

Manual

Keo Blade

Keo Blade Ceramic

Keo Blade Ceramic™



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Congratulations!

You have chosen a pair of LOOK pedals with a BLADE tension system. Thank you for your confidence.

By choosing these pedals you benefit from a high-tech product designed in France.

Like the vast majority of LOOK products, it is identical to those used by professional athletes, and the manufacturing process is monitored from start to finish to ensure complete satisfaction with the product.

Our products comply with the various European and international standards in force. Before use, read all instructions and follow the advice given in order to take full advantage of the benefits of this high quality product.

LOOK reserves the right to change the specifications of the product without prior notice in order to improve it.

REGISTERING YOUR NEW PEDALS

Register your pedals online at www.lookcycle.com in order to benefit from a one-year warranty extension to your already existing two year guarantee.

For more information on online registration terms, offers and coverage, please visit our website www.lookcycle.com GUARANTEE POLICY / ONLINE REGISTRATION*.

CONTENT OF YOUR PURCHASE

1 pair of LOOK Keo Blade pedals / 1 pair of KEO Grip 4,5° cleats / 6 M5x9 mm cleat screws / 6 washers.

Manual available www.lookcycle.com

IMPORTANT INFORMATION

Important:

- This clipless pedal is designed for use exclusively on paved roads and with shoes specifically designed for cycling and compatible with our KEO cleat system.
- Use with shoes not fitted with a cleat or not intended for cycling entails a risk of slipping of the foot which **can lead to loss of control, serious injury or death**. The LOOK pedals do not guarantee the release of the shim in the event of a fall. They are designed to release the shim when the user wants it and can release it during a fall.
- These pedals are designed for optimal use in terms of operation and safety with shims marketed by LOOK Cycle. Use with shims not certified by LOOK Cycle **may result in loss of control, serious injury or death**.
- In the case of use of shoe covers, please check that they do not interfere with the operation of the pedal and that the shim is safely engaged and disengaged **at the risk of loss of control that could result in serious injury or death**.

- LOOK pedals are designed and optimised for use by cyclists up to 100 kg (220.5 lbs).
- If you weigh more than 85 kg, you must be particularly vigilant and have your pedals inspected more frequently than a person weighing less than 85 kg in order to check for cracks, deformities, or any other sign of fatigue or excessive stress.
 - Before riding, familiarise yourself with the operation of your new pedals.
 - Practice engaging your feet in the pedals and disengaging them at a standstill, then for a second time while riding in a secure space.

Important:

- Some users may experience higher breakage frequencies than others, especially those over 85kg with an explosive or aggressive riding style.
- Large feet and supination or pronation of the foot have been associated with a break in the pedal. The supination or pronation of the foot may in some cases be corrected with the soles - in this case, consult a health professional.
- Users who have already experienced broken pedals, frames, or other components are more likely than others to break them again. These people are strongly encouraged to purchase more robust equipment to support their load and/or change their riding style. They are advised to have their equipment inspected and maintained frequently by professionals.

SERVICE LIFE - WEAR - INSPECTION REQUIRED

LOOK Keo Blade pedals are pre-greased during production. The creation of a grease film on the various rolling elements is necessary in order to obtain an optimal fluidity of the bearings to improve the performance and the quality of the pedals. Depending on the pre-greasing, the rotation of the axle could have a slight resistance. This resistance will decrease after the first kilometres travelled with the pedals. The climatic conditions, and the place of storage of the bicycle, may impact the fluidity of the grease. At low temperatures the grease is less fluid and at higher temperatures the grease is more fluid.

All of our axles are validated after successfully completing testing at a level much higher than the baseline required by (ISO4210-2).

The service life of LOOK components depends on many factors, such as the cyclist's morphology and the conditions of use. Impacts, falls, improper use or abrupt use in general can compromise the structural integrity of the components and significantly reduce their service life.

Some components are also subject to wear over time. Have your pedals inspected regularly by an authorised LOOK dealer to check for cracks, deformations, signs of fatigue or wear. If the inspection reveals deformations, cracks, impact marks or even slight stress marks, immediately replace the component concerned; components that have been subject to excessive wear must also be replaced immediately. The frequency of inspection depends on many factors, such as the frequency and type of use (competition, cycle touring, leisure), and climatic conditions. For advice, consult your authorised LOOK dealer.

