

General Safety Information

WARNING

- To avoid serious injuries:

If the below warnings are not followed, your shoes may not be released from the binding or may be unexpectedly or accidentally released, resulting in capsizing and/or injury.

- Use only SRD binding system shoes with this product.
- Use only Shimano cleats (SM-KS60) and attach them securely to the shoes.
- Adjust the release force of the binding to the appropriate level before launching.
- In the beginning, practice engaging the cleats in the binding and releasing them from it repeatedly to get your feet used to it.
- Be sure to confirm that you can engage and release the cleats into/from the binding before launching.
- Do not step into the binding barefoot. The projecting piece may injure your foot.
- Do not drop this product when engaging or releasing. Doing so may cause damage to this product or the boat.
- Do not use this product for long periods of time when temperatures are high. Since metallic parts may become extremely hot if used under scorching sun in summer, handle this product carefully.
- Remove mud stuck on the cleats and binding to maintain original engaging and releasing performance.
- Be sure to check the cleats for wear periodically. If the cleats are worn, replace them. Adjust the release force of the binding before launching. Continuing to use the shoes without replacing the cleats may prevent the shoes from releasing from the binding or cause the shoes to be released unexpectedly, resulting in capsizing and/or injury.
- Do not use this product with your finger or foreign objects between the swing arm and post or footboard. Doing so may cause damage to the product, injury to the rower, or the boat to be capsized.
- Do not apply lubricant to the movable parts such as the swing arm, etc. Doing so will cause grease to overflow.
- For the parts needed to mount this product on the boat, use only genuine or recommended parts of each boat manufacturer. When installing parts, be sure to follow instructions provided in instruction manuals and other documents.
- Do not loosen or disassemble parts other than the adjustment parts described in this Technical Service Instructions.
- Read these Technical Service Instructions carefully, and keep them in a safe place for later reference.

NOTE:

- Check that there is no looseness in any tightened sections of the SRD foot stretcher and shoes before embarking.
- If something feels abnormal during outing, check again.
- Parts are not guaranteed against natural wear or deterioration resulting from normal use.
- Do not leave the foot stretcher wet after use. Wipe off any dirt and moisture on the product with a dry cloth.

ENG

SI-B050A-003

KF-R620

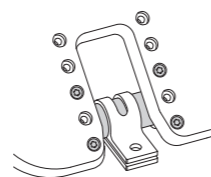
SRD Foot Stretcher

List of tools to be used

	Hexalobular [#20]		2.5 mm/3 mm hexagon wrench
---	-------------------	---	----------------------------

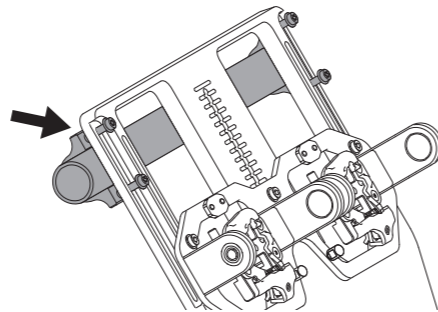
Installing the Foot stretcher

- 1. Lower pipe positioning**
Install the lower pipe in an appropriate position according to the boat shape.



2.5 - 3.5 N·m

- 2. Temporarily installing the stretcher bar**
Loosen the bolt of the stretcher bar fixing clamp and pass the stretcher bar through the fixing clamp. Leave the stretcher bar fixing clamp loosened as it is.



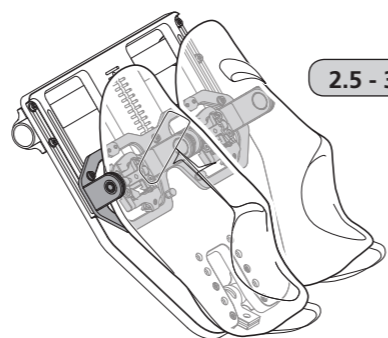
- 3. Temporarily installing the foot stretcher**
Leaving the stretcher bar unfixed, place the foot stretcher on the boat and attach the stretcher bar to the upper fitting.

- 4. Setting the foot stretcher angle**
Slide the foot stretcher and adjust the angle, then fix the lower fitting.

- 5. Centering and fixing the foot stretcher**
Measure and set the foot stretcher so that it is centered on the boat. When finished setting the angle and centering, tighten the stretcher bar fixing clamp.

2.5 - 3.5 N·m

- 6. Setting the heel depth**
Attach the shoe to the binding unit and adjust the height, then fix the binding unit.



