Schwinn Pedal Information and Maintenance

Applies to: Schwinn Indoor Group Cycles

Pedal Lifespan:
If the cycle is used in a club or studio environment **the pedals must be replaced every 1 year to maintain maximum user safety and performance.** Only use replacement pedals available from Schwinn.

Also be sure to verify that pedal bolts are tight after the first 10 hours of use and every 100 hours of use thereafter.

Standard Schwinn pedals have threaded shafts that connect to the crank arms. The right pedal is right-hand threaded while the left pedal is reverse threaded, meaning you turn to the left to tighten and right to loosen. **Verify pedals are tight (25-30 ft-lb / 34-40 Nm) on a weekly basis.** Use torque wrench coupled with a 9/16" crows foot extension set 90 degrees perpendicular to the torque wrench (See Fig. 1) to properly tighten and loosen pedals. **The crows foot extension must be set to 90 degrees in relation to the torque wrench.**

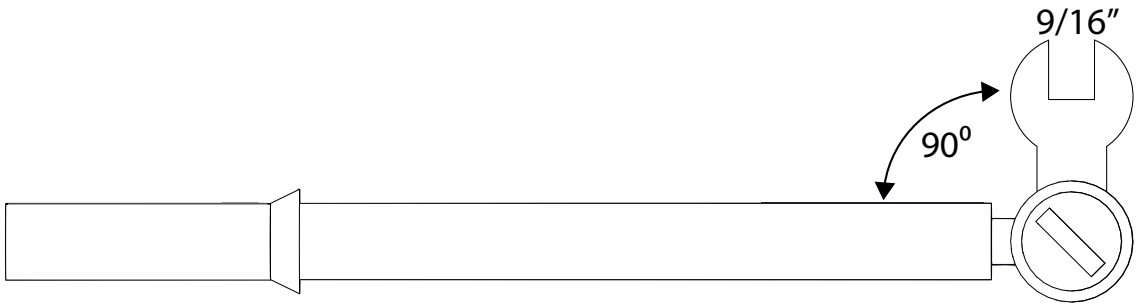


Fig. 1

Ensure the pedal shafts are not cross-threaded when tightening into the crank arms. When threading the pedal into the crank arm, if any resistance is encountered, back the pedal out and check for **ANY** damage to the threads of the pedal and crank arm. To avoid cross-threading, turn the pedal by hand the OPPOSITE direction that you would turn to tighten the pedal into the crank arm until you feel a small click and the pedal threads should now be aligned with the crank threads. Once aligned, tighten the pedal into the crank arm.

NOTE: If cross-threading or damage to the thread of the pedal or crank arm occurs **BOTH THE PEDAL AND CRANK ARM MUST BE REPLACED.**

Morse Taper:
In Q4 2017, Schwinn introduced a Morse taper pedal design on the indoor cycle line. Morse Taper design allowing the pedal to be installed onto the crank arms without a pedal wrench. **Verify that the bolts that secure the pedals to the crank arms are tight (33 -37 ft-lb / 45-50 Nm) on a weekly basis.** Use an 8mm hex socket coupled with a torque wrench to tighten the pedal bolts. **Please note, a special tool (290-0063 "PEDAL, PULLER, MT, MINI") is needed to remove the Morse taper pedals - See Page 7.**

General Information

Threaded Universal IC Pedal
Part #: 95129

Option 1: Street shoe entrance with toe cage & strap.

NOTE: No SPD clip.

Threaded Double Link Pedal
Part #: 000-0011

Option 1: Street shoe entrance with toe cage & strap.

Option 2: SPD clip with adjustable tension spring.

THREADED SET, PEDALS, WELLGO, E003
Part #: 718-5951

Option 1: Street shoe entrance with toe cage & strap.

NOTE: No SPD clip.

Double Link Morse Taper Pedal
Part #: 740-8690

Option 1: Street shoe entrance with toe cage & strap.

Option 2: SPD clip with adjustable tension spring.

General Information

Threaded Triple Link Pedal (OLD)
Part #: 95150

Option 1: Street shoe entrance with toe cage & strap.

Option 2: SPD clip with adjustable tension spring.

Option 3: remove black portion of pedal for LOOK binding.

Threaded Triple Link Pedal (NEW)
Part #: 740-8825

Option 1: Street shoe entrance with toe cage & strap.

Option 2: SPD clip with adjustable tension spring.

Option 3: remove black portion of pedal for LOOK binding.

Triple Link Morse Taper Pedal (DELTA)
Part #: 740-8689

Option 1: Street shoe entrance with toe cage & strap.