Component replacements must be performed by an authorised LOOK dealer. The list of replaceable components is available at authorised LOOK dealer.

For more IMPORTANT INFORMATION, please visit our website www.lookcycle.com under the heading WARRANTY POLICY / IMPORTANT INFORMATION*

READ FIRST!

Cycling is a dangerous activity by nature. To reduce the risk of serious injury, be sure to properly maintain your bike, and install and adjust all components properly. When cycling, always wear a helmet and read and follow the rules of the road. Beware of the dangers of the road and traffic. Know the laws in the country where you are. If you ride at night, it is not enough to see but to be seen. The reflectors are not sufficient and do not replace a front light and a rear light. Wearing a reflective garment is highly recommended or even mandatory in some countries.

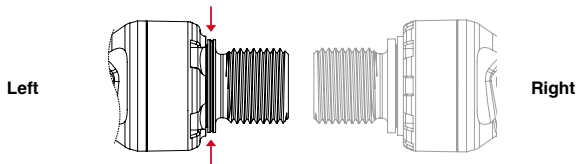
MOUNTING THE PEDALS

Make sure the cranks are BSA (9/16x20).

Clean and grease the tapping of the crank before mounting the pedal.

Caution: there is a right pedal and a left pedal. The left pedal, **marked with a ring on the axle**, is screwed counterclockwise. The right pedal is screwed in a clockwise direction. In both cases, the screwing is carried out inside the crank using an 8 mm Allen key for the pedals equipped with a steel shaft and a 6 mm Allen key for those equipped with of a titanium axle.

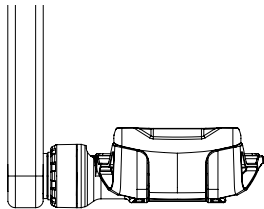
The recommended tightening torque is **40Nm**.



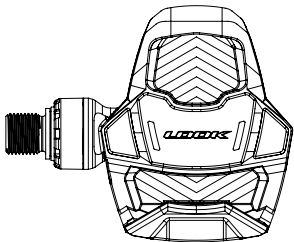
PEDAL INSTALLATION

Warning: once the pedal is installed and tightened to the recommended torque, be sure to check that the axle does not protrude on the inside of the crank arm. This could create interference with the chain and damage bike components, and result in a serious or even fatal accident.

Should the axle protrude on the inside of the crank arm, ensure that the washers supplied with your crankset were correctly fitted during pedal installation. These washers must be placed between the pedal and the crank arm (please refer to the crankset manual for further details regarding the number and specifications of the washers).

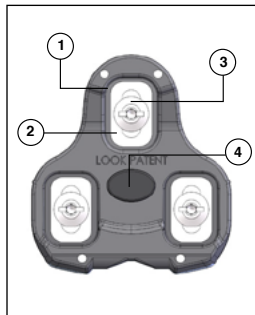


ADJUSTING THE Q-FACTOR



With the latest generation of axles, LOOK offers you the option to increase the Q-factor. By placing washers between the crank and the pedal, you can increase the Q-factor by 2mm. These parts are available from your authorized LOOK retailer (reference DTPD/0153100).

FITTING YOUR CLEATS



WARNING: These cleats are designed to limit the risk of slippage for very short distances and are not intended for long walks.

BOTTOM VIEW: CLEAT - PEDAL CONTACT

1: Setting window: the 3 adjustment windows make it possible to fix the cleat under the sole of the shoe. They are rectangular to allow a lateral adjustment of an amplitude of 4 mm. The longitudinal amplitude is 9 mm. These two adjustment axes allow each cyclist to position the cleat precisely under the sole.

2: Washers

3: Fixing screws of the cleat (6): the screws supplied with the cleat are M5x9 screws. They are designed to

be screwed with a 3mm Allen key or a flat screwdriver.

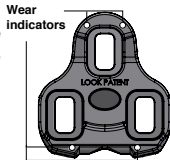
Attention: to secure the shim under an insole, use longer screws supplied with the shoes or available as a kit from your authorized LOOK retailer (reference kit LOOK 20mm screw: DTPD/0151059).

4: PAD: Buffer clearance pad between the shim and the pedal. It is essential for the proper functioning.

