

WARNING:

Please read before installing the pedals!

Cycling can be dangerous if you push yourself too far. Check the trails carefully before you shred them, and don't just follow idiots. Please read our instructions carefully before assembly. **FAILURE TO OBSERVE** these instructions before installing and using Ambit components can result in long boring breaks from cycling as well as serious injury or death.

Ambit WARRANTY

All Ambit Parts are guaranteed against material defects and manufacturer's assembly errors for two years from the date of purchase. You need an original invoice for any warranty claim to be processed by a specialist dealer or Ambit Components. The warranty does not apply to damage caused by use of the pedals for abnormal activities, for purposes other than those for which the pedals were designed, or failure to follow these instructions for use. This does not affect your statutory rights.

PACKAGE CONTENTS

Right pedal, left pedal

40+4 x Ambit E5 Pin 5 mm

1x E5 Torx socket wrench ¼ inch

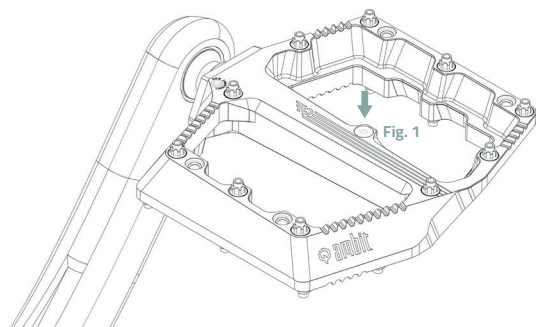
REQUIRED TOOLS

To remove the pedal axle you need a 2 mm Allen key, a pair of 1 mm circlip pliers (example: KNIPEX 46 21 A01 SB CIRCLIP PLIERS) and a torque wrench.

To mount the pedals, you need an 8 mm Allen key.

NB: Do not use a ball-end hex key. It only makes things worse.

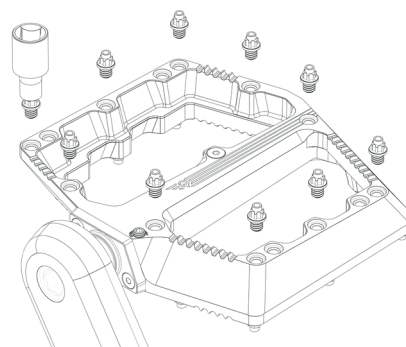
1



PRIOR CHECKS

Make sure your crank's pedal threads are nice, clean and free of burrs. The fixing pin (Fig.1) must be firmly mounted.

2



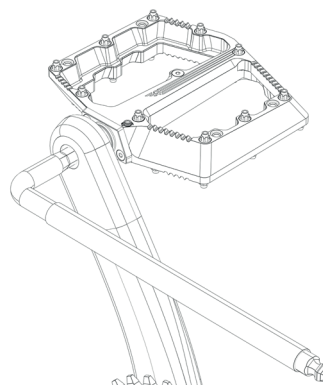
PRE-ASSEMBLY PINS

You can use a maximum of 10 pins per side. You can decide whether you want to use all or only some of the pins, depending on your riding style. The position is up to you. You can use our Ambit E5 Pin 5mm or an M4 grub screw. Never mount pins without threadlocker (medium strength), otherwise they will fall out. Please use the supplied E5 socket wrench to mount our sick Ambit Crown Pins to ensure they are tightened properly. **Recommended tightening torque: 4 Nm.**

3

MOUNTING

Look on the inside of the axle for 'L' for the left pedal or 'R' for the right pedal. Check the threads of the crank arms for damage. Before using an 8 mm Allen key to screw the axles in anticlockwise for the left pedal (marked L) and clockwise for the right pedal (marked R), apply some grease to the axle of the pedals. Make sure you place the pedal straight on the crank thread, otherwise you won't be able to screw it in and you will damage the thread of your crank. **Tightening torque 35-40 Nm.**

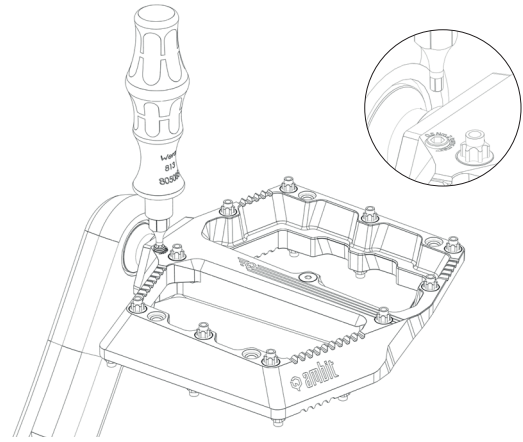


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ROTATION BRAKE ADJUSTMENT

You need to follow your feelings when adjusting the pedals' rotational movement. You may turn the adjustment screw a maximum of 2 turns and tighten it clockwise by 0.2 Nm. Even a ¼ turn will cause a noticeable turning resistance. (Fig. 2)

If a screw comes loose, remove it, apply a drop of medium-strength threadlocker and screw it back in. Then carry on.