Option 2: SPD clip with adjustable tension spring.

Option 3: remove black portion of pedal for LOOK DELTA binding.

General Information

Triple Link Morse Taper Pedal (LOOK KEO)
Part #: 718-5869

Option 1: Street shoe entrance with toe cage & strap.

Option 2: SPD clip with adjustable tension spring.

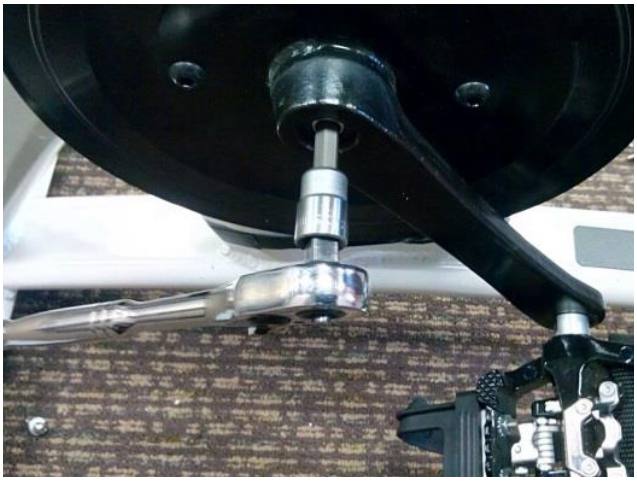
Option 3: remove black portion of pedal for LOOK KEO binding.

Tightening Crank/Pedal Bolts and Bottom Bracket (Threaded Pedals)

1. Using a pedal wrench, ensure the pedals are tightly screwed into the crank arms. Tighten pedals to 25-30 ft-lb / 34-40 Nm.

2. Make sure the crank bolts on both crank arms are tight. Tighten and torque the crank arm bolts to 35-40 ft-lb / 47-54 Nm.

3. Make sure the bottom bracket is tight in the frame and bearings operate smoothly. Torque bottom bracket cups to 44-51 ft-lb / 60-69 Nm.



Crank Bolt

Tightening Crank/Pedal Bolts and Bottom Bracket (Morse Taper Pedals)

1. Using an 8mm hex socket coupled with a torque wrench, ensure the pedals bolts (secure pedals to crank arms) are tightly screwed into the pedals. Tighten the pedals bolts to 35-40 ft-lb / 47-54 Nm.

2. Make sure the crank bolts (secure crank arms to bottom bracket) on both crank arms are tight. Tighten and torque the crank arm bolts to 40-44 ft-lb / 55-60 Nm.

3. Make sure the bottom bracket is tight in the frame and bearings operate smoothly. Torque bottom bracket cups to 44-51 ft-lb / 60-69 Nm.

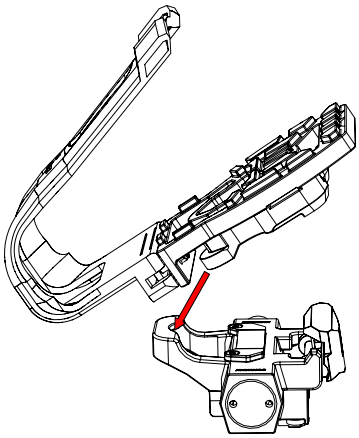
Pedal Bolt

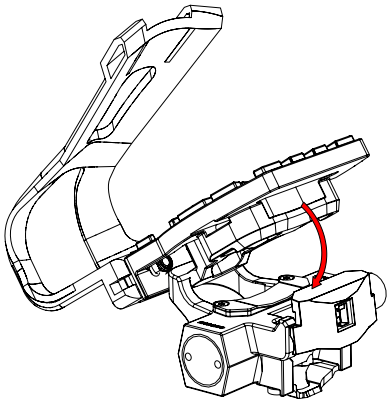
Street Shoe Adapter:

Installation:
To install the street shoe adapter, insert the front of the adapterunder the front lip of the pedal. Then, apply even pressure to the adapter with a foot or hand until the adapter snaps firmly into place.

Removal:
To remove the adapter, depress the red locking plate where "press to unlock" is stamped. Apply pressure until the locking plate rotates downward and stops. Once the locking plate has been pressed, rotate the adapter by hand outward and away from the bike. The adapter will take some significant pressure to remove.

