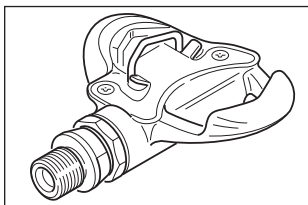


*Campagnolo*®



**PRO·FIT**  
PLUS

**PEDALS**

cod. 7225253 - 07/2007  
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## **WARNING!**

Carefully read, follow and understand the instructions given in this manual. It is an essential part of the product, and you should keep it in a safe place for future reference.

**MECHANIC QUALIFICATION** - Please be advised that many bicycle service and repair tasks require specialized knowledge, tools and experience. General mechanical aptitude may not be sufficient to properly service or repair your bicycle. If you have any doubt whatsoever regarding your service/repair ability, please take your bicycle to a qualified repair shop.

**INTENDED USE** - This Campagnolo® product is designed and manufactured for use only on road racing style bicycles that are ridden **only** on smooth road or track surfaces. Any other use of this product, such as off-road or on trails **is forbidden**.

**LIFESPAN - WEAR - INSPECTION REQUIREMENT** - The lifespan of Campagnolo® components depends on many factors, such as rider size and riding conditions. Impacts, falls, improper use or harsh use in general may compromise the structural integrity of the components and significantly reduce their lifespan. Some components are also subject to wear over time. Please have your bicycle regularly inspected by a qualified mechanic for any cracks, deformation, signs of fatigue or wear (use of penetrating fluid or other visual enhancers to locate cracks on parts is recommended). If the inspection reveals any deformation, cracks, impact marks or stress marks, no matter how slight, **immediately** replace the component; components that have experienced excessive wear also need **immediate** replacement. The frequency of inspection depends on many factors; check with your authorized Campagnolo® representative to select a schedule that is best for you. If you weigh 82 kg/180 lbs or more, you must be especially vigilant and have your bicycle inspected more frequently (than someone weighting less than 82 kg/180 lbs) for any evidence of cracks, deformation, or other signs of fatigue or stress. Check with your mechanic to discuss whether the components you selected are suitable for your use, and to determine the frequency of inspections.

**Important PERFORMANCE, SAFETY and WARRANTY Notice** - The parts and components of Campagnolo® 9s and 10s drivetrains, braking systems, rims, pedals and all other Campagnolo® products, are designed as a single integrated system. To avoid compromises in terms of SAFETY, PERFORMANCE, DURABILITY, FUNCTION, and to prevent voiding the WARRANTY, use only the parts and components supplied or specified by Campagnolo S.r.l., without interfacing them with or substituting them with products, parts or components manufactured by other companies.

### **Note**

Tools supplied by other manufacturers for components similar to Campagnolo® components, may not be compatible with Campagnolo® components. Likewise, tools supplied by Campagnolo s.r.l. may not be compatible with components supplied by other manufacturers. Always check with your mechanic or the tool manufacturer to insure compatibility before using tools supplied by one manufacturer on components supplied by another.

The user of this Campagnolo® product expressly recognizes that there are risks inherent in bicycle riding, including but not limited to the risk that a component of the bicycle can fail, resulting in an accident, personal injury or death. By his purchase and use of this Campagnolo® product, the user expressly, voluntarily and knowingly accepts and/or assumes these risks,

including but not limited to the risk of passive or active negligence of Campagnolo s.r.l. or hidden, latent or obvious defects in the product, and agrees to hold Campagnolo s.r.l. harmless to the fullest extent permitted by law against any resulting damages.

If you ever have any questions, please contact your mechanic or your nearest Campagnolo® dealer for additional information.



