SPORTENZIA

FITTING GUIDE

PAIR OF PEDAL STRAPS WITH DOUBLE-SIDED FASTENING

Two nylon straps that pass through the openings of a flat pedal and close over the foot with double-sided hook-and-loop, no metal buckle. Fitting, adjustment, safety and care on one page.

REF. SANGPEDAL2 · FLAT PEDALS WITH OPENINGS: ROAD, MTB, FIXED GEAR, CITY · NYLON, DOUBLE-SIDED HOOK-AND-LOOP, 1 PAIR



Before fitting

You need a flat pedal with openings (slots or holes in the platform) wide enough for the strap, on each side of the axle. A solid or clipless pedal will not work. Pedals are not included.

Fitting and adjusting

1. **Undo the strap** and pass both ends through the pedal openings, one on each side of the axle, from underneath.
2. **Fold the top layer** of hook-and-loop over the pedal to form the arch your foot slides into.
3. **Turn both bands back** and fix them onto the lower hook-and-loop section: the two faces hold each other, no buckle.
4. **Adjust to your foot,** shoe in the arch: the strap holds the front of the foot without squeezing it. Press the bands down firmly.
5. **Learn to get your foot out while stationary:** pull the heel back, the foot slides out of the arch. Repeat until the move is natural, then fit the second strap.



Both ends pass through the pedal, the top layer folds over, the bands turn back underneath.

Care

- Hand wash in lukewarm water with mild soap; air dry before closing. Pick mud and fibres out of the hook-and-loop: clogged, it holds less.
- Check for wear where the strap rubs on the edge of the pedal.

Specifications

Material	**Nylon**	Fastening	**2-sided hook-and-loop**
Adjustment	**Foot length**	Buckle	**No metal**
Pedals	**Flat, with openings**	Bikes	**Road, MTB, fixie, city**
Contents	**2 straps (1 pair)**		

SAFETY

- Start loose and somewhere quiet: tighten gradually over several rides, never to the point where a pull of the heel no longer frees the foot.
- In town, at a light or in front of an obstacle, the foot must reach the ground without thinking: keep a setting that lets it out fast.
- Before every ride: bands pressed down along their full length, nothing hanging towards the crank or the wheel. Worn strap or hook-and-loop that no longer holds: replace it, it can let go mid-stroke.

Need help?

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Our team answers your questions about fitting and compatibility.

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