

#### 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 40 43 46 to to to to 39 42 45 48	36 40 43 46 49 to to to to to 39 42 45 48 52
ADJUSTMENT RANGE	20 mm total	23 mm total	20 mm total	23 mm total
NORMAL ADJUSTMENT RANGE  BALL CENTER				
ADDITIONAL AFT GEARWARD) ADJUSTMENT RANGE				
			-15 to -18	-15 to -19

## FOOTWEAR OPTIMIZED AROUND THE HUMAN FOOT



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 seam lessly with our SHIMANO SPD and SPDSL 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 created.



THE BOAD SYSTEM



The Boath System offers infinite adjustment for a glove-like fit with on-the-fly one-handed adjustments and convenient fast release.



LOW PROFILE REVERSE BUCKLES

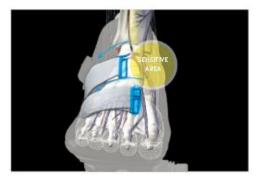


Law profile reverse buckles hold the foot securely while reducing aerody namic drag on Road footwear, and decreasing the chance of hitting obstacles on Off-Road footwear.



THE BOAD POWERZONE GUIDE

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

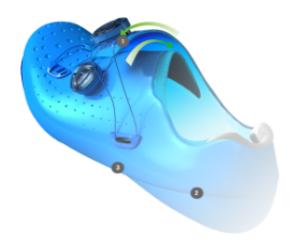


OFFSET STRAPS



Unlike on overtional 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.



#### D COMFORT

Every SHIMANO cycling shoe uses supple yet d'urable upper materials engineered with unique clasure aptions to secure the foot firmly and comfortably without hot spots or pressure points.

#### 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.

#### POWER TRANSFER

Whether it is a unruhra-stiff carbon fiber DYNALAST road performance autsale, aff-road tuned TORBAL autsale or an-and aff-the-bike aptimized city touring Explorer autsale, every SHIMANO shae 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.

### S-PHYRE XC9 SHOE



THE ULTIMATE IN OFF-ROAD POWER TRANSMISSION AND LIGHTWEIGHT EFFICIENCY

Road-shoe fast meets mountain-shoe rugged. Finally, off-road shoes deliver pro performance in the dirt. XC9 is packed with engineering innovations that improve fit, maximize power transfer and perform in raw conditions. You stay focused on rolling over roots, straddling streams or bunny-hopping barriers. These shoes have got your back while they cradle your feet.



DUAL BOA®
 Extra-range Boa® microadjusters with INSTANT
 RELEASE spools.

RACE-FIT UPPER
A one-piece surround upper, narrow bottom, rounded

heel and slim toe box provide a glove-like fit.

ASYMMETRIC CONTROL

Asymmetric eyestay pattern prevents twisting of foot under high-power pedaling.

4 LOW STACK HEIGHT Low stack height helps stabilize foot during the downward pedaling stroke.

EXTRA-LONG SPIKES Optional 18 mm climbing spikes for cyclocross and wet condition applications.

CARBON FIBER COMPOSITE MIDSOLE Lightweight rigid construction maximizes power transfer and pedaling efficiency.

ANTI-SLIP PATTERN Specific design to improve adherence on pedals.

MICHELIN® OUTSOLE Proprietary MICHELIN® outsole minimizes weight and offers superior traction.

EXTERNAL HEEL CUP External curved heel cup construction minimizes foot twist and roll, stabilizes the heel, and holds the foot firmly in place.







SH-XC901







## SHIMAND DYNALAST CREATING PEDALING EFFICIENCY

#### 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.



SHIMAND DYNALAST SMOOTHER PEDALING MORE EFFICIENT POWER TRANSFER



TRADITIONAL LAST TENSION AFFECTS THE MOVING ANGLE