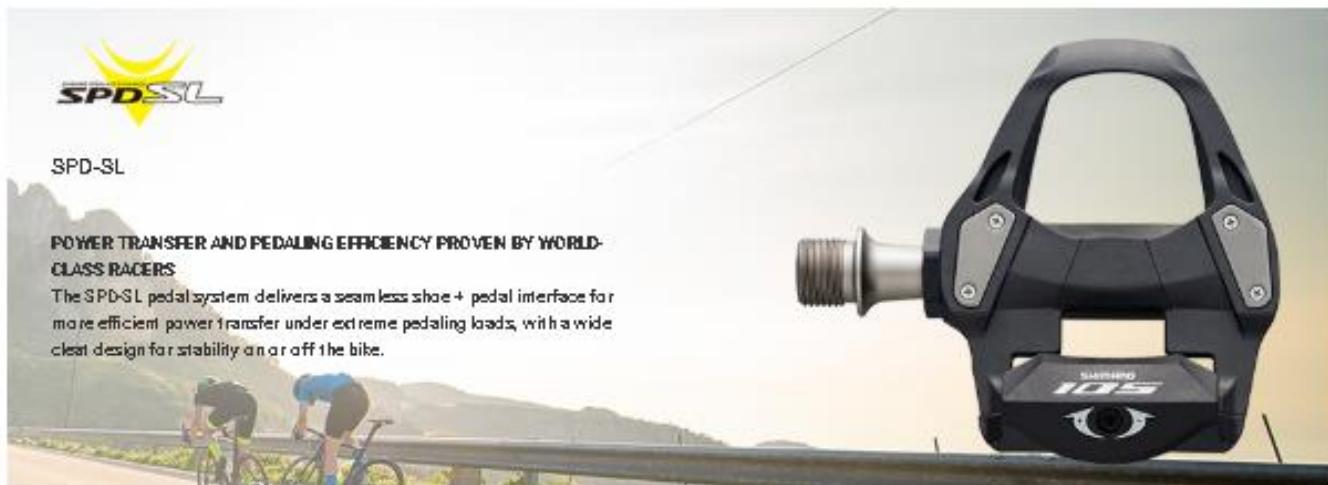
On select models we utilize an external heel cup for enhanced heel hold and optimal durability.

# POWER TO THE PEDAL

SHIMANO

At SHIMANO, "Power to the Pedal" is not a catch phrase, it's an obsession. Footwear and pedals designed together and engineered as a system to create a holistic outcome. Our pedal engineers collaborate with footwear experts to create the only shoe and pedal combination designed from the ground up to perform for each rider and their unique demands.

And true to SHIMANO's System Engineering philosophy, each combination of footwear and pedals – from SPD-SL, to SPD, and Explorer, to the Platform Series – offers optimized biomechanics, engineering excellence, material selection, and craftsmanship to increase rider efficiency and confidence.



## SPD-SL

### POWER TRANSFER AND PEDALING EFFICIENCY PROVEN BY WORLD-CLASS RACERS

The SPD-SL pedal system delivers a seam less shoe + pedal interface for more efficient power transfer under extreme pedaling loads, with a wide cleat design for stability on or off the bike.



## EXTRA-WIDE PLATFORM

The extra-wide platform dramatically expands the contact point between the cleat and pedal providing a solid connection when standing on the pedals.

## SPRING TENSION ADJUSTMENT

SPD-SL pedals support three different ranges of spring tension adjustment. Standard, Light Action, and Wide settings allow an optimal range to suit your individual preference and usage situation.



## SPD

### WALK AND RIDE PERFORMANCE FOR EVERY CONDITION

SPD delivers greater efficiency, increased stability, and added comfort both on or off the bike in the most challenging conditions, while recessed cleats make walking easy.



## ADJUSTABLE ENTRY AND TENSION RELEASE

Adjustable tension allows the cleat to be set to each rider's preference.

## CARTRIDGE SPINDLE BEARING UNIT

A cartridge bearing unit seals out dirt and moisture and greatly reduces the need for maintenance.

## MUD-SHEDDING DESIGN

An open-binding mechanism and refined axle-body housing allows mud and debris to be pushed out when the rider steps in.

## DURABLE, RELIABLE SHIMANO CONSTRUCTION

Off-road pedals must be able to take a hammering which is why SPD pedals achieve the ideal balance between lightweight, durability, and reliability.

**PLATFORM**

**BUILT FROM THE GROUND UP FOR THE DEMANDS OF GRAVITY RIDERS**  
 SHIMANO Platform pedals are engineered to deliver the DH, Park, or Trail rider the ideal balance of connection to the bike, pedaling stability, and on-and-off-the-bike freedom.

**GRIP FOR AGGRESSIVE RIDING**

Pedal body shape and stainless steel pin placement ensure riders have a direct and secure connection to the pedal, maximizing both control and pedaling efficiency.

**OPTIMIZED PEDAL PLATFORM SIZE**

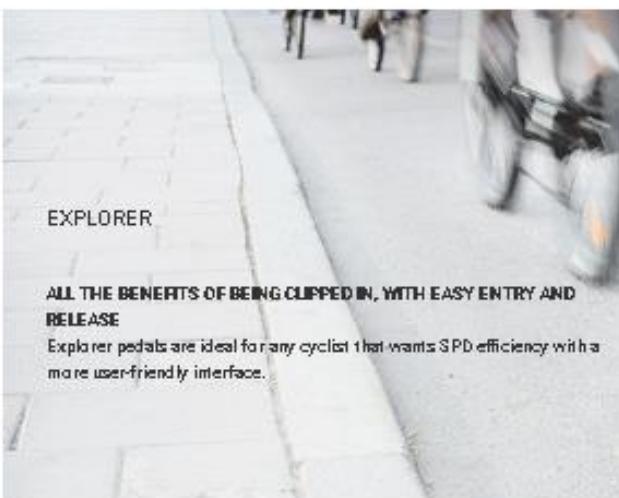
M929 SAINT and M9040 DEORE XT pedals feature a concave surface (lower in the center and higher in the front/rear) to further enhance shoe-to-pedal interface and grip. Adjustable pins offer even more connection.

**WEIGHT AND DURABILITY**

Materials, construction, shape, and thickness are all carefully considered to engineer a platform pedal with the best balance of lightweight, low Q-Factor, and durability across riding conditions.

**EXPLORER****ALL THE BENEFITS OF BEING CLIPPED IN, WITH EASY ENTRY AND RELEASE**

Explorer pedals are ideal for any cyclist that wants SPD efficiency with a more user-friendly interface.

**SHOES AND PEDALS DESIGNED TOGETHER**

SHIMANO Explorer footwear features a unique ladder shaped "shank" plate. Together with our simple-to-use pedal, this ensures correct placement of a rider's ball of the foot to transmit power to the pedal.

**EASY IN, EASY OUT**

This system utilizes a refined recessed SPD cleat, which works with our Explorer pedals to transform comfortable walking shoes into a simple-to-use power transfer system.