

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	



SHIMANO DYNALAST

CREATING PEDALING EFFICIENCY

SHIMANO

OPTIMIZED SHOE LAST

The toe-spring section of a cycling shoe plays a key role in supporting efficient pedaling. Too high, and it causes increased tension in the plantar, calf, and hamstring muscles. Too low, and you get a bowlegged, inefficient pedaling form. Extensive research by Shimano's R&D experts has produced a superior shoe last design with an optimized toe-spring section that promotes a smoother, more energy-efficient upstroke. Built based on feedback from pro riders, Shimano Dynalast helps reduce energy loss on long rides, letting you keep more in the tank for that final sprint to the line.



TENSION IN PLANTAR AREA AFFECTS LEG MUSCLES

A wider range of motion supports a smoother, more efficient upstroke.



SHIMANO DYNALAST
SMOOTHER PEDALING MORE
EFFICIENT POWER TRANSFER



TRADITIONAL LAST
TENSION AFFECTS THE MOVING
ANGLE