

Operating Manual

Table of Contents

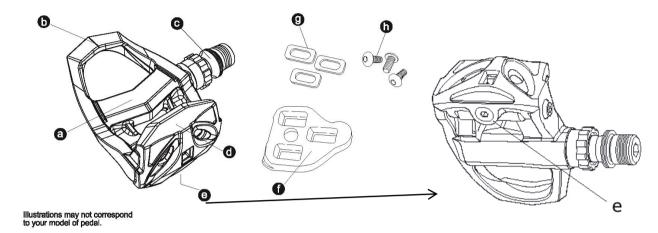
- 1. Package Contents
- 2. Tools Required
- 3. Installation
- 4. Pairing
- 5. Calibration
- 6. Installation
- 7. Battery
- 8. Weight
- 9. Precautions
- 10. Warranty

WARNING: Before using this product, please read this manual completely. Improper use could result in damage to the product or lead to injury.

Package contents

- a. Pedal Body
- b. Front Binding (fixed)
- c. Axle
- d. Rear Binding (adjustable)

- e. Tension Adjuster
- f. Cleats x 2
- g. Cleat washers x 6
- h. Cleat bolts x6



Tools required

6mm or 8mm Allen Key, (depending on pedal model), 4mm Allen key, 3mm Allen key



Pedal installation

Noted: Please see the instruction and install your pedal properly to avoid damage. The Left pedal is marked with the letter "L" and the right pedal with the letter "R". It is important step to identify the proper pedal because the left pedal tightens in counterclockwise and the right pedal tightens clock wise.

By using a little bike grease on the pedal arm, it can make installation smoother. Use the 5mm hex, the right pedal screws onto the crank

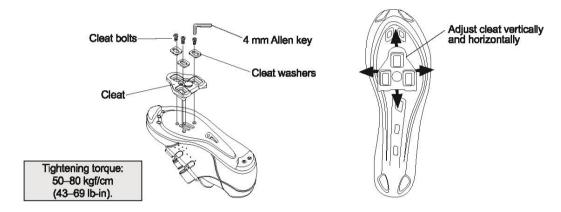
5mm

clockwise and the left pedal screws onto the crank counterclockwise.

Cleat Installation

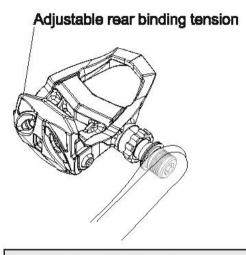
Left and right cleats are identical – the pointed end faces the toe of the show.

- 1. Lightly lubricate cleat bolt threads with oil
- 2. Using the 4mm Allen key attach cleat bolts and cleat washers loosely to shoe soles. The lateral center line of the cleat should be aligned with the center of the ball of the shoe sole. Adjust vertically via slots in shoe sole. Adjust horizontally via play between cleat washer and cleat.
- 3. Tighten cleats very firmly, but avoid excessive force. Tightening torque: 50-80 khf/cm (43-69 lb-in) Cleat position can be fine-tuned to preference after trial rides. It may take some time to find your optimum cleat set-up.

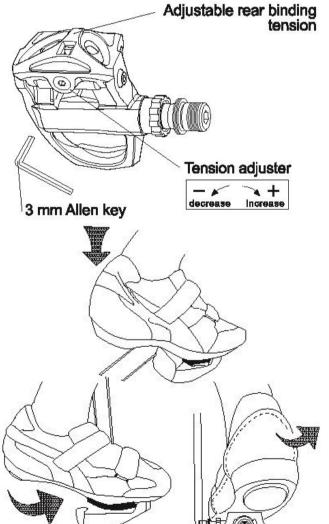


Pedal adjustment and shoe/pedal use

Depending on the model of your pedals, the tension adjuster is located on the rear binding, or on the top of the pedal body. To adjust rear binding tension, use a 3mm Allen key to turn tension adjuster.



Binding adjustment range: 80–140 kgf/cm (69–121 lb-in).



- 1. Increase tension in a clockwise direction (+) (for a more secure shoe/pedal bind, but more difficult engagement and disengagement).
- 2. Decrease tension in a counter-clockwise direction (-) (for less secure shoe/pedal bind but easier engagement and disengagement). Engage cleat shoes in pedals by aligning the cleat between front and rear binding while pushing down. Disengage by twisting heel outwards (away from bicycle).

Do not over-tighten or over-loosen tension adjustor (over-tighten may damage thread, and bolt may fall out if too loose).

Pairing

Pedal will need to be paired one side at a time. It does not matter which side paired first.

The pedal includes BLE and ANT+ protocols, pair the pedal to any device using either of these protocols.

- 1. The distance of the bike computer and the sensor can't exceed 3m.
- 2. Open your bike computer and entering Set Mode -> SET SENSOR -> POWER ->
- 3. Turn the crank a few turns and it will automatically pair with your bike computer

Pedal will automatically switch on by turning the pedal or starting a ride

Calibration

It is not necessary to perform a zero-offset before every ride; however, it is recommended to zero-offset once in a while to make sure it's accuracy. To calibrate you power meter, you need to spin the cranks backwards a few times to wake up the power meter. Position the cranks in a vertical position (at 6 and 12 o'clock.)Then, use your bicycle computer or Ride for Life App, find the calibration page and select Calibrate. You should receive a message saying "Calibration Successful."

Battery

CR2032x1 (one side)

To install or replace the battery use screwdriver to remove the battery cover. Remove the battery and recycle. Insert new battery into the power meter in clean/dry environment. Then, replace battery cover and do not overwind.

Weight

224.4g including battery (one side)

Precautions

To keep the power meter in good condition, do not approach to the strong magnets which mean if the pedals are close to the strong magnets, they may perform the atypical data. Avoid soaking the pedals in water or use the high pressure squirt to clean up the pedals. Also, some hazardous substance will cause damage to the pedals like toxic solvents. Please make sure the pedals are under normal use usage.

Warranty

During the warranty period, under the normal use and service, the Cycore F1 pedal will be free from physical defects in material and workmanship, or the product will be repaired or replaced as determined by Cycore dealer. We provide 2 years limited warranty for its products only to the person or entity that originally purchased the product from Cycore dealer or its authorized distributor or retailer.

Warranty does not apply, if

- The warranty period is expired
- Normal wear and tear
- Unauthorized alternation to or change of parts or components of the product
- Damage caused by human factors, accident, misuse of the product, improper maintenance, assembly, and failure to follow instructions or warnings in Owner's Manual.