**FAILURE TO FOLLOW THESE INSTRUCTIONS COULD RESULT IN FAILURE OF THE PRODUCT, AN ACCIDENT, PERSONAL INJURY OR DEATH.**

## **1. SAFETY RECOMMENDATIONS**

### **GENERAL SAFETY RECOMMENDATIONS**

- Be sure that the periodic maintenance schedule is strictly followed.
- Always use original Campagnolo® spare parts.
- Never make any modifications whatsoever to your Campagnolo® components.
- Parts which have been bent or otherwise damaged in an accident or as a result of any other impact must not be re-straightened. They must be replaced immediately with original Campagnolo® parts.
- Wear clothes which are snug-fitting and which make you visible to traffic, such as neon, fluorescent, or other bright colors.
- Avoid biking at night, because it is more difficult for you to be seen by traffic, and it is more difficult for you to see obstructions on the ground. If you do ride at night, you should equip your bicycle with and use a headlight and a taillight.
- When riding in wet conditions, remember that the stopping power of your brakes is greatly reduced and that the adherence of the tires on the ground is considerably reduced. Also bear in mind that because of the progressive drying of the braking surface during braking itself, braking power may vary sharply. This makes it harder to control and stop your bicycle. Extra care is required when riding your bicycle in wet conditions to avoid an accident.
- Campagnolo® reminds you to always wear a properly fitted and fastened bicycle helmet that has been approved by ANSI or SNELL.
- If you ever have any comments, questions, or concerns, please contact your nearest Campagnolo® Service Center.

## 2. INSTALLATION OF THE PEDALS

### 2.1 - INSTALLATION OF PEDALS ONTO CRANKARMS

#### **WARNING!**

Do not insert washers or spacers between the pedal axle and the crank as they would generate abnormal stresses in the interface area. These stresses could lead to premature failure, resulting in an accident, personal injury or death.

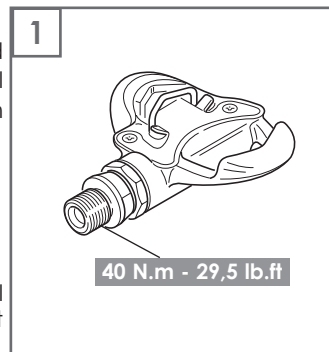
Campagnolo® **Pro•Fit PLUS™** clipless pedals have 9/16" x 20 TPI threaded axles. The right pedal axle is marked with the letter "R", while the left pedal axle is marked with an "L". The right pedal will thread into the crankarm clockwise and the left pedal counter-clockwise.

**IMPORTANT:** Be sure to grease the axle threads before installation.  
The pedals must be tightened to a torque of **Nm. 40 - 29,5 lb.ft** (Fig. 1).

### 2.2 - CLEAT INSTALLATION

Campagnolo® **Pro Fit PLUS™** pedals are sold with cleats that provide lateral float. Correct alignment of the cleats will permit lateral movement without the feeling of being restricted on either side.

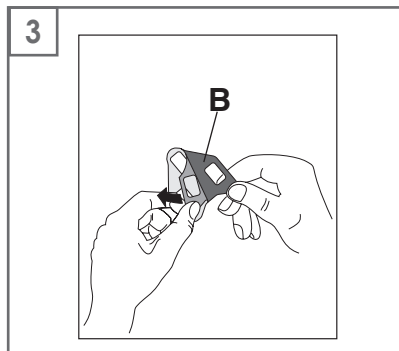
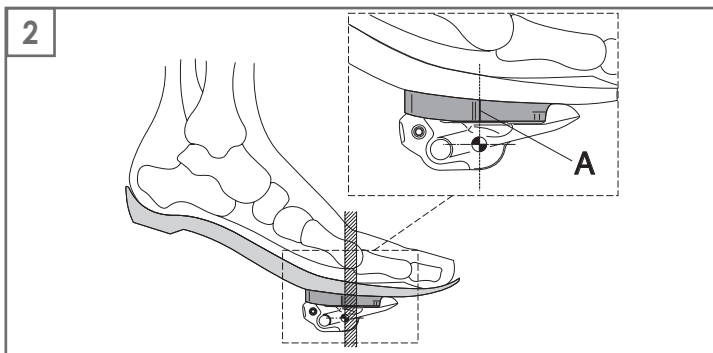
If replacement cleats without float (available as a spare part) are used, you must find a position in which ankles, knees and hips are in proper alignment, not stressed or strained.

