

## AT A GLANCE:





# GUIDE TO INDOOR CYCLING SHOES & CLEATS

Indoor cycling bikes equipped with TRIO® pedals are designed to work with LOOK® Delta Cleats and with Shimano SPD® Cleats on the opposite side. **LOOK® Keo Cleats must NEVER be used with the TRIO® pedals.**

Shoes with Keo cleats can be forced to attach to the TRIO® pedals, but the result will be a very loose attachment with insufficient stability, retention and potential pre-release along with damage to the TRIO® pedal.

Cleat adapters and converters can be purchased which will allow you to fit an SPD® cleat to your road shoe. These adapters and converters are usually available from the cleat or shoes' manufacturers, so please keep that in mind when buying a particular Mountain Bike (MTB) or road shoe.

## CLEATS & TRIO® PEDALS COMPATIBILITY CHART

Type of Cleat	Description	Compatible with TRIO® pedals	Adapter needed for TRIO® pedals
 SPD® Cleats	Designed to be small, simple and easy to clip into. Nearly all indoor bikes, including Spinner® bikes, have adopted this cleat design for their pedals.	YES	NO
 LOOK® Delta Cleats	Feature a 3-hole arrangement that is adjustable for ultimate stability.  <b>NOTE:</b> LOOK® has gone to new and smaller design called Keo. LOOK® Delta cleats will not work with LOOK® Keo-compatible pedals, nor will Keo cleats work with Delta-compatible pedals.	YES	NO
 LOOK® Keo Cleats	Designed to improve the LOOK® Delta line of cleats. Keo cleats have the same 3-hole and bolt design but are slightly smaller.  <b>NOTE:</b> Keo cleats will not work with Delta-compatible pedals, so be mindful which LOOK® cleats you use.	NO	YES
 SPD-SL® Cleats	Should not be confused with SPD; they are completely different! The SPD-SL design is intended for pedals on road bikes instead of mountain bikes. They have the same 3-hole, triangular design as the LOOK® cleats but this design is not compatible with every pedal on your indoor cycling bike.	NO	YES