

# AI-03267 Look Cleat Road Pedal Service

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Look pedal thread directions for bearing service

Here are the pedal thread directions you need for servicing bearings or removing/installing bicycle pedals:

## Pedal Thread Directions (Standard)

Right Pedal (drive-side):

- Thread: Standard right-hand
- To loosen: turn counter-clockwise (CCW)
- To tighten: turn clockwise (CW)

Left Pedal (non-drive side):

- Thread: Reverse (left-hand) thread
- To loosen: turn clockwise (CW)
- To tighten: turn counter-clockwise (CCW)

This is the norm for most bikes — the left pedal has reverse threads to help prevent it from unscrewing while riding.

## Quick Reference

Pedal Side	Thread Type	Loosen Turn	Tighten Turn
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Right	Right-hand	CCW	CW
Left	Left-hand (reverse)	CW	CCW

## **Tips for Bearing Service**

1. Grease threads before reinstalling to protect and ease future removal.
2. When removing pedals, always start with the crank arm parallel to the floor for better leverage.
3. Use the correct pedal wrench size (usually 15 mm) or hex key (typically 6 or 8 mm) inserted from the rear side of the crank.
4. Spin pedals after reinstallation to confirm bearings run smoothly.

If you want help with a specific bike model or how to service the pedal bearings step-by-step, tell me the crank/pedal type.