Attention: If the setting memory is used, the PAD must be positioned by the outside of the shim once it is attached to the sole.

Its shape and its material allow it (see next paragraph).

Attention: It becomes dangerous to use the shim when the pads are worn enough to reveal one of the wear indicators (see diagram opposite).

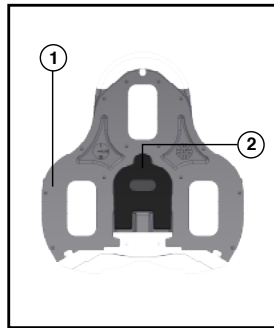


BOTTOM VIEW: CLEAT - SOLE CONTACT

1: Cleat body

2: Setting memory: This piece is screwed under the shoe sole. It makes it possible to replace the cleat without having to re-do the adjustment. The new cleat is clipped on the setting memory (which remained screwed under the sole when replacing the cleat) to take exactly the same position as the old cleat.

Note: This function is only usable if you have a sole equipped with the 4th specific oblong hole. If your sole is not equipped, you can still mount the cleat. In this case it is essential to leave the memory clipped on the cleat.

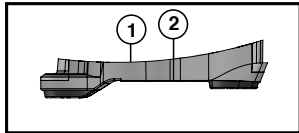


SIDE VIEW

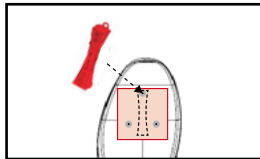
1: Radius of curvature: The curve radius of LOOK cleats is 150mm at the shoe contact point.

. It is important that the soles of the shoes that are used with these cleats have the same radius of curvature. If the radius of curvature of the sole is different, the shim deforms when fixed and this may result in a bad hold.

Check the curvature of the sole of your shoes in advance at a LOOK authorized retailer who has a tool for verification. We recommend a radius of curvature of 150mm. Above 170mm we recommend the use of KEO SPACERS for low curvature soles.



KEO SPACER



Attention: An insufficient or too high curvature deforms the geometry of the shims, impairs their performance and causes play between the pedal and the shim and may cause embrittlement or malfunction of the shim which may hinder or make it impossible to release the shim.

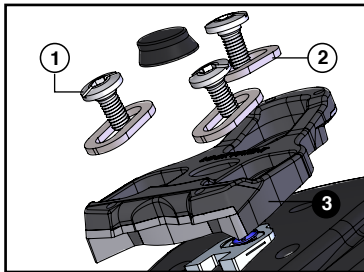
2: Axle - pedal marker: this mark corresponds to the position of the axle of the pedal when the shim is engaged in it.

OUTSOLE	CURVED ↓ FLAT	R OUTSOLE	SPACER
		155	NO SPACER
		170	NO SPACER
		185	SPACER NEEDED
		200	SPACER NEEDED

• Installing your cleats

Caution: Before use, make sure the cleats are tight enough under your shoes before snapping.

The marking on the side of the cleat (3) can be used to help position the cleat (see next paragraph). Attach the cleat to the sole of the shoe using the screws (1) and washers (2) provided (or recommended).



Adjusting your cleats:

Step 1: Lateral positioning of the hold: centre the shim as much as possible under the boot (mounting holes in the sole in the middle of the shim windows).

Step 2: Longitudinal positioning of the shim (forward or backward under the shoe). The majority of experts believe that the mark on the shim (3) (which shows the axle of the pedal) must be located under the centre line of the internal metatarsal joint: See diagram opposite. The centre line of the joint of your internal metatarsal is at the centre of the articulation between the foot and the big toe.

Step 3: Once the cleat is positioned as described above, insert the washers and tighten the screws without forgetting to grease the threads. Tighten using a 4mm Allen key to the torque recommended by the shoe manufacturer, and no greater than 5 Nm.

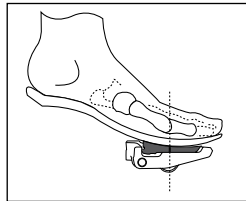
Step 4: Clip your foot into the pedal and do a few meters with your bike. If your heels touch the bases or if you feel that you are pushing your ankle or knee more than one side, change

the orientation of the shoe. Repeat until you feel no discomfort during pedalling.

