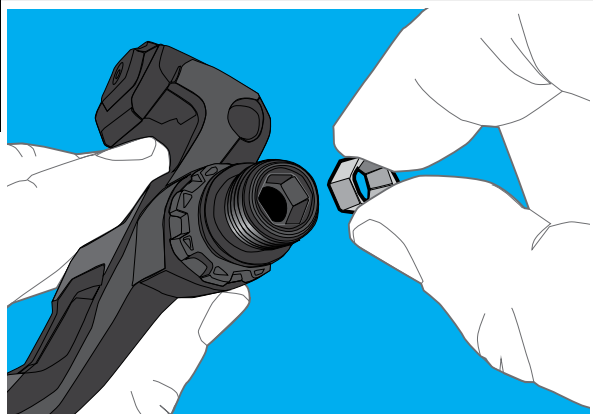


# INSTALLATION INSTRUCTIONS

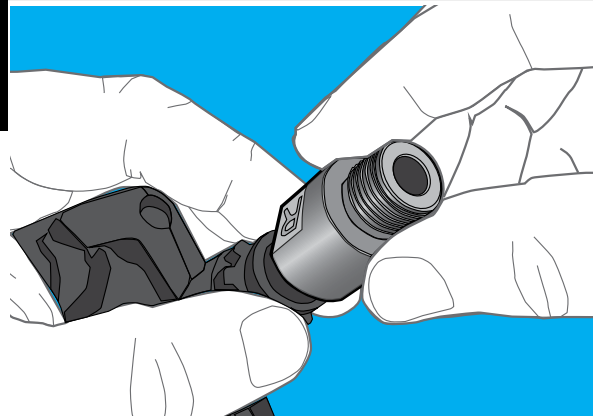
**STEP 1.**

Fit Adaptor into pedal spindle.



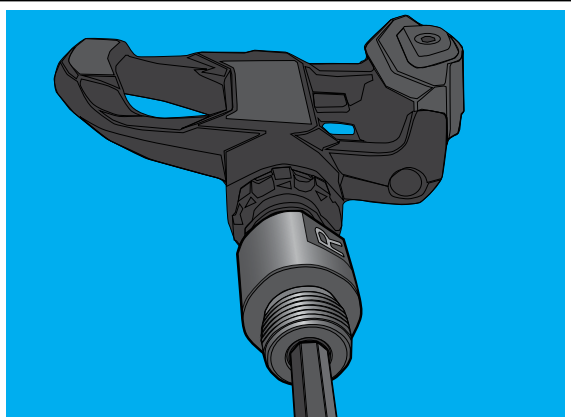
**STEP 2.**

Hand tighten the 20mm Pedal Spacer on to the pedal spindle.



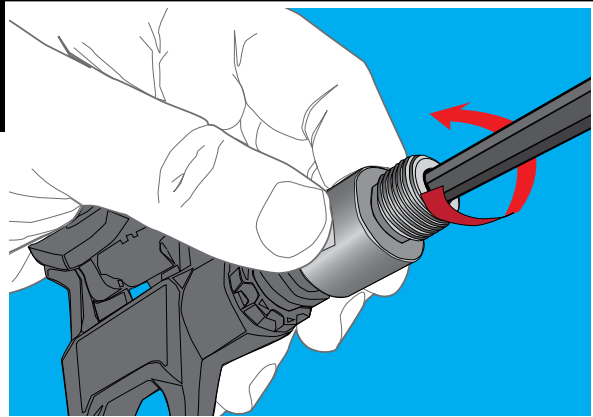
**STEP 3.**

Insert a 6mm Hex key into the 20mm Pedal Spacer hole to allow tightening of pedal in to spacer.



