


## SEATPOST INSTALLATION


1. Remove current seatpost from frameset.
2. Seatpost diameter is critical. The diameter of the new post must precisely match the diameter of the frameset's seat tube. If the seat tube diameter is not printed at the base of the current seatpost, measure the post diameter with a pair of calipers.
3. Make sure that the inside of the frameset's seat tube is dry, and free from any dirt or burrs.
4. Apply waterproof grease to the portion of the new post which will be inserted in the frameset.
5. Tighten saddle clamp bolts and seatpost clamp bolt (or quick release lever) securely.
6. Tightness of saddle clamp bolts and seatpost clamp bolt (or quick release lever) should be checked at regular intervals after installation.

 **WARNING:** To ensure that you have selected the proper seatpost size for your frame, and for instructions for the proper installation of the seatpost or saddle, consult a qualified bicycle mechanic.

## SADDLE POSITION

### SADDLE HEIGHT

1. To determine proper saddle height, sit on the bike while wearing riding clothes.
2. Rotate the crankset to the 12 o'clock and six o'clock positions. Then set your heel on the lower pedal. In this position, you should be able to place your heel comfortably on the pedal and your leg should be fully extended.
3. If there is a noticeable bend in your knee, your saddle is too low. When pedaling backwards, if you have to rock your hips to reach the pedals, the saddle is too high. In either case, saddle height should be adjusted and retested.

 **WARNING:** Do not raise the seatpost above the minimum insertion line. Doing so may result in post failure and serious injury. If proper saddle height cannot be achieved without raising the post above this line, you need a longer seatpost, or a larger frameset.

### SADDLE TILT

1. Begin by adjusting the saddle so that it is parallel with the ground.
2. Place a straightedge along the top of the saddle and adjust the saddle angle until the straightedge is parallel with the ground.
3. From this point, the nose of the saddle can be angled slightly upward or downward according to rider preference.


### FORE-AND-AFT ADJUSTMENT

1. Sit on the bike as you did to set saddle height.
2. Rotate the crankset to the three o'clock and nine o'clock positions.
3. Drop a plumb line from the knee of your forward leg, with the top of the plumb line placed in the groove next to your kneecap.
4. Observe where the bottom of the line falls. It should touch your foot at a point that bisects the pedal axle.
5. If the line falls in front of the pedal axle, move the saddle back slightly. If it falls behind the axle, move the saddle forward slightly.



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