Step 5: Once the cleat is fully adjusted, check the tightening torque (as recommended by the shoe manufacturer and no greater than 5Nm).

Warning: before going on the road make sure you know how to use your automatic pedals.

Practice locking and tripping the pedals a number of times, and mentally train yourself to engage the pedals at the stop or in other situations that would require you to put a foot down.



OPERATION OF THE TENSION

The tension of carbon blade pedals (BLADE technology) cannot be adjusted directly on the pedal itself. However, should the pedal tension not suit you, you can change the blades and adjust the engagement / release tension to your preference, either directly after purchase or at a later date.

Available tensions are 8, 12, 16 and 20.

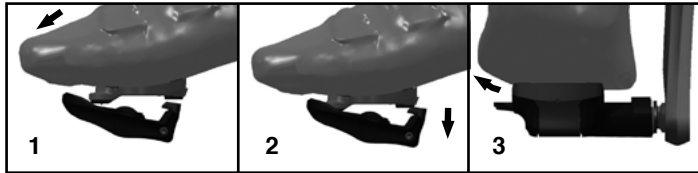
For setup, please follow the instructions provided with the blade kits.

Find the instructions on our website www.lookcycle.com SERVICE section / ASSEMBLY INSTRUCTIONS / BLADE CHANGE

ENGAGEMENT / RELEASE

Engagement: Insert the cleat as illustrated in (1) and press down into the pedal (2) to lock the cleat in.

Release: Rotate the heel outward to release the foot (3). Rotating inward to release is also possible but not recommended as it is more dangerous: any contact of the shoe with the crank, frame or wheels could cause a loss of control resulting in serious injury or death.



MAINTENANCE

Always clean your pedals with soap or mild detergent and water. Rinse with water and dry with a soft cloth. Any source of heat can cause irreparable damage to your pedals and cleats. Do not use high-pressure cleaners or abrasive products.

REGULARLY CHECK THE CONDITION OF YOUR CLEATS. ANY DIRT, WASTE AND/OR WEAR OF THE CLEAT COULD CAUSE IT TO JAM DURING USE AND LEAD TO A LOSS OF CONTROL RESULTING IN SERIOUS INJURY OR DEATH.

AFTER-SALES SERVICE

Despite the utmost care taken during production, if a defect should appear or a repair be necessary, please get in touch with your authorized LOOK retailer. You will be asked to provide the defective product, your purchase invoice as well as a clear description of the issue. Alternatively, contact our customer service team at support.lookcycle.com.

WARRANTY

TO BENEFIT FROM AN ADDITIONAL ONE-YEAR WARRANTY, RETAIN YOUR PROOF OF PURCHASE AND REGISTER YOUR PEDALS ONLINE WITHIN 30 DAYS AFTER YOUR PURCHASE. IN ADDITION, WE MAY CONTACT YOU TO PROVIDE IMPORTANT INFORMATION IN THE EVENT OF PRODUCT RECALLS OR POSSIBLE UPDATES. REGISTER ONLINE ON OUR WEBSITE WWW.LOOKCYCLE.COM IN THE SUPPORT SECTION, THEN WARRANTY, AND FOLLOW THE REGISTRATION FORM.

LOOK pedals are guaranteed for two years from the date of purchase against any defect or manufacturing defect.

LOOK, through its authorized distributors in the country in which the product was purchased, warrants to the first purchaser or user the product against any defects in materials and workmanship.

This guarantee does not apply to "Special Service Course" products and/or those purchased from professional teams, amateurs, athletes, clubs, renters or auctions, even if the product is new.

The warranty applies only if the product is assembled in accordance with the instructions above. The warranty does not apply to products subject to poor maintenance or misuse.

In the same way the guarantee is void if the product:

- Has undergone a technical and/or structural modification, if it has been repaired or repainted outside of an authorized LOOK repair centre.
- Has been repaired and/or used with unauthorized spare parts.

This limited warranty does not apply to normal wear (including for the shims), to parts that have been rehabilitated or subject to repairs or inappropriate changes, nor to the damage caused by an accident or a shock, misuse or inappropriate use or a lack of due diligence. Some of the inappropriate uses that make the warranty obsolete include spinning (Indoor cycling).

