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Model: SH-EX700

WELCOME

Thank you for choosing the SHIMANO SH-EX700 Men's Gravel Touring Shoe. This manual provides essential information for the proper setup, operation, maintenance, and troubleshooting of your new cycling shoes. Please read it thoroughly before use to ensure optimal performance and longevity.



Front view of the SHIMANO SH-EX700 Gravel Touring Shoes, showcasing the BOA dial and overall design.

SETUP

Unpacking and Initial Inspection

Carefully remove the shoes from their packaging. Inspect both shoes for any signs of damage or manufacturing defects. Ensure all components, including the BOA L6E dials and straps, are intact and functional.

Cleat Installation

The SH-EX700 shoes are compatible with 2-bolt SPD-style cleats (not included). Follow these steps for proper cleat installation:

1. Locate the cleat mounting area on the sole of each shoe. This area is typically covered by a removable plate or sticker.
2. Remove any protective covers to expose the threaded inserts.
3. Position your cleats over the threaded inserts. Start with a neutral position, typically centered, and adjust as needed for comfort and pedaling efficiency.
4. Insert the cleat bolts through the cleat and into the threaded inserts.
5. Hand-tighten the bolts initially.
6. Once the cleats are in the desired position, use a 4mm hex wrench to securely tighten the cleat bolts. Do not overtighten.
7. Test the cleat engagement with your pedals before riding.



Underside view of the SHIMANO SH-EX700 shoe, highlighting the ULTREAD EX rubber outsole and the 2-bolt cleat mounting area.



Close-up of the SHIMANO SH-EX700 sole, showing the aggressive tread pattern for grip and the recessed cleat channel.

Adjusting the BOA L6E Dial

The BOA L6E dial system provides precise and secure fit adjustments:

- **To Tighten:** Turn the dial clockwise to incrementally tighten the fit.
- **To Loosen:** Pull the dial outwards to quickly release the tension. Push the dial back in to re-engage for micro-adjustments.
- **To Remove:** Pull the dial outwards completely and pull the tongue of the shoe forward to fully loosen the straps.



Top-down view of the SHIMANO SH-EX700 shoes, showing the BOA L6E dial and the tri-panel closure straps for a secure fit.

OPERATION

Wearing the Shoes

Before putting on the shoes, ensure the BOA dial is pulled out to fully release the tension. Slide your foot into the shoe, then push the BOA dial in and turn clockwise to achieve a snug, comfortable fit. Avoid overtightening, which can restrict circulation.

Cycling Use

These shoes are designed for gravel touring and off-road cycling. The stiff sole provides efficient power transfer to the pedals. Ensure your cleats are properly engaged with your pedals before beginning your ride.

Walking Use

The ULTREAD EX rubber outsole and cushioned midsole are designed to provide superior grip and comfort when walking off the bike. The recessed cleat design helps prevent cleat contact with the ground, improving walking stability and cleat longevity.

MAINTENANCE

Cleaning

- **Upper:** Wipe the mesh and TPU composite upper with a damp cloth to remove dirt and debris. For stubborn stains, use a mild soap solution and a soft brush. Rinse thoroughly and air dry away from direct heat.
- **Sole:** Brush off any mud or dirt from the ULTREAD EX rubber outsole. You can use water and a stiff brush for thorough cleaning.
- **BOA Dial:** Periodically check the BOA dial and laces for any debris. Clean with a small brush if necessary.

Storage

Store your SH-EX700 shoes in a cool, dry place away from direct sunlight and extreme temperatures. Ensure they are clean and dry before storing to prevent odor and material degradation.

Cleat Inspection

Regularly inspect your cleats for wear. Worn cleats can lead to poor engagement with pedals and potential safety issues. Replace cleats as needed.

TROUBLESHOOTING

- **Discomfort or Hot Spots:** If you experience discomfort, hot spots, or your forefoot feels like it's leaking over the edge, your cleat position may need adjustment. Experiment with small adjustments to the cleat's fore/aft and rotational position. Ensure the shoe size is appropriate for your foot.
- **Heel Lift/Blisters:** If you experience heel lift or blisters, ensure the BOA dial is tightened sufficiently for a secure fit without being overly restrictive. Proper sock choice can also help.
- **Difficulty Engaging/Disengaging Cleats:** Check for debris in the cleat or pedal mechanism. Ensure

cleats are not excessively worn. Lubricate pedal mechanisms if necessary.

- **Shoe Hitting Front Wheel (Toe Overlap):** This can occur with larger shoe sizes and certain bike geometries, especially at slow speeds or sharp turns. Be mindful of pedal position and steering input in these situations.

SPECIFICATIONS

Feature	Detail
Model Name	SH-EX700
Brand	SHIMANO
Department	Men's
Sole Material	Rubber (ULTREAD EX)
Upper Material	Mesh and TPU Composite
Closure Type	BOA L6E Dial with Tri-panel straps
Cleat Compatibility	2-bolt SPD-style
Special Features	Breathable, Cushioned Midsole, Flexible, Superior Grip
Water Resistance Level	Not Water Resistant

SUPPORT

For further assistance, product inquiries, or warranty information, please refer to the official SHIMANO website or contact SHIMANO customer support directly. Keep your purchase receipt for any warranty claims.