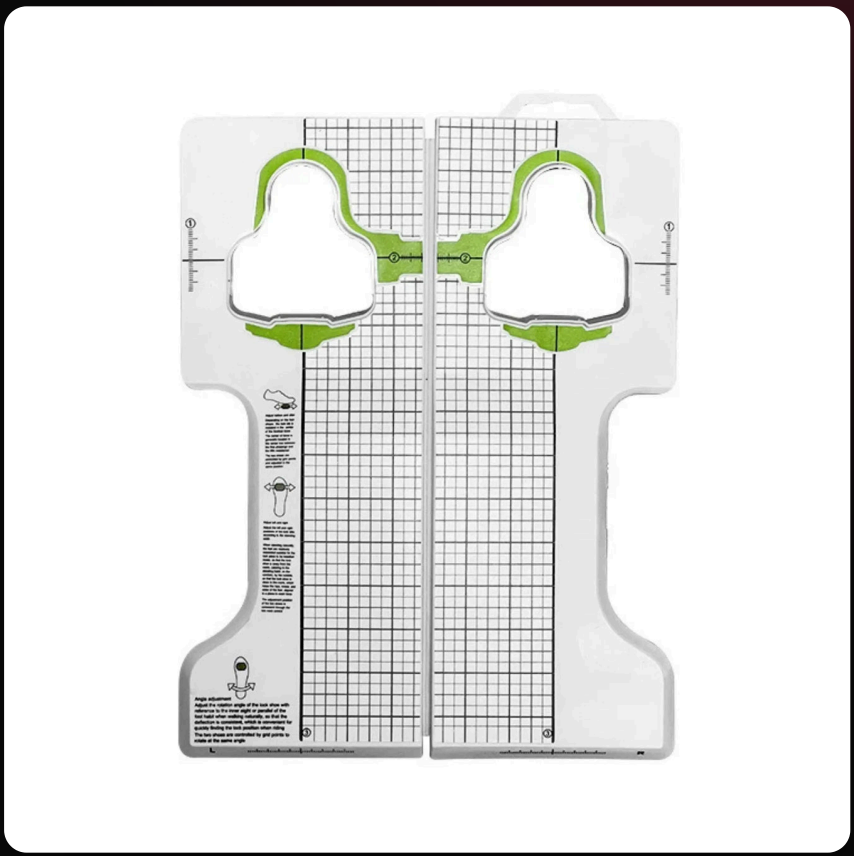
USER MANUAL

KEO CLEAT POSITIONING TOOL

Two graduated plates with a KEO recess: the cleat sits in it, the shoe is read on the scales. Setback, lateral offset and angle become values, identical on both sides and repeatable at the next cleat change.

LOOK KEO ROAD CLEATS · 110 × 290 MM, 138 G · POLYPROPYLENE, ENGRAVED MARKS



01 · BEFORE YOU START

CONTENTS AND COMPATIBILITY

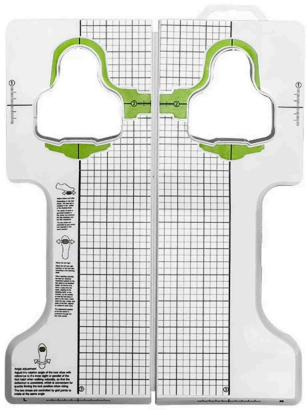
ITEM	QTY	DETAILS
Positioning plates	2	One left (L), one right (R), KEO cleat recess, engraved grid and scales
Material, size		Polypropylene, 110 × 290 mm, about 138 g

What this tool does

The KEO cleat, loosely bolted under the shoe, drops into the plate's **recess**: it is now fixed, in line with the grid. The shoe is what moves around the cleat. Its edges and heel are read against the scales: **setback**, **lateral offset** and **angle** become values you write down, copy exactly onto the other shoe and find again at the next cleat change.

Compatibility

- **Look KEO** three-bolt cleats, fixed or floating, on any road shoe with a three-hole sole.
- For Shimano SPD-SL and SPD mountain bike cleats, Velkyne offers a dedicated tool for each cleat shape: the KEO recess does not take them.



Left and right plates side by side: KEO recess at the top, grid and angle scale towards the heel.

THE RULE

- **Symmetry** matters more than the absolute value: two shoes set the same way, on the same marks.
- Changes are made **in small steps** (1 mm, one angle mark), with a test ride in between.
- Knee pain that persists despite a symmetrical setting is a job for a bike-fit specialist, not for one more millimetre.