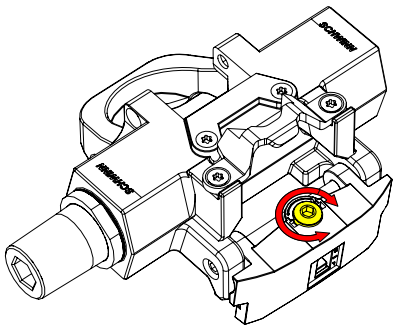
Tech Tip: When rotating the street shoe adapter, place one hand at the front of the adapter and one hand at the back to ensure the maximum amount of leverage - this will assist in removal.





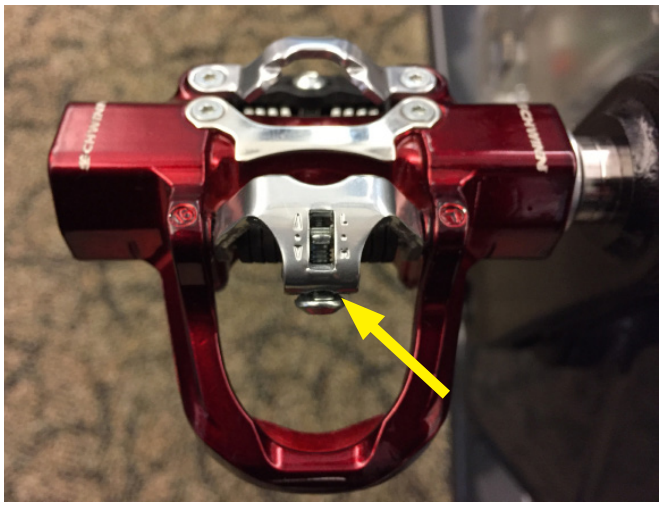
Pedal Binding/Cleat Tension:

To adjust tension of the pedal cleat, use a 3mm allen key to turn the adjustment screw clockwise to increase the tension and counter-clockwise to descrease the tension.



As the tension is either increased or decreased, the small tab in the rear of the pedal will move either up towards the "L" (Low Tension) or down towards the "H" (High Tension).

The SPD clips on the other side of the pedal can also be tensioned in a similar way.



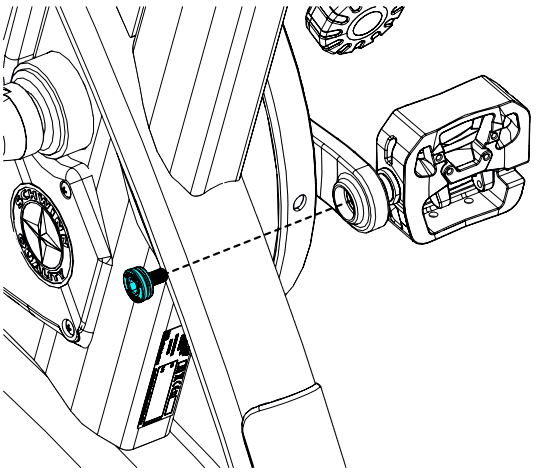
Removal of Morse Taper Pedals:

Required Tools:

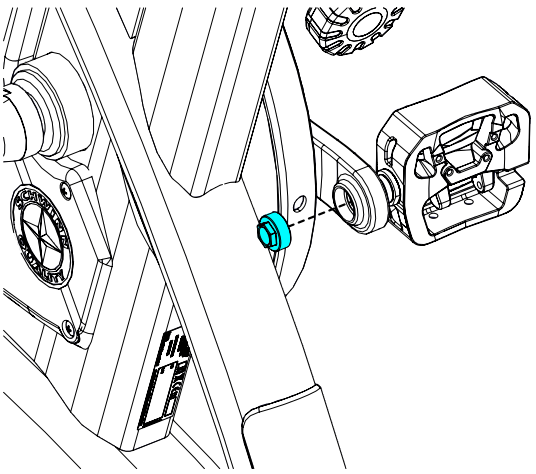
- 8mm Allen Key
- 290-0063 "PEDAL, PULLER, MT, MINI"
- 14mm Open-ended Wrench
- 21mm Open-ended Wrench

For Schwinn group cycle bikes with Morse taper pedals, an extended pedal puller (**Part #: 290-0063**) will be needed to remove the pedals due to the size and location of the chain guard.

4. Spin the crank arms until the pedal that is going to be removed is facing toward the rear of the bike.
5. Use a 8mm allen key to remove the pedal bolt from the pedal.



6. Remove the pedal puller tip from the puller screw, then hand thread the pedal puller into the crank arm.
7. Tighten the pedal puller tip into the pedal using a 14mm open-ended wrench.



8. Thread the puller screw into the puller tip, then use a 21mm open-ended wrench to turn the pedal puller clockwise until the morse taper pedal is loose and can be removed by hand from the crank arm.