



Figure 1. Top view of left pedal.

POWER GRIPS FIXIE STRAP SET

TOOLS REQUIRED

Phillips Screwdriver

8mm box end wrench OR Crescent Wrench

WARNING: The use of any bicycle pedal system entails a degree of risk. The margin of safety is enhanced by reading and following all instructions carefully.

NOTE: If you intend to use Power Grips on the road, reflector sets are recommended and are available directly from Mountain Racing Products. Call for information.

STEP ONE

Prepare your pedals by removing any existing toe clips, straps, or reflectors.

STEP TWO

Separate the two Power Grips straps by firmly grasping each strap and pulling them apart.

STEP THREE

Attach the end of the Power Grip with the single hole to the front of the pedal. Make sure that the concave side of the folded strap is facing down or away from the pedal. The Power Grip should be attached so that it runs outward, away from the bicycle frame. Secure the Power Grip to the pedal using the supplied screw and nylock nut. Use the outermost reflector hole on the pedal cage to anchor the Power Grip. The order of the assembly for the hardware is: Screw/Power Grip/pedal cage/washer/nylock nut. See figure 1 and 2. .

STEP FOUR

Attach the other end of Power Grip (the one with multiple sets of holes) to the back of each pedal. Fold the Power Grip towards the writing so you cannot read "fold to hide this line". Make sure the concave side of the folded strap is facing down. Secure the Power Grip to the pedal using the supplied screw, washer, and nylock nut. The Power Grip must be attached on the back with 2 screws. The holes in the cage do not need to be round, they can be irregularly shaped windows as shown in figure 2. For pedals that have very large windows, use the supplied large silver washers under the nylock nut. The Power Grip should be attached so it runs inward toward the bicycle frame and then diagonally forward and across the pedal to the front attachment point. See Figure 3. The order of assembly for the hardware is: Screw/Power Grip/pedal cage/washer/nylock nut.

STEP FIVE

Adjust the length of the strap to match your shoe by finding the proper adjustment hole on the strap. The strap should be adjusted to a length that it is loose enough so you can slide your foot in easily when the heel is angled away from the bike, and tight when you straighten your foot on the pedal. Tighten each screw using a washer and lock nut.

STEP SIX

Check to ensure that Power grips are properly installed so that the opening of the Power Grips, where you insert your foot, is pointing away from the bike

WARNING: Test ride the bike over easy terrain until you are comfortable with the pedal system and to ensure that no further adjustments are necessary.

RIDING TIPS:

Insert your foot into the mounted Power Grips strap with the toe pointed slightly inward until the ball of your foot is over the front half of the pedal. Now rotate the heel inward until the foot is relatively straight on the pedal. The strap should now be snug, but not constrictive. If the strap is too tight or too loose, adjust as needed. The Power Grips strap will function well only if properly adjusted. You may have to adjust the strap length several times to find the position that gives you the most comfortable setting. Competitive riders will usually want the strap a little tighter than less aggressive riders.

IMPORTANT NOTE: After your first ride, check the tightness of nuts and screws. Do this periodically to prevent the strap from rotating which will impair its function and reduce its life.



Figure 2. Left Pedal shown from rider point of view.



Figure 3. Left pedal shown from rider point of view.



Completed Left and Right pedals.



Made in the USA

FIXIE Strap Set

Installation Instructions & Riding Tips

Save This User Manual
and Your Receipt for
Future Reference

A Division Of



Mountain Racing Products, Inc
580 N. Westgate Dr.
Grand Junction, CO 81505
USA
1.970.241.3518
www.mrbike.com



INSTALLATION INSTRUCTIONS & RIDING TIPS- see reverse side

CAUTION - IMPORTANT CONSUMER SAFETY INFORMATION

READ THIS BEFORE YOU RIDE:

- *Cycling can be a dangerous sport. No pedal can guarantee any rider against the risk of a crash. Be careful when you are riding.
- *Before riding, study carefully how the Power Grips work.
- *Place one foot on smooth level ground and practice engaging and disengaging from each strap until you are comfortable with how the Power Grips work.
- *Even if you are an experienced cyclist, all pedal retention devices take practice. Get used to them before riding.
- *Your first ride on Power Grips should be in a clear, flat area to allow you to familiarize yourself with the function of the Power Grips.
- *Inspect the straps regularly and replace them when they are worn.
- *Do not use Power Grips on the road without reflectors. Reflector sets are available directly from Mountain Racing Products.
- *Power Grip Fixie strap sets are designed to keep your foot on the pedal during normal riding. They should not be used for skid stopping and should only be used with a proper hand brake.

LIMITED WARRANTY

Power Grips are warranted against defects in workmanship for a period of one (1) year from the date of purchase to the original owner. Your receipt will be required as proof of any warranty claim. Contact Mountain Racing Products directly for warranty. This warranty is limited to the repair or replacement of this product. Mountain Racing Products, at its option, will either repair or replace any defective parts. This warranty does not cover damage caused by rider error, improper use or installation, or normal wear. This warranty specifically excludes normal wear and tear of the strap material.

Product Ordering Instructions

The straps on your Power Grips pedal kit will wear over time with normal use. The rate of wear will depend on where and how often you ride. You can order replacement straps directly by visiting www.powergrips.com or contact your local bicycle dealer for more information.

Order online at
www.powergrips.com

*For more information about our extensive line of Power Grips, including High Performance Pedal Kits, Sport Pedal Kits, Standard Strap Sets & Extra Long Strap Sets, feel free to contact your bike dealer or visit our website at: www.powergrips.com

Power Grips
580 N. Westgate Dr.
Grand Junction CO 81505
Ph: 970-241-3518
Fax: 970-241-3529
info@powergrips.com