**STEP 4.**

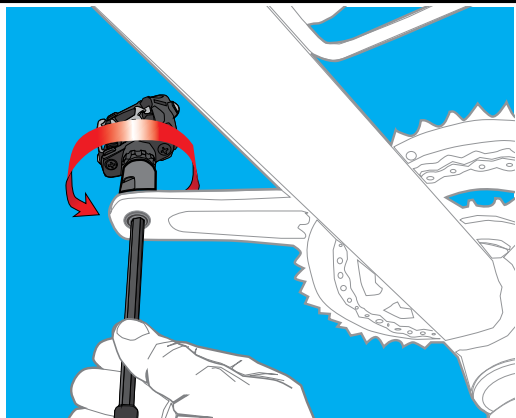
While holding pedal spacer, tighten with 6mm Hex Key.



**STEP 5.**

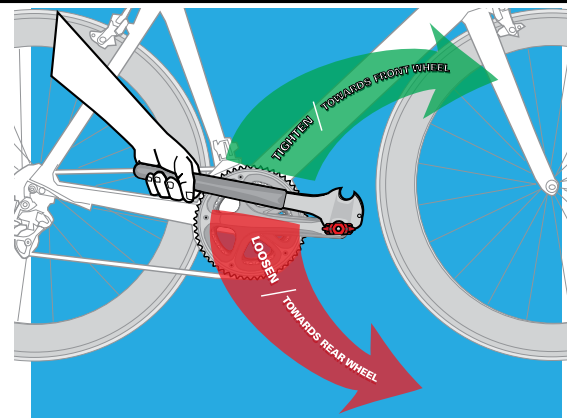
Install assembly on crank arm.

Tighten through the crank arm with your 6mm hex wrench.



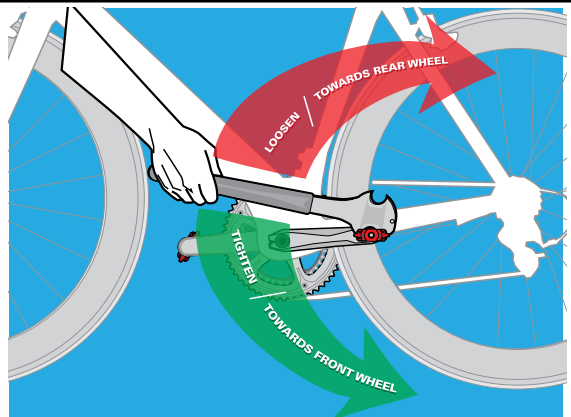
**STEP 6.**

As you face the drive train side, it's standard clockwise to tighten, counterclockwise to loosen pedals on the crank arm.



**STEP 7.**

The non-drive side is the opposite; counterclockwise to tighten & clockwise to loosen.



**STEP 8.**

Go for an easy test ride.

20mm Pedal Spacers are not intended for use with carbon fiber cranks. Maximum rider weight - 275 lbs / 125 kg. Grease all threads prior to installation. Always let comfort be your guide.

**WARNING:**

Bicycling can be hazardous and you should always wear a helmet. Always inspect your bike prior to use. Always follow the rules of the road. If you have questions please contact your nearest BikeFit professional.



**BIKEFIT**  
www.BikeFit.com

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# 20mm Pedal Spacer (pair) - Part# 4030220

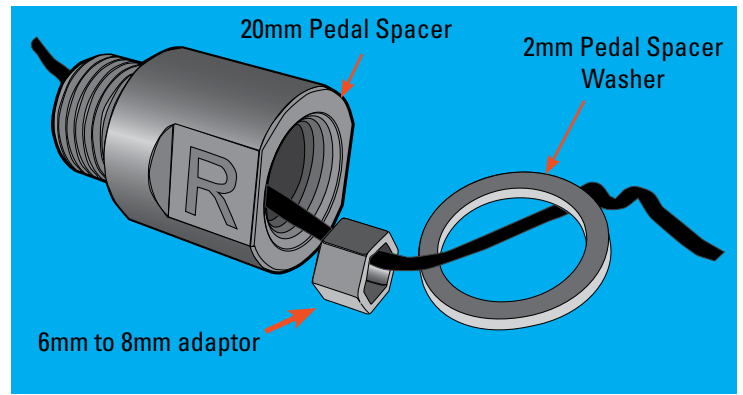
### Package includes:

