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> [SHIMANO SPD-SL PD-R540 Road Bike Pedals Instruction Manual](#)

SHIMANO PD-R540

SHIMANO SPD-SL PD-R540 Road Bike Pedals Instruction Manual

Model: PD-R540

Brand: SHIMANO

PRODUCT OVERVIEW

The SHIMANO SPD-SL PD-R540 Road Bike Pedals are designed for road cycling, offering a secure and efficient connection between rider and bicycle. These pedals feature a wide platform for stability and adjustable cleat tension for personalized performance.

Key Features

- Wide pedal platform for enhanced foot-pedal stability.
- Low-maintenance sealed cartridge axle unit.
- Low-profile design with an open mechanism for easy cleat access and adjustment.
- Facilitates easy clipping in and out while providing a stable fit for maximum power transfer.
- Wider cleat and binding mechanism for improved shoe-pedal contact compared to traditional designs.

Included Components

The package includes two PD-R540 pedals and a pair of yellow SPD-SL cleats (SM-SH11) with 5 degrees of float, along with mounting bolts and adjusters.



Image: SHIMANO SPD-SL PD-R540 Road Bike Pedal. This image displays the black pedal from an angled top-down view, highlighting its wide platform and SPD-SL binding mechanism.



Image: SHIMANO SPD-SL PD-R540 Cleats. This image shows the yellow SPD-SL cleats that come with the pedals, designed for secure shoe attachment.

SETUP AND INSTALLATION

Attaching Pedals to Crank Arms

1. Identify the left (L) and right (R) pedals. The left pedal has a reverse thread.
2. Apply a small amount of grease to the pedal threads.
3. Thread the right pedal (R) clockwise into the right crank arm.
4. Thread the left pedal (L) counter-clockwise into the left crank arm.
5. Tighten securely with a pedal wrench (not included).

Installing Cleats on Cycling Shoes

The included SM-SH11 cleats are designed for 3-bolt road cycling shoes.

1. Position the cleat on the sole of your cycling shoe, aligning it with the three mounting holes.
2. Insert the mounting bolts and washers.

3. Adjust the cleat position (fore-aft and side-to-side) to achieve optimal comfort and power transfer. A common starting point is to align the center of the cleat with the ball of your foot.
4. Tighten the mounting bolts evenly and securely.
5. Test the cleat position by riding for a short distance and making small adjustments as needed for comfort and efficiency.

Adjusting Cleat Tension

The binding tension can be adjusted to control the effort required to clip in and out.

- Locate the tension adjustment screw on the rear of the pedal binding.
- Use an Allen wrench to turn the screw:
 - **Clockwise:** to increase tension (harder to clip out).
 - **Counter-clockwise:** to decrease tension (easier to clip out).
- An indicator window on the pedal shows the current tension setting.
- Adjust both pedals to the same tension.

OPERATING THE PEDALS

Clipping In

1. Position the front of your cleat over the front hook of the pedal.
2. Push down firmly with your heel until you hear a "click," indicating the cleat is securely engaged.

Clipping Out

1. To release, twist your heel outwards away from the bicycle.
2. Practice clipping in and out in a safe, open area before riding on roads or in traffic.

Riding with SPD-SL Pedals

- SPD-SL pedals allow for a more efficient pedal stroke by engaging both the pushing and pulling phases of pedaling.
- The 5-degree float in the yellow cleats provides a small amount of rotational movement, which can help reduce knee strain.
- Always ensure your cleats are clean and free of debris for optimal engagement and release.

MAINTENANCE

General Care

- Regularly inspect pedals and cleats for wear or damage. Replace worn cleats promptly to ensure safe and efficient operation.
- Keep the pedal binding mechanism clean. Remove any dirt or mud that may hinder clipping in or out.
- The sealed cartridge axle unit is designed for low maintenance. Avoid disassembling the axle unit unless necessary for specialized service.
- Apply a small amount of dry lubricant to the cleat-pedal contact points periodically to maintain smooth engagement and release.

TROUBLESHOOTING

Difficulty Clipping In/Out

- Check cleat tension: Adjust the tension adjustment screw on the pedal. Decrease tension if clipping out is too difficult; increase if clipping in feels too loose.
- Inspect cleats: Worn or damaged cleats can cause issues. Replace them if necessary.
- Clean: Ensure both cleats and pedal bindings are free of dirt, mud, or debris.

Foot Discomfort or Pain

- Adjust cleat position: Experiment with the fore-aft and side-to-side position of the cleats on your shoes. Small adjustments can significantly impact comfort.
- Check cleat angle (float): The yellow cleats provide 5 degrees of float. If you experience knee pain, ensure your cleats are angled correctly to allow natural foot movement.
- Consult a professional: If discomfort persists, consider consulting a bike fitting specialist.

SPECIFICATIONS

Product Specifications

Feature	Detail
Brand	SHIMANO
Model Number	PDR540
Cleat Type	SPD-SL (SM-SH11 included)
Cleat Float	5 degrees (yellow cleats)
Material	Body: Alloy; Spindle: Chrome-Moly Alloy Steel
Color	Black
Item Weight	16 ounces (approx. 454g)
Product Dimensions	6.6"L x 6.3"W
Thread Size	9/16 inches
Axle	Low maintenance sealed cartridge axle unit

WARRANTY INFORMATION

This SHIMANO product includes a limited two-year manufacturer's warranty against defects in materials and workmanship. Please retain your proof of purchase for warranty claims.

CUSTOMER SUPPORT

For further assistance, technical support, or replacement parts, please refer to the official SHIMANO website or contact your local SHIMANO dealer.

Official SHIMANO Website: www.shimano.com