You will also need

- 4 mm hex key for the cleat bolts
- Torque wrench
- Tape or a marker to mark the shoe
- A drop of grease for the bolts
- Something to write the values on

02 · GETTING READY

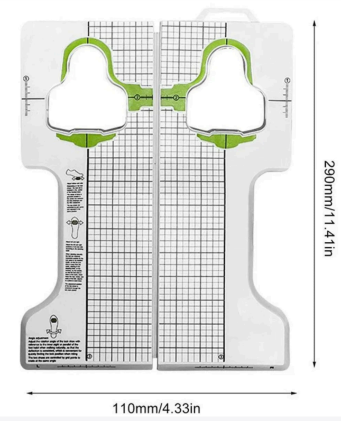
READING THE GRID, LOCATING THE FOOT

Reading the grid

Centre line	Longitudinal axis of the cleat, from the centre of the recess to the heel.
Cross line	Runs through the centre of the recess: this is where the **pedal axle** sits under the foot.
Scale 1	Lateral scale, on the plate edges level with the cleat: position of the shoe's edge, hence left / right offset.
Scale 2	Scale on the cross line, between the two plates: offset reading on the inner side.
Scale 3	Scale at the heel: angle of the shoe relative to the centre line.

Locating the foot

1. **Put the shoe on and find the big toe joint:** the bony bump on the inside, at the base of the big toe (first metatarsal head). Mark it on the side of the shoe with a piece of tape.
2. **Find the little toe joint the same way,** on the outside (fifth metatarsal head). The foot's centre of pressure lies on the line joining these two marks, slightly behind the first.
3. **Look at your natural stance:** standing relaxed, do your feet point straight, outwards or inwards? The cleat will reproduce that orientation.
4. **Prepare the cleat.** Greased bolts, cleat in the middle of its slots, bolts snug enough to hold the cleat but still allow it to slide by hand.
5. **Choose a starting point.** For most riders, the pedal axle sits directly under the first joint. For long distances, 5 to 10 mm further back eases the calf and the forefoot.



110 × 290 mm: the plate covers the shoe from cleat to heel.

BEFORE CHANGING ANYTHING

If your current cleats suit you, set each shoe on the tool **before** removing them and write down the three readings: you will get the same position back with the new cleats.

SOLE AND CLEAT

Check that the sole is clean and that the cleat sits flat, with no forgotten shim. A worn cleat (smooth edges, rounded nose) must be replaced: its setting is no longer reliable.

03 · PROCEDURE

SET ONE SHOE, THEN THE OTHER

1. **Lay the plate flat** on a table, the left one (L) for the left shoe, the right one (R) for the right.
2. **Seat the cleat in the recess,** shoe sole down, nose of the cleat forward. The cleat must sit flat in it, without play: it is now fixed relative to the grid.
3. **Set the setback.** Slide the shoe forwards and backwards over the cleat until your joint mark sits on the **cross line**, or just ahead of it for a rearward setting.
4. **Set the lateral offset.** Move the shoe inwards or outwards and read the shoe's edge on scale 1. Shifting the cleat outwards brings the foot closer to the crank, and the reverse.
5. **Set the angle.** Pivot the shoe around the cleat: the heel is read on scale 3. Feet straight when walking: heel on the centre line. Feet pointing out: heel one mark inwards. Feet pointing in: one mark outwards.
6. **Write down the three readings** (1, 2 and 3), then lift the shoe without moving the cleat.
7. **Tighten the bolts to the cleat manufacturer's torque,** crosswise, in passes (usual reference: 5 to 6 Nm). Put the shoe back on the tool and check that nothing has moved.
8. **Do the second shoe to the same readings,** on the other plate. Same setback, same offset, same angle, mirrored.

WATCH OUT

- Never ride with cleat bolts merely hand-tight: a cleat that turns mid-descent is a crash.
- Over-tightened bolts or dry threads: torn sole insert, especially on a carbon sole. Grease, tighten to torque, no further.
- First ride on a quiet route: clip out several times at a standstill before setting off.

TEST, THEN ADJUST

An hour on the road is enough to feel what is off. Adjust one millimetre or one mark at a time, one shoe and then the other, and write the final value on the cleat packaging.

FLOATING CLEATS

A floating cleat forgives a rough angle, it does not correct it: the foot always returns towards the cleat's angle. Set the angle as carefully as with a fixed cleat.

04 · BUILT TO LAST

TROUBLESHOOTING, CARE, VIDEOS

What your body is telling you

SENSATION	ADJUSTMENT TO TRY
Pain on the inside of the knee	Angle: heel too far out, or foot too close to the crank. One mark, then test.
Pain on the outside of the knee	Angle: heel too far in, or foot too far from the crank.
Burning forefoot, numb toes	Cleat too far forward: move it back 2 to 3 mm. Check the shoe closure too.
Tight calf, sore Achilles tendon	Cleat too far forward, or saddle too high.
Unintended unclipping	Angle at odds with your natural stance, or pedal tension too low.
Shoe touching the crank	Shift the cleat towards the inside of the sole (the foot moves outwards).

Going further, on video

Independent tutorials on road cleat setup, scan to watch.

Hacks to help you set your cleat position correctly
UK Bike Fit · English

Setting up your cycling cleats
Bikefit James · English

Need help?

velkyne.com/contact
Our team answers your questions about use and compatibility.

A position is read, not guessed.
Three marks, two identical shoes, one value written down: the next cleat change will take ten minutes.

Caring for the tool

- Wipe the plates after use; no solvent on the engraved marks.
- Store them flat, away from heat: a warped plate gives false readings.
- Keep your readings with your spare cleats.