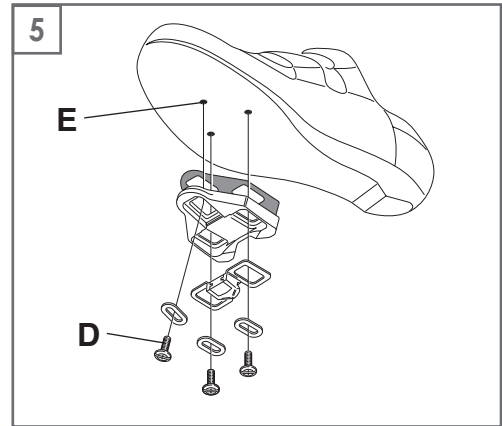
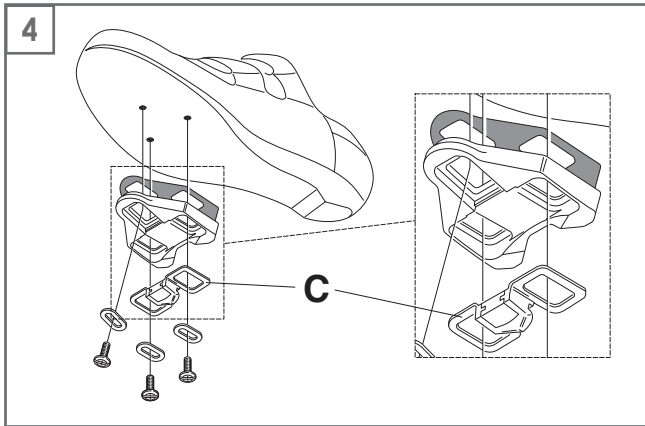


A correct fore-aft position of the cleat will depend on your foot's instep. The ball of your foot should be located directly over, or slightly in front of, the center of the pedal axle (Fig. 2).

In order to make fore-aft positioning of the cleats easier, there are lines (A - Fig. 2) located on the sides of the cleats which correspond with the center of the pedal axle.

- Apply the anti-slip adhesive (B - Fig. 3) to the rough side of the resin cleat.





- Fix the metal cleat insert (C - Fig. 4) into the resin cleat, while maintaining the proper orientation.
- Turn the shoe upside-down.
- Position the cleat over the standard three-hole bolt pattern in the shoe sole (Fig. 4).
- Place a washer into each of the three rectangular slots in the cleat. NEVER use more than one washer per slot.
- The kit contains two sets of screws having different lengths. Select the screw length most suited to your shoes. You may use long and short screws on a cleat.
- Fasten the cleats by tightening the screw as far as they will go. It is imperative that each screw (D - Fig. 5) is engaged at least three (3) full turns while tightening. The mounted screws should not deform the insole of the shoe in any manner.

Should you need to use longer screws than those provided, kindly contact Campagnolo S.r.l. DO NOT use screws supplied by anyone other than Campagnolo.

- Check that the position of the cleat is correct. If necessary loosen the screws and adjust the position of the cleat. Repeat the operation until a perfect positioning is reached.

### **WARNING!**

Use only the screws supplied with Campagnolo® **Pro Fit PLUS™** cleats (Fig. 6). **NEVER** use any other screws. Use of any other screws could prevent proper engagement and disengagement of the cleats, resulting in an accident, personal injury or death.

### **WARNING!**

Use shoes with a sole curvature that matches as much as possible the curvature of the cleat. The use of shoes with unsuitable sole curvature can deform the cleats and prevent proper engagement and disengagement of the cleats, resulting in an accident, personal injury or death.

### **WARNING!**

Improperly aligned cleats can cause pain or discomfort in the knees, ankles and hips and could lead to injury. If pain or discomfort of any kind is experienced, stop the use of the cleats and pedals immediately. See a certified bicycle dealer to properly set up your cleats and pedals. If pain persists, see your physician.

