

How to replace bike pedals

What you will need:

15mm spanner/wrench or 15mm pedal spanner/wrench



Step 1: Remove the left-side pedal:

Place the open end of the spanner/wrench onto the square, flat surface between the pedal and pedal arm (the crank). Turn in a counter-clockwise direction - reverse to pedalling direction, like as if you were applying the brakes. This direction applies to both pedals.



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Step 2: Remove the right-side pedal:

Place the open end of the spanner/wrench between the pedal and crank arm. Turn in a clockwise direction.



Step 3: Installing Pedals:

1. Identify Left vs Right pedal. There is a "L" or "R" stamped into the metal part of the pedal near the threaded part that looks like a screw. Note: they are not the same!!
2. Install the left hand pedal first. You will have to screw it in COUNTER-CLOCKWISE because the threading is the reverse of a normal screw. DO NOT USE THE WRENCH until you are ready to tighten it for the final few turns. Tighten it down until you can't anymore.
3. Install the right hand pedal. This one threads in CLOCKWISE, like a normal screw. Follow the same principals as discussed in step 2 for the left pedal.

