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LOOK 16090

LOOK Cycle KEO 2 MAX Carbon Bicycle Pedals User Manual

Model: 16090

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1. INTRODUCTION

The LOOK Cycle KEO 2 MAX Carbon pedals are designed for road cycling, offering a large contact surface and efficient power transfer. These ultra-light pedals feature an adjustable tension mechanism, allowing riders to customize their clipping and unclipping experience. Constructed with a durable Chromoly+ spindle and a carbon body, they are built for longevity and performance.

2. SETUP

2.1. Pedal Installation

To install the KEO 2 MAX Carbon pedals onto your bicycle, ensure the crank arms are clean and free of debris. Apply a thin layer of grease to the pedal threads. The right pedal has a standard thread (clockwise to tighten), and the left pedal has a reverse thread (counter-clockwise to tighten). Use an 8mm Allen key or a pedal wrench to securely tighten the pedals. Do not overtighten.



Image: LOOK KEO 2 MAX Carbon pedal securely installed on a bicycle.

2.2. Cleat Installation and Adjustment

The KEO 2 MAX Carbon pedals are compatible with LOOK KEO cleats. Attach the cleats to your cycling shoes using the provided hardware. Proper cleat positioning is crucial for comfort and efficiency. Adjust the cleat position (fore/aft, lateral, and rotation) to align with your natural foot position on the pedal. Start with a neutral position and make small adjustments as needed during initial rides.



Image: A cycling shoe with a LOOK KE0 cleat engaged with the KÉO 2 MAX Carbon pedal.

2.3. Tension Adjustment

The pedal tension, which controls the force required to clip in and out, can be adjusted. Locate the small screw on the rear of the pedal body, marked with a plus (+) and minus (-) sign. Use an appropriate Allen key to turn the screw: turning towards the plus (+) increases tension, making it harder to clip out; turning towards the minus (-) decreases tension, making it easier to clip out. It is recommended to start with a lower tension setting and gradually increase it as you become more comfortable.



Image: Detailed view of the tension adjustment screw on the KEO 2 MAX Carbon pedal.

3. OPERATING THE PEDALS

3.1. Clipping In

To clip into the pedal, position the front of your cleat under the front retention mechanism of the pedal. Then, with a firm downward and forward motion, press your heel down until you hear a "click," indicating that the cleat is securely engaged. Practice clipping in and out in a safe, controlled environment before riding on public roads.

3.2. Clipping Out

To unclip, pivot your heel outwards, away from the bicycle, until the cleat releases from the pedal. This motion should be fluid and decisive. Ensure you can unclip quickly and effortlessly, especially when coming to a stop, to prevent falls.



THE "SIMPLE" PEDAL WITH THE CARBON BODY

Image: A cyclist's foot engaged with the KEO 2 MAX Carbon pedal while riding.

4. MAINTENANCE

Regular maintenance ensures the longevity and optimal performance of your KEO 2 MAX Carbon pedals.

- **Cleaning:** Periodically clean the pedals and cleats with a damp cloth to remove dirt and grime. Avoid using harsh chemicals that could damage the materials.
- **Inspection:** Regularly inspect the pedal body, spindle, and cleat retention mechanism for any signs of wear, damage, or loose components. Ensure the stainless steel contact surface is intact.
- **Lubrication:** Apply a small amount of light grease to the pedal spindle threads when installing or re-installing. Check the cleat retention springs for smooth operation; if stiff, a small drop of lubricant can be applied.
- **Cleat Replacement:** Cleats are wear items. Replace them when they show significant wear, especially if clipping in or out becomes inconsistent or difficult.

5. TROUBLESHOOTING

Problem	Possible Cause	Solution
Difficulty clipping in or out	Tension too high/low, worn cleats, dirty mechanism.	Adjust tension (see Section 2.3). Replace worn cleats. Clean pedal and cleat mechanism.
Unwanted unclipping	Tension too low, excessively worn cleats.	Increase tension (see Section 2.3). Replace worn cleats.
Pedal noise (creaking, clicking)	Loose pedal, dry threads, dirty cleat/pedal interface, worn bearings.	Ensure pedals are tightened to spec. Grease pedal threads. Clean cleats and pedals. If noise persists, professional inspection may be needed.

6. SPECIFICATIONS

Brand: LOOK

Model Name: KEO 2 MAX Carbon

Model Number: 16090

Color: Black

Material: Carbon body, Chromoly+ spindle, Stainless steel contact surface

Item Weight: Approximately 125 grams per pedal (Carbon version)

Contact Surface: 500 mm²

Tension Adjustment: 8 to 12 Nm

Thread Size: Standard bicycle pedal thread (9/16" x 20 TPI)

Included Components: Racing Pedals, KEO Grip Cleats

7. WARRANTY AND SUPPORT

These LOOK Cycle KEO 2 MAX Carbon pedals come with a **2-Year Manufacturer Warranty**. For warranty claims, technical support, or further assistance, please refer to the official LOOK Cycle website or contact their customer service directly. Keep your proof of purchase for any warranty-related inquiries.

For more information, visit the [LOOK Store on Amazon](#).