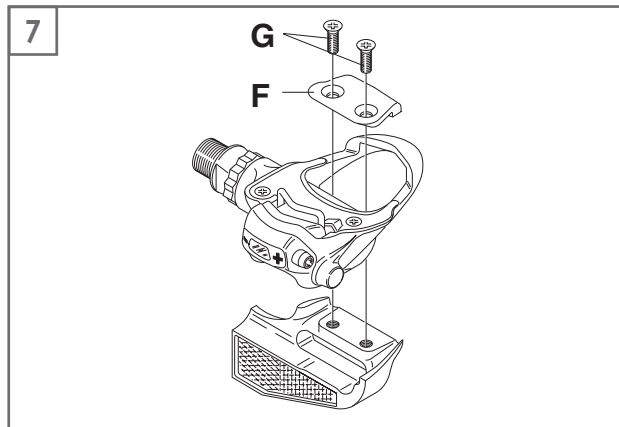


### 2.3 - ASSEMBLY OF THE PEDAL REFLECTOR

Position the reflector under the pedal and secure it with the support (F - Fig. 7) and two screws (G - Fig. 7).

#### **WARNING!**

**Always** use the pedal reflectors in order to increase the rider's visibility and reduce the risk of accidents. Always use reflectors on pedals to increase your visibility and reduce the risk of accidents. Campagnolo® produces a set of reflectors (PD-RE108) to be fixed to pedals. For further information please contact your nearest Campagnolo retailer.

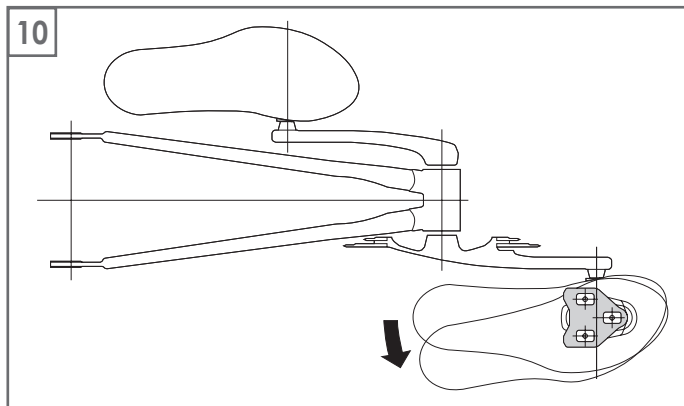
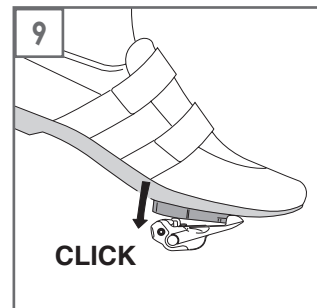
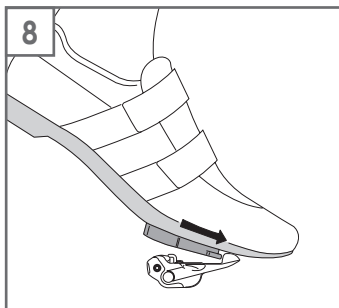


### 3. USE OF THE PEDALS

#### 3.1 - ENGAGING AND DISENGAGING

- To engage shoe into the pedal:
  - slide the front of the cleat into the front of the pedal (Fig. 8).
  - push down with the heel of the shoe until an audible click is heard (Fig. 9).
  - before starting out, make sure the cleat is properly engaged with the pedal.
- To disengage the shoe from the pedal, rotate the heel outward (Fig. 10).

**IMPORTANT:** In case of emergency, cleats will also disengage when rotated inward.



## **WARNING!**

- You must become thoroughly familiar and competent with the engagement and disengagement of the cleats from the pedals (starting with one foot on the ground) before using them on public roads. Please practice engagement and disengagement in a safe area, free from other traffic, until you are confident that you can use your pedals properly.
- Before engaging the pedals, always make sure that both the cleat and pedal are clean. Mud, dust and gravel compromise pedal operation, which can cause improper engagement, that can result in an accident, personal injury or death.

