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## SHIMANO SM-SH11

# SHIMANO SPD-SL Cleat Set SM-SH11 User Manual

## INTRODUCTION

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The SHIMANO SPD-SL Cleat Set 6-Degree Float Type SM-SH11 is designed for road cycling, providing a secure connection between your cycling shoes and SPD-SL pedals. These cleats offer a 6-degree float, allowing for a small amount of lateral movement of the foot while clipped in, which can enhance comfort and reduce strain during pedaling. This manual provides essential information for the proper installation, operation, and maintenance of your SM-SH11 cleats.

## PACKAGE CONTENTS

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Your SHIMANO SPD-SL Cleat Set SM-SH11 package includes the following components:

- Two (2) SM-SH11 Cleats (Yellow)
- Six (6) Cleat Mounting Bolts
- Six (6) Cleat Washers



This image displays the individual components of the SHIMANO SPD-SL Cleat Set, including the main cleat bodies, mounting bolts, and washers required for installation onto cycling shoes.

## SETUP AND INSTALLATION

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Proper installation of your cleats is crucial for comfort, efficiency, and safety. Follow these steps carefully:

1. **Prepare Your Shoes:** Ensure your cycling shoes are clean and dry. Locate the three threaded holes on the sole of each shoe, typically beneath a removable cover.
2. **Position the Cleat:** Place a cleat onto the sole of your shoe, aligning the three holes on the cleat with the threaded holes on the shoe.
3. **Insert Washers and Bolts:** Insert a washer into each of the three cleat slots, then thread a bolt through each washer and into the shoe's sole.
4. **Initial Adjustment:** For a starting point, align the cleat so that the center of the cleat is roughly under the ball of your foot. Many cyclists find it helpful to mark the position of their old cleats (if replacing) with a marker before removal to replicate the setup.
5. **Tighten Bolts:** Hand-tighten the bolts initially. Do not fully tighten them yet, as you will need to make fine adjustments.
6. **Fine-Tune Position:**
  - **Fore/Aft Adjustment:** Slide the cleat forward or backward to position it correctly under the ball of your foot.
  - **Lateral Adjustment:** Shift the cleat left or right to adjust your stance width on the pedals.

- **Angular Adjustment (Float):** The SM-SH11 cleats provide 6 degrees of float (3 degrees in each direction). This allows your heel to pivot slightly. Adjust the cleat's angle to match your natural foot angle on the pedal.

7. **Final Tightening:** Once you have found a comfortable and efficient position, securely tighten all three cleat bolts using a 4mm hex key. Refer to your pedal manufacturer's specifications for torque values, typically around 5-6 Nm. Ensure the bolts are tight enough to prevent the cleats from shifting during riding.





This image shows a SHIMANO SPD-SL cleat correctly installed on the sole of a road cycling shoe, demonstrating its position and attachment.

## OPERATING INSTRUCTIONS

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Using your SPD-SL cleats involves clipping into and out of your pedals.

1. **Clipping In:** Position the front of your cleat over the front hook of the pedal. Apply downward pressure with your heel, pushing it down until you hear a click. This indicates the cleat is securely engaged with the pedal.
2. **Clipping Out:** To disengage, twist your heel outwards, away from the bicycle frame. This motion releases the cleat from the pedal mechanism. Practice clipping in and out in a safe, controlled environment before riding on the road.



A top-down perspective of the SHIMANO SPD-SL cleat mounted on a cycling shoe, illustrating the cleat's alignment with the shoe's sole.



This image provides a clear view of the underside of a SHIMANO SPD-SL cleat, detailing the pedal engagement mechanism and the yellow 6-degree float pads.

## MAINTENANCE

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Regular maintenance extends the life of your cleats and ensures safe operation.

- **Inspect for Wear:** Periodically check your cleats for signs of wear, especially the yellow walkable pads and the areas that engage with the pedal. Worn cleats can lead to difficulty clipping in/out or accidental release. Replace cleats when significant wear is observed.
- **Check Bolt Tightness:** Regularly inspect the cleat mounting bolts to ensure they remain securely tightened. Loose bolts can cause cleats to shift, affecting performance and potentially leading to injury.
- **Cleaning:** Keep your cleats clean from dirt, mud, and debris. Use a damp cloth to wipe them down. Avoid using harsh chemicals that could damage the plastic or composite materials.



A view of the SHIMANO SPD-SL Cleat Set from a different angle, highlighting the yellow walkable pads designed to prevent wear on the cleat's engagement points.

## TROUBLESHOOTING

Here are some common issues and their solutions:

Problem	Possible Cause	Solution
Difficulty clipping in or out	Worn cleats or pedals, incorrect pedal tension, cleat misalignment, debris in pedal mechanism.	Inspect cleats and pedals for wear and replace if necessary. Adjust pedal tension (refer to pedal manual). Clean cleats and pedal mechanism. Re-adjust cleat position.
Cleats feel loose or shift on shoe	Loose cleat mounting bolts.	Tighten cleat mounting bolts to the recommended torque specification.
Excessive foot movement (float)	Cleats are designed with 6-degree float. If movement feels excessive or uncontrolled, check for wear.	The SM-SH11 cleats provide 6 degrees of float. If this is not desired, consider SHIMANO SPD-SL cleats with less float (e.g., SM-SH10 for 0-degree float or SM-SH12 for 2-degree float). Otherwise, check for cleat wear.

## SPECIFICATIONS

- **Brand:** SHIMANO
- **Model Name:** SM-SH11
- **Float Type:** 6-Degree (Yellow)
- **Material:** Aluminum, Composite

- **Color:** Black/Yellow
- **Item Weight:** Approximately 3 Ounces (85 grams)
- **Compatibility:** SHIMANO SPD-SL Pedals
- **Part Number:** ISMSH11
- **GTIN/UPC:** 192790646879

## WARRANTY AND SUPPORT

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For warranty information or technical support regarding your SHIMANO SPD-SL Cleat Set SM-SH11, please refer to the official SHIMANO website or contact your local SHIMANO dealer. Keep your proof of purchase for any warranty claims.