

General Safety Information

WARNING – To avoid serious injuries:

- Understand how the locking mechanism works before you ride.
- Before riding, place one foot on the ground and practice engaging and disengaging from the pedal a number of times until you get used to it.
- Practice riding on smooth ground first.
- Before riding, adjust the retention force of the pedal to your liking. (Refer to the adjustment instructions for the pedal set.)
- Make sure that mud, dirt, and foreign objects don't build up in the pedal-cleat interface area.
- If you do not maintain both your shoes and cleats in good condition, release and engagement to the pedals could become unpredictable or difficult, which could result in severe injury.
- SPD shoes may not provide adequate traction for walking on wet and/or smooth surfaces. Use extreme caution when walking on such surfaces in order to avoid a serious injury.
- Select the right-sized shoes for your feet, and be sure to fasten the loop & hook fasteners and/or shoe laces when using.
- Refer to the instructions supplied with your SPD pedals.
- **Obtain and read the service instructions carefully prior to installing the parts.** Loose, worn, or damaged parts may cause serious injury to the rider. We strongly recommend only using genuine Shimano replacement parts.
- Heat molding of the SH-M300 must only be carried out by a properly-authorized Shimano footwear dealer. If the heat molding is carried out incorrectly, burns or fire may result.
- If you have any questions regarding methods of installation, adjustment, maintenance or operation, please contact a professional bicycle dealer.
- Read these Technical Service Instructions carefully, and keep them in a safe place for later reference.

BE SURE TO READ AND FOLLOW THE ABOVE WARNINGS CAREFULLY.
IF THE WARNINGS ARE NOT FOLLOWED, YOUR SHOES MAY NOT COME OUT OF THE PEDALS WHEN YOU INTEND OR THEY MAY COME OUT UNEXPECTEDLY OR ACCIDENTALLY, AND SEVERE INJURY MAY RESULT.

NOTE:

- These SPD shoes cannot be used with SPD/SPD-R/SPD-SL pedals for road riding.
- Do not use washing machines or dryers to clean the shoes.
- Allow your shoes to air-dry in a shaded area. Do not expose your shoes to strong direct sunlight. Do not apply heat with a dryer or similar appliance.
- Do not leave the SPD shoes exposed to temperatures of 50°C or higher, otherwise the shoes may become warped by heat.
- Parts are not guaranteed against natural wear or deterioration resulting from normal use.

SI-4YH01-001

SH-M300
SH-MW02
SH-MT90
SH-MT70

SPD shoes

The SH-M300 shoes are heat-molded customized shoes. They can be used as they are without heat molding, but any heat molding of the upper and inner sole must only be carried out by a properly-authorized Shimano footwear dealer.

Technical Service Instructions

These service instructions are printed on recycled paper.
Please note: Specifications are subject to change for improvement without notice. (English)

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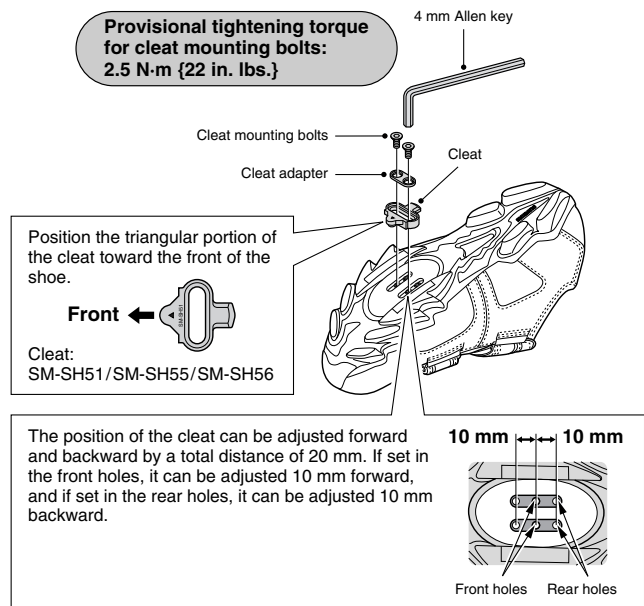
Attaching the cleats

From the bottom of the shoe, position a cleat and then a cleat adapter over the cleat holes. The cleats are compatible with both left and right pedals. Provisionally tighten the cleat mounting bolts.

Note:

Be sure to use the special cleat mounting bolts to attach the cleats.

Provisional tightening torque for cleat mounting bolts:
2.5 N·m {22 in. lbs.}



If you do not feel confident about mounting the cleat, ask your Shimano footwear dealer for assistance.

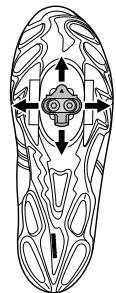
Adjusting the cleat position

1. The cleat has an adjustment range of 20 mm front to back and 5 mm right to left. After provisionally tightening the cleat, practice engaging and releasing, one shoe at a time. Readjust to determine the best cleat position.

If you cannot find the optimum position for yourself, please contact the place of purchase.

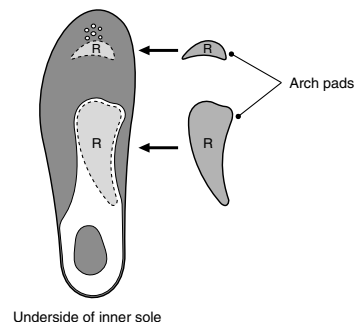
2. After you have determined the best cleat position, firmly tighten the cleat mounting bolts with a 4 mm Allen key.

Tightening torque:
5 – 6 N·m {43 – 52 in. lbs.}



Installation of the arch pad (SH-M300)

If you feel that the shoes are not providing enough support for your feet, you can attach the accessory arch pads to the underside of the inner sole as shown in the illustration. Make sure that you attach the arch pads correctly for left and right shoes.



Cleat replacement

Cleats wear out over time and should be replaced periodically. Cleats should be replaced when it becomes difficult to release, or it starts to release with much less effort than the when it was in new condition.