## **WARNING!**

You must set the release tension adjustment in accordance with your riding style (See below).  
If the release tension adjustment is too low, your foot could unintentionally disengage from the pedal resulting in loss of control of your bicycle, an accident, personal injury or death.  
If the release tension adjustment is too high, you may not be able to disengage from the pedal properly or timely, resulting in loss of control of your bicycle, an accident, personal injury or death.

### 3.2 - RELEASE TENSION ADJUSTMENT

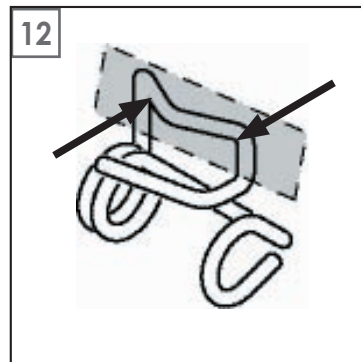
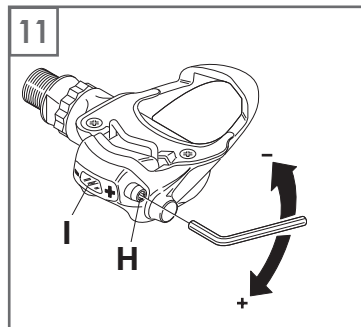
- To increase the release tension turn the tension adjustment bolt (H - Fig. 11) clockwise.
- To decrease the release tension turn the tension adjustment bolt (H - Fig. 11) counter-clockwise.

The display (I - Fig. 11) on the back-side of the pedal shows the approximate release tension adjustment. The pedals are supplied with the release tension adjusted to the minimum.

#### **WARNING!**

Normal wear of the various parts of the pedal coupling system leads to a progressive modification of the coupling and release dynamics which can only be partly compensated by adjusting the tension adjustment bolt (H - Fig 11).

**The retaining spring is subject to wear. We recommend that you change it about every 30,000 km. Please keep in mind that this distance is purely indicative and could vary significantly on the basis of the conditions of use and the intensity of your activities (for example: racing, rain, salted winter roads, cyclist's weight, etc.). You should always check the spring regularly (particularly in the zone indicated in Fig. 12) and change it immediately if it shows signs of wear or a reduction in the release force. Worn springs can fail or malfunctioning, resulting in accidents, personal injury or death.**



Carefully monitor the release tension and replace worn parts when necessary.

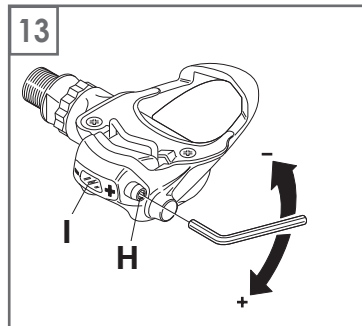
Replacement of worn parts completely or partly restore the initial pedal coupling and release tension conditions, thereby modifying the situation you were used to. Therefore, after any replacement of worn parts you must re-adjust the tension adjustment bolt (H - Fig 13) and thoroughly familiarize yourself with the system before using it again. Never use a system you do not feel completely at ease with and that you are unable to use perfectly.

### 3.3 - RIDING STYLE

#### **WARNING!**

You must use proper riding form while using your **Pro•Fit PLUS™** pedals.

Your foot should press down on, and then pull up on, the pedal in a direction that is perpendicular to the top of your pedals. Excessive side to side motion of your foot relative to the pedal while riding can cause your foot to unintentionally disengage, resulting in loss of control of your bicycle, an accident, personal injury or death.



## 4. REMOVING AND INSTALLING CARTRIDGES

### 4.1 - WEAR OF PEDALS AND CLEATS

Your pedals and cleats are subject to wear over time. This wear will lead to a progressive modification of the release tension of your pedals, which can only be partially compensated by adjustment of the tension adjustment bolt. Accordingly, it is critical that you closely monitor the release tension of your pedals and immediately replace worn parts as necessary.

