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› SHIMANO 105 PD-R7000 Performance Road Bike Pedal User Manual

SHIMANO PD-R7000

SHIMANO 105 PD-R7000 Performance Road Bike Pedal User Manual

Model: PD-R7000 | Brand: SHIMANO

1. INTRODUCTION AND OVERVIEW

The SHIMANO 105 PD-R7000 Performance Road Bike Pedal is engineered to deliver high-value pedaling performance for avid riders. Featuring an extra-wide platform for efficient power transfer and durable construction, these pedals are designed for long-lasting performance and reliability. This manual provides essential information for the proper installation, operation, and maintenance of your PD-R7000 pedals.



Image 1.1: The SHIMANO 105 PD-R7000 pedal mounted on a bicycle crank arm, showcasing its sleek design and robust construction.

2. KEY FEATURES

The PD-R7000 pedals incorporate several design elements to optimize your cycling experience:

- **Extra-wide Platform:** Provides a large contact area between the shoe and pedal, maximizing power transfer and stability.
- **Stainless Steel Body Plate:** Reduces flex and wear, ensuring long-term durability and consistent performance.

- **Adjustable Entry and Release Tension:** Allows riders to customize the clipping and unclipping force to their preference, enhancing confidence and control.
- **Low-Maintenance Sealed Cartridge Axles:** Protects internal mechanisms from dirt and moisture, extending pedal lifespan and reducing maintenance needs.
- **Carbon-Composite Body:** Contributes to a stiff and lightweight design, optimizing pedaling efficiency.

Video 2.1: A short clip showcasing the key features of the SHIMANO 105 PD-R7000 pedal, including its wide platform and adjustable tension mechanism.

3. SETUP AND INSTALLATION

Proper installation is crucial for safety and performance. Ensure you have the correct SPD-SL cleats that are compatible with these pedals. A 15mm pedal wrench or an 8mm hex wrench is required for installation.

1. **Prepare Crank Arm Threads:** Clean the threads on your bicycle's crank arms. Apply a small amount of grease to the pedal threads to prevent seizing and facilitate future removal.
2. **Identify Left and Right Pedals:** The pedals are marked 'L' for left and 'R' for right. Note that the left pedal has a reverse thread.
3. **Install Right Pedal:** Insert the right pedal ('R') into the right crank arm. Turn clockwise to tighten.
4. **Install Left Pedal:** Insert the left pedal ('L') into the left crank arm. Turn counter-clockwise to tighten.
5. **Secure Tightening:** Use a pedal wrench or hex wrench to tighten both pedals securely. Overtightening can damage threads, but insufficient tightening can lead to loosening during rides, which is dangerous and can damage components.
6. **Adjust Tension:** The tension of the binding mechanism can be adjusted using a small Allen wrench. Locate the tension adjustment screw on the rear of the pedal. Turn clockwise to increase tension (harder to clip in/out) and counter-clockwise to decrease tension (easier to clip in/out). Start with a lower tension setting if you are new to clipless pedals.



Image 3.1: A close-up view of the SHIMANO 105 PD-R7000 pedal being installed on a bike, demonstrating the use of a hex wrench for secure attachment.

4. OPERATION

Operating your SHIMANO 105 PD-R7000 pedals involves learning to clip in and out smoothly. Practice in a safe, controlled environment before riding on roads or trails.

- **Clipping In:** Position the front of your shoe's cleat over the front hook of the pedal. Push down firmly

with your heel until you feel and hear a 'click', indicating the cleat is securely engaged.

- **Clipping Out:** To release your foot, twist your heel outwards, away from the bicycle. The cleat will disengage from the pedal. Practice this motion until it becomes second nature.
- **Pedaling Efficiency:** Clipless pedals allow for a more efficient pedal stroke by enabling you to both push down and pull up on the pedals, engaging a wider range of leg muscles and providing more consistent power delivery.