- 2 x 20mm Pedal Spacers
- 2 x Hex Adaptors (8mm to 6mm)
- 2 x 1mm Pedal Spacer Washers
- Instruction Sheet

### Compatible with:

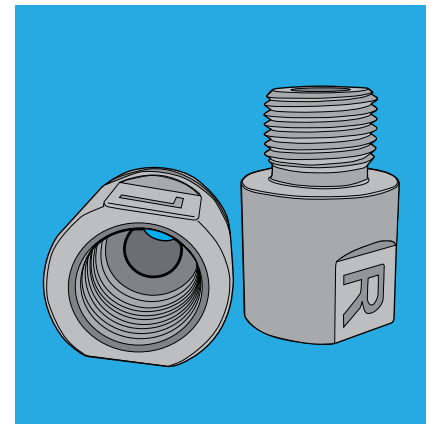
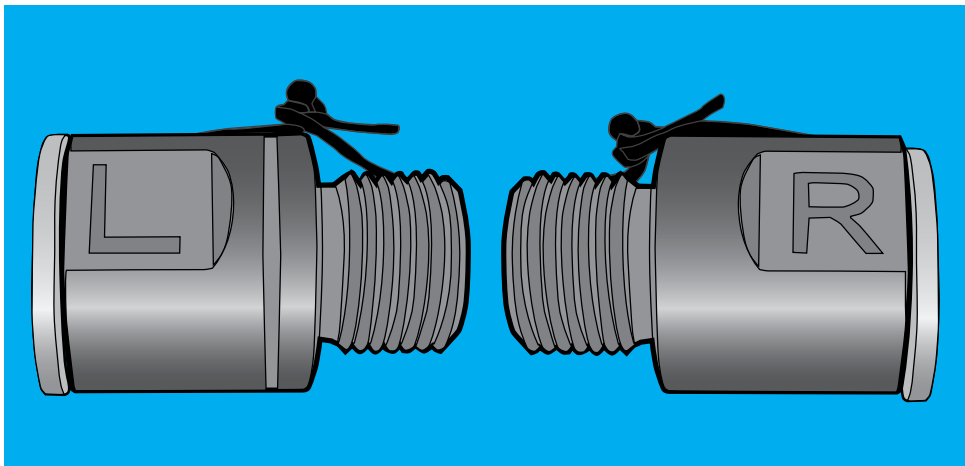
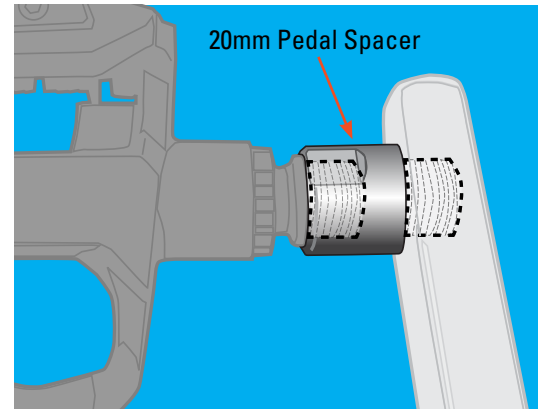
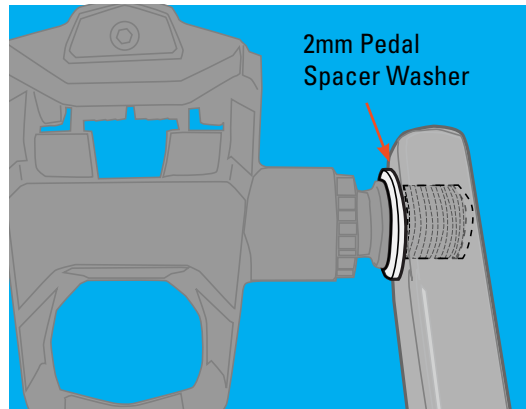
- Look Keo & Delta
- Shimano SPD-SL (road)
- Campagnolo
- Time (road)
- Crank Brothers road & mtb

