

3. Pedals

Please note that there is a left and a right pedal – the pedal axels are always marked "L" for "left" and "R" for "right".

Left and right are always to be seen from the position when sitting on the bicycle.

The right pedal is screwed on in a clockwise direction (to the right) such as one is used to with normal screws. However, the left pedal is screwed on in an anti-clockwise direction (to the left), for this reason it is known as a left-hand thread.

Never swap the pedals around, this will only lead to damage being caused to the threads.

Never try to screw the pedals on with force, if a pedal cannot be fitted with ease then the pedal is normal canted in the crank thread; so try again.

The first few turns of the thread should be carried out with the hand; subsequent to this the pedal should be tightened to 30Nm. The pedals should be retightened after a few kilometres use.

It is recommended that the pedal threads are greased before mounting to enable them to be removed easily if necessary.