

### WARNING:

#### Please read before installing the pedals!

WARNING: Please read before installing the pedals! When you ride beyond your limits, cycling can be dangerous. Take a good look at the trails before you shred them, and don't just follow an idiot. You should read our instructions carefully before assembly. **FAILURE TO FOLLOW** these instructions before installing and using Ambit components can result in long, boring bike breaks and serious injury or death.

### WARRANTY

All Ambit parts are warranted for two years from the date of purchase against material defects and manufacturer workmanship. Warranty claims will require an original invoice and will be handled through a specialist dealer or Sport Import. The warranty does not apply to damage caused by riding outside of normal conditions and/or by misuse or failure to follow these instructions for use. Your statutory rights are not affected by this warranty.

### PACKAGE CONTENTS

Right pedal, left pedal

40+4 x Ambit E5 Pin 5 mm

1x E5 Torx socket wrench ¼ inch

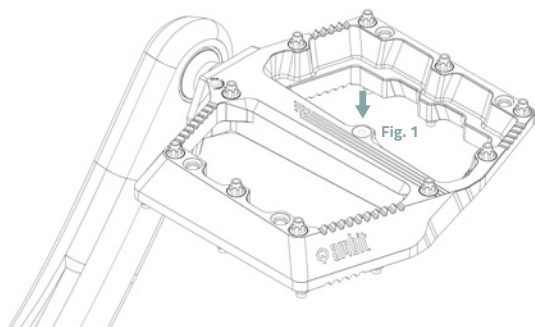
### REQUIRED TOOLS

To remove the pedal axle you need a 2 mm Hex 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 Hex key.

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

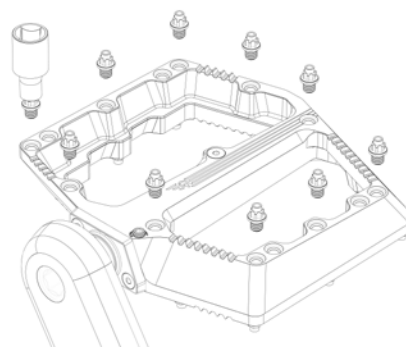
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### PRELIMINARY CHECKS

Make sure the pedal threads on your crank are clean and free of burrs. The fixing pin (Fig.1) must be installed and secure.

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### PRE-ASSEMBLY PINS

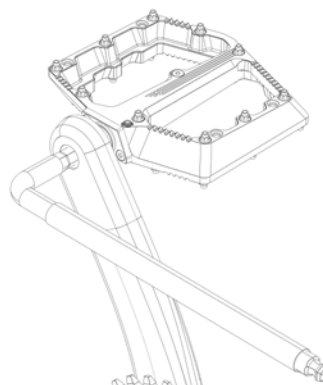
You can use up to a maximum of 10 pins per side. Depending on your riding style and characteristics, you can decide whether you want to use all or fewer pins. The positioning is up to you. You can use our Ambit E5 Pin 5mm or an M4 grub screw. Never mount pins without a medium strength threadlock compound, such as Loctite, otherwise they will fall out. To install our hot Ambit Crown Pins, please use the included E5 socket wrench, otherwise you won't be able to tighten them. **Recommended tightening torque: 4 Nm.**

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### ASSEMBLY

Look on the inside of the axle for L for left pedal or R for right pedal. Check the threads of the crank arms for damage. Before turning the axles with an 8 mm Hex key counterclockwise 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 that the pedal is perfectly aligned on the crank thread, otherwise you won't be able to screw it in and you'll destroy the thread on your crank.

**Tightening torque 35-40 Nm.**

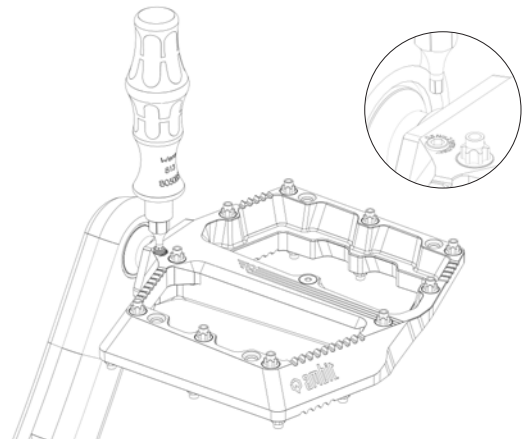


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## ADJUSTING THE ROTATION BRAKE

You will need to get a feeling for how to adjust the rotation movement of the pedals. You may turn the adjusting screw a maximum of 2 turns and tighten it clockwise by 0.2 Nm. Just a ¼ turn creates noticeable rotational resistance. (Fig.2)

If a screw comes loose, remove it and apply a drop of medium-strength threadlock compound, such as Loctite, and screw it back in. Then we move on.