2.5 - 3.5 N·m

- 7. Setting the cleat-to-heel distance**
Attach the shoe, and loosen the screws fixing the upper and lower fittings.

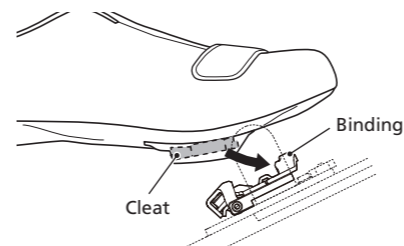
2.5 - 3.5 N·m

Move the foot stretcher and adjust the distance, then tighten the upper and lower fittings.

Engaging and releasing shoes into/from the SRD foot stretchers

Engaging method

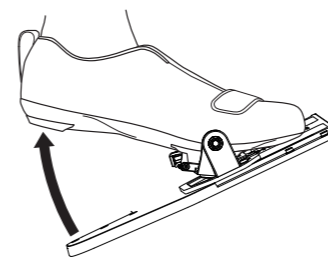
Press the cleat into the binding of the SRD foot stretcher from a diagonally-backward direction.



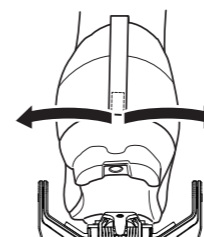
Releasing method

There are two ways to release the bindings.

- (1) Move your heel upward to release the binding from the cleat.

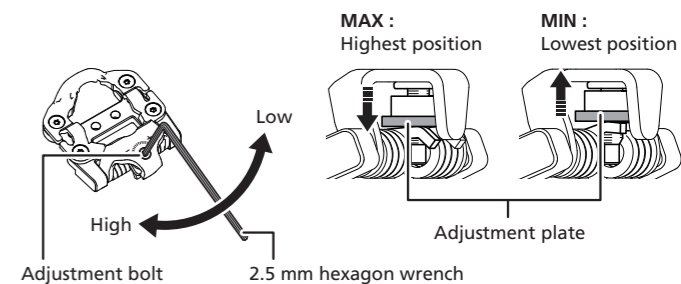


- (2) The cleats can be released from their binding by turning your heel strongly either left or right.



Adjusting the spring tension of the binding

Adjust the spring tension with the adjustment bolts. The adjustment bolts are provided on the heel sections of the right and left bindings. Equalize the tensions by referring to the adjustment plates and by counting the number of turns of the adjustment bolts. The spring tension is adjusted by 4 steps for each turn of the adjustment bolt.



When the adjustment bolt is turned clockwise, the spring tension increases, and when it is turned counterclockwise, the spring tension decreases.

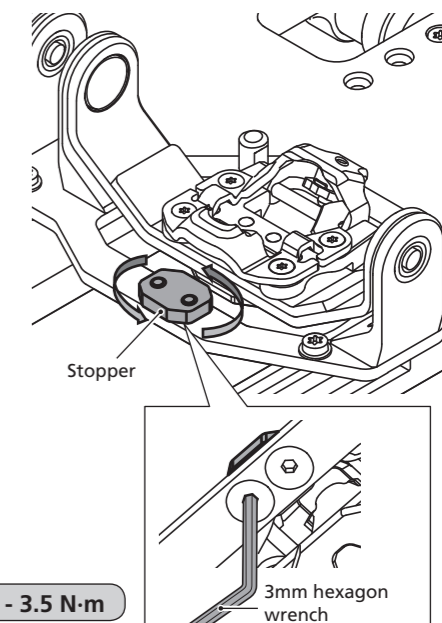
If the adjustment plate reaches the MAX or MIN position, do not turn the adjustment bolt anymore.

Note:

In order to prevent the shoes from being unexpectedly released, make sure that all spring tensions are properly adjusted.

Adjusting the step-in position

The step-in position can be adjusted by changing the direction of the stopper.



2.5 - 3.5 N·m

3mm hexagon wrench

SHIMANO

SHIMANO NORTH AMERICA BICYCLE, INC.
One Holland, Irvine, California 92618, U.S.A. Phone: +1-949-951-5003

SHIMANO EUROPE B.V.
High Tech Campus 92, 5656 AG Eindhoven, The Netherlands Phone: +31-402-612222
Only EU General Contact : srd@shimano-eu.com

SHIMANO INC.
3-77 Oimatsu-cho, Sakai-ku, Sakai City, Osaka 590-8577, Japan

* Service Instructions in further languages are available at : <https://www.shimano.com>
Please note: Specifications are subject to change for improvement without notice. (English)
© May 2025 by SHIMANO INC. ITP