Please note the replacement of worn parts will change the release tension of your pedals. Therefore, after any replacement you must re-adjust the release tension as set forth in Section 3.2 and re-familiarize yourself with the system before using it again.

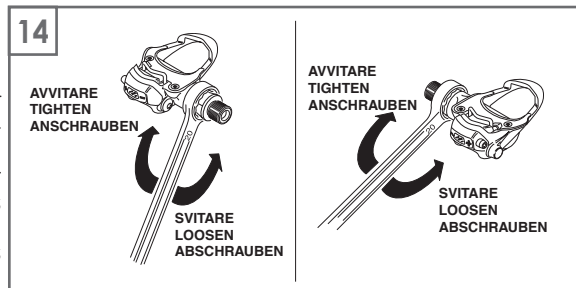
### **WARNING!**

Never use a system that you have not previously tested in a safe area and that you are unable to use properly.

### 4.2 - REMOVING CARTRIDGES FROM PEDAL BODY

- Using a standard 20mm box wrench, unthread the composite cartridge fastening nut (Fig. 14).

**IMPORTANT:** To unthread the right cartridge, turn clockwise; to unthread the left cartridge, turn counter-clockwise (Fig. 14).



- Extract the cartridge (L - Fig. 15) from pedal body. In addition to the cartridge, an alloy bushing (M - Fig. 15) sits at the innermost end of the axle. This bushing must be in place with its concave side facing the axle opening before the cartridge can be re-inserted.

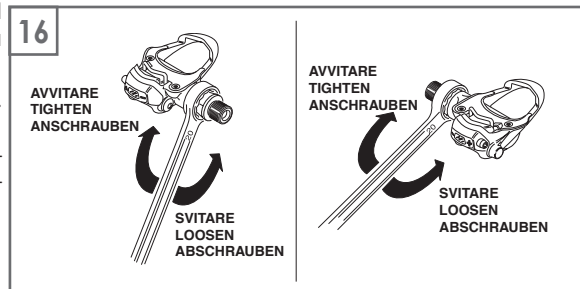
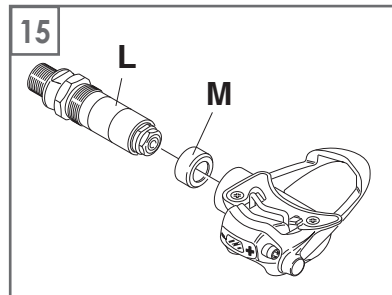
#### 4.3 - INSTALLING CARTRIDGES INTO PEDAL BODY

- Make sure the alloy bushing (M - Fig. 15) is in place at the inner end of the cartridge.
- Insert the cartridge (L - Fig. 15) until the cartridge nut threads meet the pedal body threads.
- Tighten using a 20mm box wrench (Fig. 16).

**IMPORTANT:** The cartridge for the right pedal is tightened in a counter-clockwise direction, and the cartridge for the left pedal is tightened in a clockwise direction (Fig. 16).

The cartridges must be tightened to a torque of Nm.  
**10 – 7,37 lb.ft**

If you ever have any questions, please contact your mechanic or your nearest Campagnolo® dealer for additional information.



## NOTE

Never spray your bicycle with water under pressure.

Pressurized water, even from the nozzle of a small garden hose, can pass seals and enter into your Campagnolo® components, damaging them beyond repair. Wash your bicycle and Campagnolo® components by wiping them down with water and neutral soap.

Campagnolo s.r.l. reserves to modify the content of this manual without notice.

The updated version will always be available [www.campagnolo.com](http://www.campagnolo.com).

On our website you will also find information on the other Campagnolo products and the spare parts catalogue.

### **This product is protected by one or more of the following:**

- **Patents:** DE 4323575C2 - FR 2697493 - FR 2810622 - IT 1257143 - IT 1308084 - IT 1320450 - JP 3338517 - TW 222755 - TW UM117264 - US 5419218 - US 6694845 - US 6837128
- **Patent applications:** DE 10027824.8 - DE 10129957.5 - FR 0007210 - US 10/980693

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