**Used for added stance width**  
Designed to improve cycling stance width helping to align ankle, knee and hip.

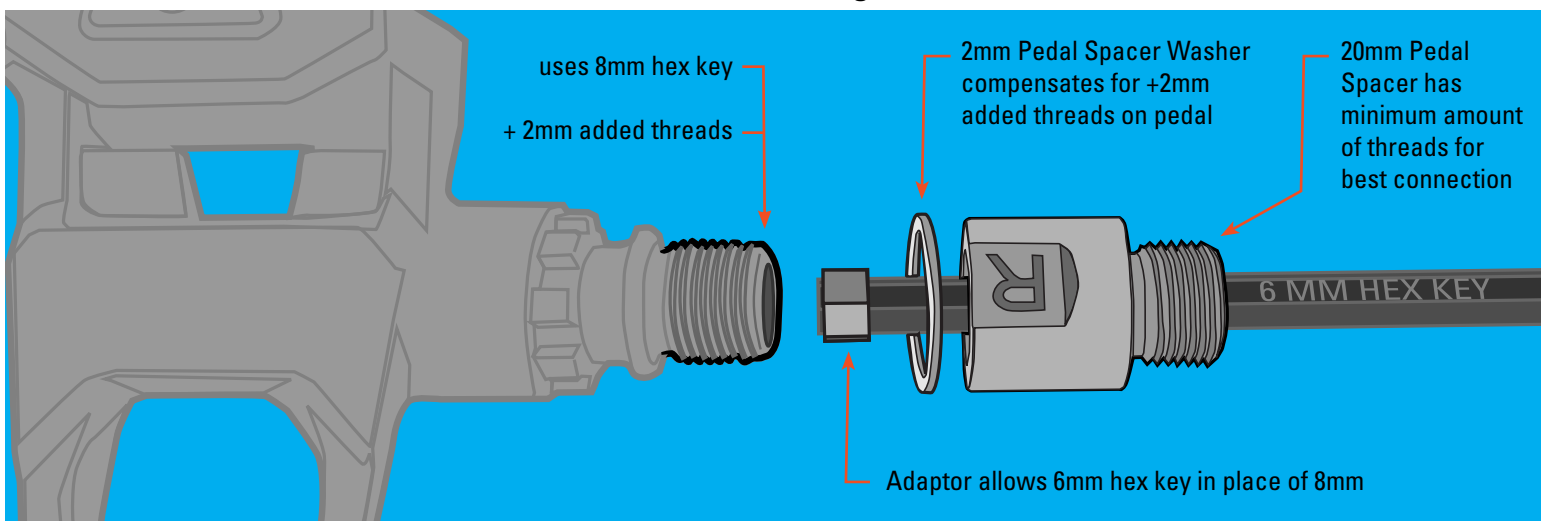


### Stance Width options:

- 2mm Pedal Spacer Washer
- 20 mm Pedal Spacer



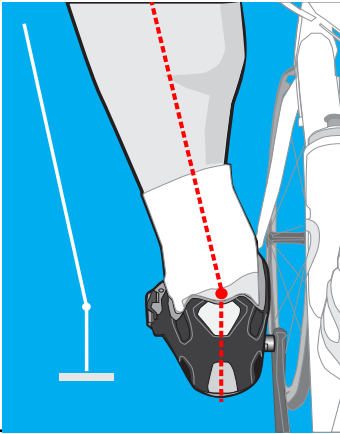
### SPECIAL CONSIDERATIONS: Look Kéo - now with a longer axle



Scenario

**b.**

For the bow legged cyclist (V-Twin).



Adding a 20mm Pedal Spacer may help put the foot more underneath the knee.

