Thank you for purchasing the Spinning® Trio® pedal system, the most durable and functional dual-sided pedals available. Specifically designed for use on Spinner® indoor cycling bikes, the Trio and Trio QR pedals incorporate heavy-duty sealed bearings and an oversized axle to deliver the best-in-class performance you expect from Spinning, the worldwide leader in indoor cycling bikes and accessories. Please follow these instructions to ensure proper installation of the RIGHT and LEFT pedal on your bike. Follow all maintenance and service instructions for optimum ongoing performance. If you have any questions regarding the installation or maintenance of your Trio pedals, visit us at www.spinning.com/trio or call one of our customer service specialists at 1-800-847-SPIN (7746).

WARNING

The Spinning® Trio® and Trio® QR pedals are specifically designed for use on Spinner® indoor cycling bikes and are not intended for use on outdoor bicycles. The Spinning Trio and Trio QR do not have reflectors to enhance the visibility of outdoor bicycles at night and do not provide adequate clearance to the ground. It is important to keep the Trio pedal system clean and to inspect the pedals monthly for any damage, loose parts or other signs of wear and tear that could cause break downs or part failures. Any pedal that shows signs of worn or damaged parts should be removed from service immediately.

This pedal is only compatible with Shimano® SPD® and LOOK® Delta cleats. Using any other cleat design, including LOOK Kéo and SPD-SL cleats, is dangerous and will void the warranty.

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MAINTENANCE AND SERVICE

The Trio® pedal system is designed for commercial use and should be kept clean to ensure proper engagement of cleats. Inspect and lubricate pedals on a regular basis.

- Use Spintech® lubricant on moving parts and springs to ensure easy engagement and disengagement of cleats.
- Check pedal straps for excessive wear and replace if straps are frayed or if the pedal straps slip in buckle.
- Pedals should be serviced in the event that any parts become loose or the pedals feel rough, tight or loose when turned.
- Check the connection of the pedal to the crank regularly to ensure that it is a secure fit.

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Before beginning, turn the Spinner® resistance knob clockwise to lock the flywheel in place. “Left” and “Right” are determined from a seated position on the bike.

The pedals come factory set at the lightest release adjustment setting and can be changed by the user for a stronger hold if desired.

Install the pedals according to the graphic below and ensure the pedals are securely tightened. The recommended torque spec is 47–57 Nm or 35–40 ft-lbs.

Look® Delta Compatible Cleats In/Out

Platform Install and Removal

Securing the Toe Strap