

BV BV-PD-S5

BV Bike Pedals with Toe Clips

Model: BV-PD-S5

INTRODUCTION

Thank you for choosing BV Bike Pedals with Toe Clips. These pedals are designed for versatility, allowing use with both clip-in cycling shoes (compatible with Shimano SPD or Look Delta systems) and regular athletic shoes. This manual provides essential information for proper installation, operation, maintenance, and troubleshooting to ensure a safe and enjoyable cycling experience.

PRODUCT FEATURES

- **Durable Construction:** Features an ED-painted aluminum body with high-quality nylon pedal straps for long-lasting reliability.
- **Flexible Use:** Designed for spin classes, indoor cycling, exercise rides, and Peloton bikes, accommodating both clip-in shoes and casual shoes.
- **Cleat Compatibility:** Compatible with SHIMANO SPD or LOOK DELTA systems and suitable for bikes with a 9/16" spindle.
- **Secure and Comfortable Ride:** Large, anti-slip platform with adjustable tension ensures a stable and comfortable experience. Pre-installed toe clips are removable.

PACKAGE CONTENTS

The BV-PD-S5 Bike Pedals package includes:

- 1 Pair of BV Bike Pedals with Toe Clips
- 1 Pair of SPD Cleats

CLEAT COMPATIBILITY

FOR SPD CLEATS (INCLUDED)



Image: BV Bike Pedals with Toe Clips and a pair of SPD cleats.

SETUP AND INSTALLATION

1. Pedal Installation

1. Identify the left (L) and right (R) pedals. The left pedal has a reverse thread.
2. Unscrew and remove any existing pedals from your bike's crank arms.
3. Apply a small amount of grease to the pedal threads.
4. Insert the right pedal into the right crank arm and turn clockwise to tighten.
5. Insert the left pedal into the left crank arm and turn counter-clockwise to tighten.

6. Use a pedal wrench or appropriate tool to securely tighten both pedals.

INDOOR CYCLING PEDALS



Image: Detail of the pedal spindle, indicating a 9/16 inch thread size for compatibility.

2. Cleat Installation (for Clip-in Shoes)

If using clip-in cycling shoes, install the SPD cleats onto your shoes:

1. Align the cleat to the sole of your cycling shoe.
2. Place the washer with the bevels facing up over the cleat holes.
3. Insert the screws and adjust the cleat position for desired comfort and power transfer.
4. Tighten the screws securely using an Allen key.

3. Adjusting Spring Tension

The pedal's clip mechanism has adjustable spring tension. Use an appropriate tool to adjust the tension to your preference for easier or firmer clip-in/clip-out action.

OPERATING INSTRUCTIONS

1. Using with Clip-in Shoes

1. To clip in, align the cleat on your shoe with the pedal mechanism and push down firmly until you hear a click.
2. To unclip, twist your heel outwards away from the bike. This motion releases the cleat from the pedal.



Image: A cycling shoe securely clipped into the BV bike pedal.



Image: Illustrates the twisting motion required to release the foot from the pedal.

2. Using with Regular Shoes and Toe Cages

For use with regular athletic shoes, the integrated toe cages provide a secure platform:

1. Place your foot into the toe cage.
2. Adjust the nylon strap to secure your foot firmly within the cage. Ensure it is snug but not uncomfortably tight.



Image: A regular athletic shoe positioned and secured within the pedal's toe cage.

MAINTENANCE

- Regularly inspect pedals for any signs of wear or damage.
- Keep the pedal mechanisms clean and free of dirt and debris.
- Check the tightness of the pedal screws and cleat screws periodically.
- Lubricate moving parts of the pedal mechanism as needed to ensure smooth operation.

TROUBLESHOOTING

Difficulty Clipping In/Out:

- **Check Cleat Alignment:** Ensure cleats are correctly positioned on your shoes. Slight adjustments can significantly impact ease of clipping.
- **Adjust Spring Tension:** Loosen the spring tension on the pedal mechanism for easier release, or tighten for a more secure hold.
- **Clean Pedals and Cleats:** Dirt or debris can obstruct the clipping mechanism. Clean both the pedals and cleats thoroughly.

Loose Pedals:

- Ensure pedals are tightened securely to the crank arms. Remember the left pedal is reverse-threaded.
- If pedals continue to loosen, inspect the crank arm threads for damage.

SPECIFICATIONS

Feature	Detail
Model Number	BV-PD-S5
Brand	BV
Material	Aluminum
Product Dimensions	18.7L x 12.7W Centimetres
Thread Size	9/16 inches
Cleat Compatibility	Shimano SPD or Look Delta
Included Components	A Pair of SPD Cleats
UPC	811853031345

WARRANTY AND SUPPORT

These BV Bike Pedals come with a **1 Year Warranty** against defects in materials and workmanship from the date of purchase.

For any issues or support inquiries regarding your BV Bike Pedals, please contact BV customer service. Refer to the manufacturer contact information provided with your purchase or visit the official BV website for assistance.

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ASK A QUESTION ABOUT THIS MANUAL

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Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question