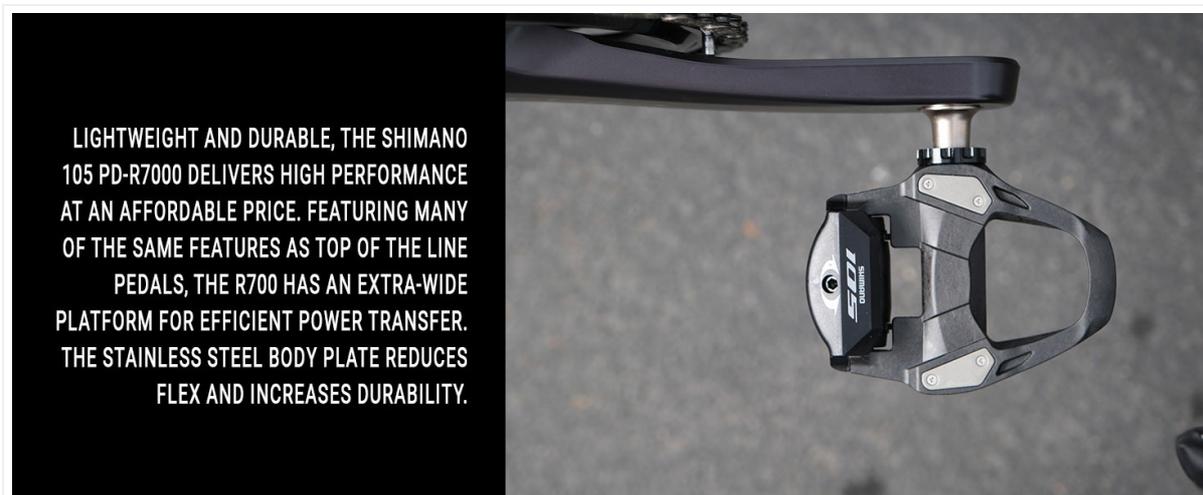


Image 4.1: The SHIMANO 105 PD-R7000 pedal's wide platform, designed to maximize contact and improve pedaling efficiency.

5. MAINTENANCE

Regular maintenance will ensure the longevity and optimal performance of your pedals.

- **Cleaning:** After each ride, especially in wet or dirty conditions, clean your pedals and cleats to remove mud, grit, and road grime. Use a damp cloth and mild soap, then rinse and dry thoroughly.
- **Lubrication:** Periodically apply a small amount of light lubricant to the pedal springs and binding mechanisms to ensure smooth clipping and unclipping. Avoid over-lubricating, which can attract dirt.
- **Cleat Inspection:** Regularly inspect your SPD-SL cleats for wear. Worn cleats can make clipping in and out difficult or lead to accidental release. Replace cleats when they show significant wear, typically indicated by the colored wear indicators disappearing.
- **Tension Check:** Check the pedal tension periodically. If you find yourself accidentally unclipping or struggling to release, adjust the tension screws as described in the Setup section.
- **Axle Inspection:** Ensure the pedals remain securely tightened to the crank arms. A loose pedal can cause damage to both the pedal and the crank arm threads.

6. TROUBLESHOOTING

Here are solutions to common issues you might encounter:

- **Difficulty Clipping In/Out:**
 - *Solution:* Adjust the tension screws on the pedal to a lower setting. Ensure your cleats are clean and free of debris. Check for excessive wear on cleats and replace if necessary.
- **Squeaking Noise from Pedals:**
 - *Solution:* This often indicates friction between the cleat and pedal. Check cleat alignment and tightness on your shoes. Lubricate the pedal springs with a dry lubricant.

- **Pedal Feels Loose or Wobbly:**

- *Solution:* Immediately stop riding and tighten the pedal to the crank arm using the appropriate wrench. Continued riding with a loose pedal can strip the crank arm threads, requiring costly repairs.

7. SPECIFICATIONS

Key technical specifications for the SHIMANO 105 PD-R7000 Performance Road Bike Pedal:

Specification	Detail
Brand	SHIMANO
Model Number	EPDR7000
Color	Black
Material	Carbon Fiber
Item Weight	265 Grams
Thread Size	9/16 inches
UPC	689228866287

8. WARRANTY AND SUPPORT

The SHIMANO 105 PD-R7000 Performance Road Bike Pedal comes with a 2-year manufacturer's warranty. For warranty claims, technical assistance, or any product-related inquiries, please contact SHIMANO customer service or visit their official website for detailed support information and contact options.