

# HOW TO ADJUST A FOOTREST WITH A WEDGE ADJUSTER

1. Locate the bolt head on the bottom of the footplate down tube.



2. Loosen the bolt one or two complete turns.



3. Grasp the footplate, turn the footplate loosen the down tube.



4. Slide the footplate to the desired height.





5. Tighten the bolt.



[Home](#)