The only recourse under the LOOK limited warranty or any implied warranty is limited to the repair or exchange, at LOOK's sole discretion, of all or part of the product concerned. Under no circumstances can LOOK and its agents or distributors be held liable for any direct or consequential damages, nor for the assumption of the cost of transporting or shipping the product, regardless of whether the claim is based on the contract, warranty, negligence or liability for the products, including, without limitation, loss or damage related to any property other than the guaranteed product itself, loss of use of property or any other financial loss.

Whatever the cause, neither LOOK nor any agent or distributor may be liable for any financial contribution or compensation for a product. The rights granted by the warranty and the profits cannot be assigned or transmitted.

LOOK's obligations under any warranty are limited, by the broadest possible acceptance

of the law, to those specified in this LOOK Limited Warranty.

However, some countries or states do not allow limitations on how long an implied warranty lasts, and/or the exclusion or limitation of incidental or consequential damages, which means that the limitations and exclusions mentioned above would not apply in that case. This limited warranty gives you specific legal rights, but possibly also other rights that vary from state to state.

Discharge of liability

- The information in this manual is for informational purposes only. The products described are subject to change without notice from the manufacturer, due to permanent technical improvements.
- LOOK does not give any guarantee or liability in the event of damage related to or caused by the use of this manual or the products it describes.

- LOOK is in no way responsible for damages, losses, or expenses, direct or indirect, general, consecutive or particular, caused by or related to the use of this manual or the

products it describe.

WARNING ON COUNTERFEIT PRODUCTS

THE USE OF COUNTERFEIT PRODUCTS IS VERY HAZARDOUS AND MAY CAUSE YOU, AND THIRD PARTIES, SERIOUS FALLS WHICH CAUSE SEVERE INJURY OR DEATH.

LOOK products are protected by industrial property rights. <http://www.lookcycle.com/patents/> Therefore, in the case of purchase, use, or sale of a counterfeit product, we reserve the right to take any action we deem appropriate to stop the infringement of our rights and obtain compensation for the harm suffered as defined in Articles L613-3 to L613-6, L615-14 and L716-9.

It goes without saying that counterfeit products do not benefit from any LOOK guarantee and their use entails the cancellation of all LOOK guarantees on a LOOK compliant product used with counterfeit products. It also entails the cancellation of all accidental, material, moral, civil and physical liabilities on the part of LOOK CYCLE INTERNATIONAL.

To avoid purchasing a counterfeit product we advise you to be vigilant:

- On sites offering products marked LOOK at prices very clearly below the market price.
- On sales from private individuals to private individuals who do not offer a purchase invoice, maintenance follow-up and information on the origin of the product.

For any help, you can contact us via our website or one of the authorized resellers/distributors of the country where you are. You can find a list of our resellers and distributors on WWW.LOOKCYCLE.COM

By providing us with a serial number and/or photos of your product we will be able to assist with verification of authenticity of the product in question.

This manual may not be used or reproduced, even partially, in any form or by any means without the prior written permission of LOOK.

This equipment complies with the provisions of Directive 93/42/EC.

INTERNATIONAL.

Beim Verkauf von Produkten auf exotischen Websites ist die Wahrscheinlichkeit, dass es sich um gefälschte Produkte handelt, sehr groß. Um sich vor Betrug zu schützen, raten wir Ihnen in folgenden Fällen zu großer Wachsamkeit, wobei die nachfolgende Liste nicht erschöpfend ist:- Auf Websites, die Produkte mit der Markenbezeichnung LOOK zu Preisen anbieten, die deutlich unter dem Marktpreis liegen.

- Beim Kauf von Privatpersonen, die keinen Kaufbeleg, keinen Wartungsnachweis und keine Bescheinigung über die Herkunft des Produkts vorgelegen. Wenn Sie Hilfe benötigen, können Sie uns über unsere Website oder die Website des Vertriebshändlers in Ihrem Land erreichen (Liste unserer Händler und Vertriebshändler auf WWW.LOOKCYCLE.COM). Nennen Sie uns dabei die Seriennummer und/oder senden Sie uns Fotos zur Prüfung. Diese Bedienungsanleitung darf weder ganz noch teilweise, in welcher Form oder mit welchen Mitteln auch immer, ohne die ausdrückliche schriftliche Genehmigung von LOOK benutzt oder vervielfältigt werden.