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SHIMANO SM-SH12

Shimano SPD-SL Cleat Set SM-SH12 Instruction Manual

Model: SM-SH12 | Brand: SHIMANO

1. Product Overview

The Shimano SPD-SL Cleat Set (model SM-SH12) is designed for road cycling shoes, providing a secure and efficient connection to SPD-SL pedals. These cleats feature a durable plastic construction with blue walking points, which are integrated to offer improved traction when walking off the bike. The plastic material is engineered to wear out over time, serving as a sacrificial component to protect your more expensive pedal system from wear.



Image: Shimano SPD-SL Cleat Set (SM-SH12) showing the black cleat body and blue walking points.

Your browser does not support the video tag.

Video: An official product overview demonstrating the Shimano SPD-SL Cleat Set, highlighting its features and components.

2. Setup and Installation

Proper installation of Shimano SPD-SL cleats is crucial for comfort, efficiency, and safety. The cleats attach to the sole of compatible road cycling shoes using a three-bolt pattern.

Installation Steps:

1. **Prepare Your Shoes:** Locate the three-hole mounting pattern on the sole of your road cycling shoes. Ensure the area is clean and free of debris.
2. **Position the Cleat:** Place the cleat over the three holes. The cleat can be adjusted forward/backward and side-to-side.
3. **Insert Bolts and Washers:** Insert the three bolts and washers through the cleat and into the shoe sole. Hand-tighten them

initially to allow for adjustment.

4. **Adjust Cleat Position:**
    - **Fore/Aft Adjustment:** A common starting point is to align the center of the cleat with the ball of your foot. This can be adjusted slightly forward or backward based on personal preference and comfort.
    - **Rotational Adjustment (Float):** The blue SM-SH12 cleats provide 2 degrees of float, allowing for slight rotational movement of your foot while clipped in. This float helps reduce stress on your knees. Adjust the cleat's angle to ensure your foot is in a natural, comfortable position when clipped in.
    - **Lateral Adjustment:** The cleat can also be moved slightly left or right to optimize your Q-factor (the distance between your feet on the pedals).
5. **Secure the Cleats:** Once you have found a comfortable and efficient position, securely tighten the three bolts using an appropriate hex key. Do not overtighten, but ensure they are firm enough to prevent the cleat from shifting during riding.
6. **Final Check:** Before your first ride, double-check that all bolts are tight. Periodically inspect bolt tightness as part of your regular maintenance routine.

3. Operating Instructions

Clipping In:

To engage your shoe with the pedal, align the front of the cleat with the front hook of the SPD-SL pedal. Then, push down firmly with your heel until you hear a distinct click, indicating that the cleat is securely locked into the pedal mechanism.

Clipping Out:

To disengage your shoe from the pedal, twist your heel outwards, away from the bicycle frame. Apply a firm, decisive motion. The cleat will release from the pedal. Practice clipping in and out in a safe, controlled environment before riding on public roads.

4. Maintenance

Regular maintenance of your SPD-SL cleats will ensure optimal performance and longevity.

- **Inspection:** Regularly inspect your cleats for signs of wear, particularly the blue walking points and the main plastic body. The plastic material is designed to wear out over time, protecting your pedals.
- **Replacement:** Replace cleats when the walking points are significantly worn down, or if the cleat-to-pedal connection feels loose, insecure, or difficult to engage/disengage. Worn cleats can lead to inefficient power transfer and potential safety issues.
- **Cleaning:** Clean cleats with a damp cloth to remove dirt, mud, and debris after rides, especially if you have walked in them. Avoid using harsh chemicals or abrasive cleaners, as these can damage the plastic.
- **Bolt Tightness:** Periodically check the tightness of the cleat mounting bolts. Loose bolts can cause cleats to shift, leading to discomfort or inefficient pedaling.

5. Troubleshooting

- **Difficulty Clipping In/Out:**
    - Check for debris (mud, dirt, small stones) in the cleat or pedal mechanism. Clean thoroughly.
    - Ensure cleats are not excessively worn. Replace if necessary.
    - If applicable, adjust the pedal tension (refer to your pedal's instruction manual for specific guidance).
- **Foot Pain or Discomfort:**
    - Re-evaluate your cleat position. Even small adjustments to fore/aft, rotational, or lateral placement can significantly impact comfort and prevent knee or foot pain.

- Consider consulting a professional bike fitter for personalized cleat setup.

- **Excessive Cleat Wear:**
  - Cleats are consumable items and will wear out, especially if you frequently walk in your cycling shoes. This is normal.
  - Replace worn cleats promptly to maintain secure engagement and prevent damage to pedals.

6. Specifications

Brand	SHIMANO
Model Name	SHIMANO SM-SH12 SPD-SL Cleats
Part Number	Y40B98140
Color	Black/Blue
Material	Metal, Plastic
Item Weight	0.26 Pounds (approx. 0.12 kg)
Style	Cleats
Suggested Users	Mens
Number of Items	2 (pair)
Size	One Size
Sport Type	Biking
Float	2 degrees (Blue Cleats)

7. Warranty and Support

Specific warranty details for the Shimano SPD-SL Cleat Set SM-SH12 are not provided in this document. For comprehensive warranty information, product support, or to address any concerns, please refer to the official SHIMANO website or contact SHIMANO customer service directly. It is recommended to retain your purchase receipt for any potential warranty claims.

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