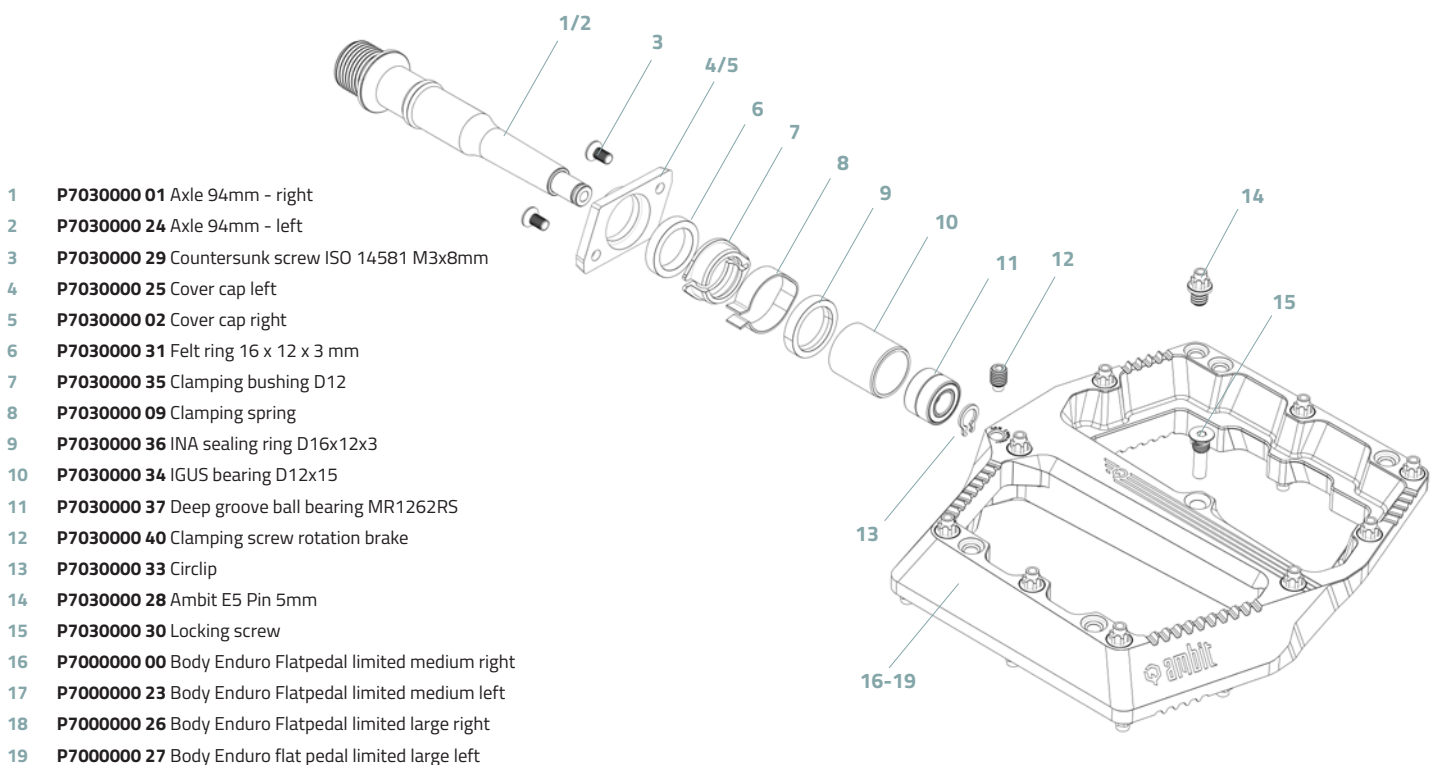
## MAINTENANCE + TIPS

Before each ride, carefully check the pedal for signs of damage. Check whether the fixing pin (A) is secure. The pedal should not have any noticeable bearing play. If so, please replace the affected bearings yourself, visit a specialist dealer or send the pedal to Sport Import Service, Industriestrasse 39, 26188 Edeweicht, Germany.

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

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

You do NOT need any special tools, just a 2 mm Hex key and 1 mm circlip pliers. The pins can either be sharpened or smoothed using a flat, smooth file. If required, all pedal parts are available as replacements from your dealer or from our online shop: [ambit-components.com](http://ambit-components.com). Check the exploded view of the pedal on our website to determine 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 Clamping bushing D12
- 8 P7030000 09 Clamping 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 Clamping screw rotation brake
- 13 P7030000 33 Circlip
- 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 flat pedal limited large left