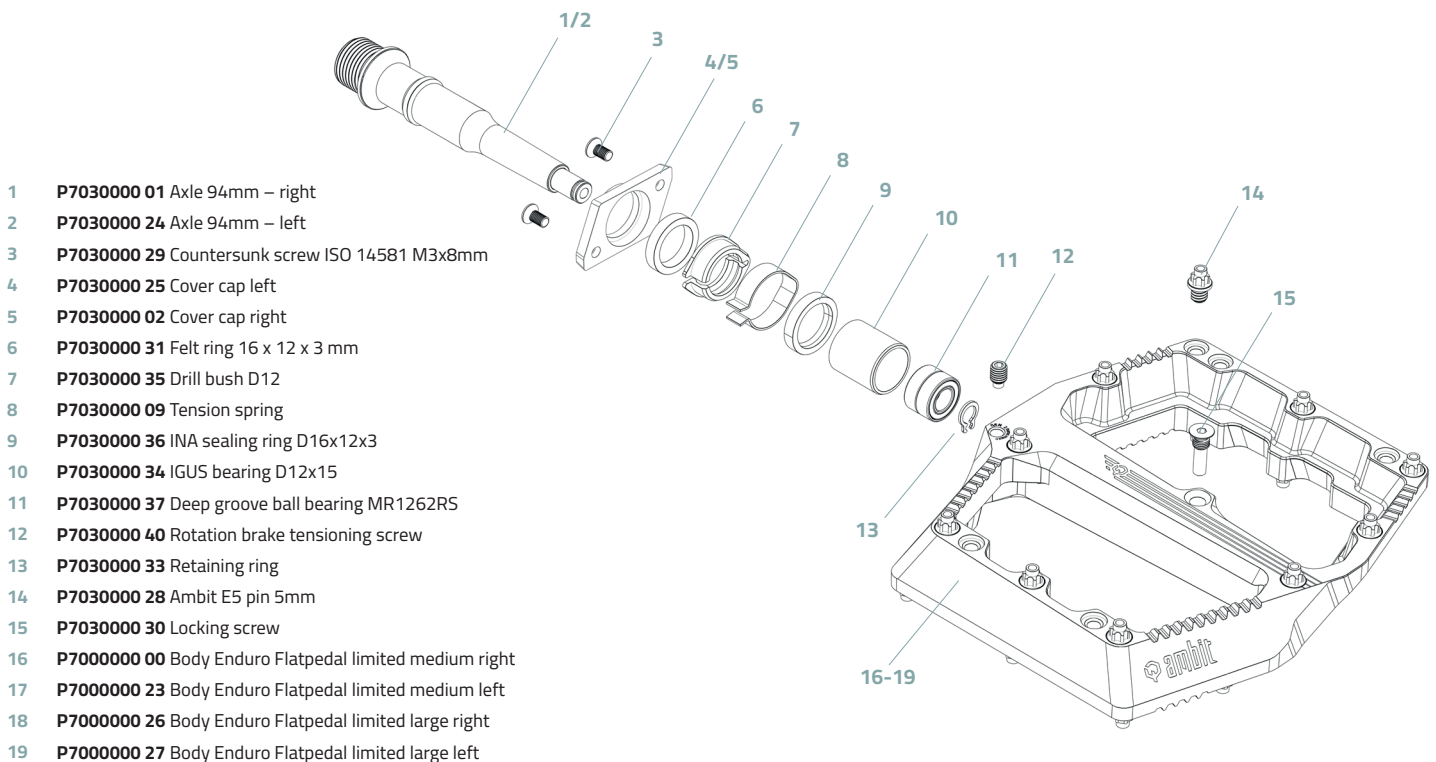
MAINTENANCE + TIPS

Check the pedal carefully for any signs of damage before each ride. Check that the fixing pin (A) is tight. The pedal should not have any noticeable bearing play. If it does, please replace the affected bearings yourself, visit a specialist shop or send the pedal to the Ambit Components sales department.

We recommend using Ballistol or a similar oil to lubricate the felt ring. We recommend the use of lithium grease (without PTFE) for the bushing and the bearing. The Igus plain bearing is self-lubricating. It may still have a small amount of grease from the factory.

Bearings and seals can be lubricated. To do this, you must remove the axle from the pedal body.

You do NOT need a special tool for this, just a 2 mm Allen key and 1 mm circlip pliers. The pins can either be re-sharpened or smoothed using a flat, smooth file. If required, all pedal parts can be replaced through your dealer or in our shop at ambit-components.com. Check the exploded view of the pedal on our website to find the part numbers.



- 1 P7030000 01 Axle 94mm – right
- 2 P7030000 24 Axle 94mm – left
- 3 P7030000 29 Countersunk screw ISO 14581 M3x8mm
- 4 P7030000 25 Cover cap left
- 5 P7030000 02 Cover cap right
- 6 P7030000 31 Felt ring 16 x 12 x 3 mm
- 7 P7030000 35 Drill bush D12
- 8 P7030000 09 Tension spring
- 9 P7030000 36 INA sealing ring D16x12x3
- 10 P7030000 34 IGUS bearing D12x15
- 11 P7030000 37 Deep groove ball bearing MR1262RS
- 12 P7030000 40 Rotation brake tensioning screw
- 13 P7030000 33 Retaining ring
- 14 P7030000 28 Ambit E5 pin 5mm
- 15 P7030000 30 Locking screw
- 16 P7000000 00 Body Enduro Flatpedal limited medium right
- 17 P7000000 23 Body Enduro Flatpedal limited medium left
- 18 P7000000 26 Body Enduro Flatpedal limited large right
- 19 P7000000 27 Body Enduro Flatpedal limited large left