

## Comfort saddle fixing components (included)

- Comfort Saddle
- 2 Spring Housing Plates ②
- 2 Washers ③
- 1 60mm Bolt ④
- 1 Nylock Nut ⑤

## Micro-adjust components (included)

- Micro-Adjust Block ①
- 1 45mm Bolt ⑥
- 1 Nylock Nut ⑤

## Tools required (not included)

- 13mm Spanner
- 6mm Hexagonal (Allen) Key
- and possibly a 5mm Hexagonal (Allen) Key or screwdriver to adjust the seat post height.

## Fitting to a micro-adjust seat post

- 1 Remove the existing seat and seat rail retainer pieces.
- 2 Position the micro-adjust block ① using the 45mm bolt ⑥ and nylock nut ⑤ provided. Tighten the block loosely in place.

- micro-adjust posts up to 25mm wide see figure A
- micro-adjust posts between 26mm and 38mm wide see figure B

- 3 Position the new spring housing plates ② on both sides of the micro-adjust block.

- 4 Locate the Comfort Saddle springs in the housings and position the washers ③ over the springs.

- 5 Using the 60mm bolt ④ and the nylock nut ⑤ provided, bolt the parts tightly together, positioning the saddle tipped slightly forward from horizontal.

- 6 Tighten the nut securing the micro-adjust block.

- 7 Lower your seat post by approximately 30mm.

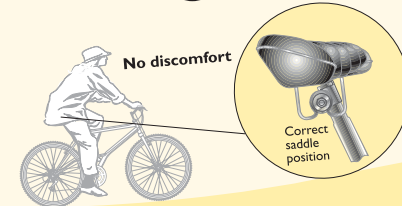
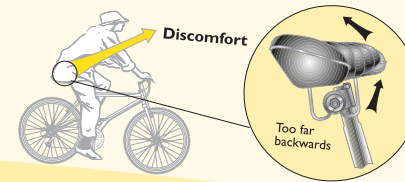
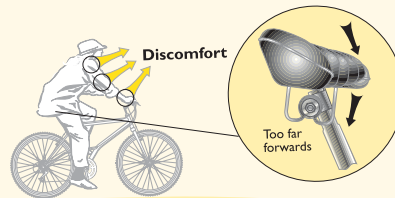
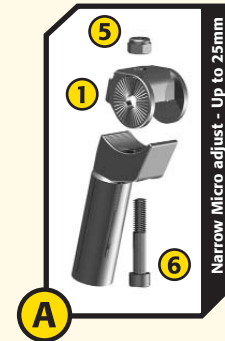
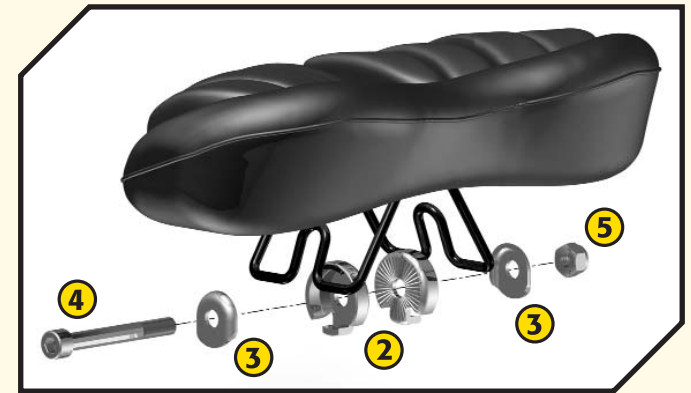
To adjust the fore/aft position of the seat, rotate the micro-adjust block around 180 degrees to bring the seat position forward by approximately 20mm.

**DO NOT rotate the entire seat post to adjust the seat position, this will set the vertical fixing bolt at an angle, put a shearing strain on the bolt and risk eventual bolt failure.**

## Fitting to a traditional seat post

- 1 Remove the existing seat and seat rail retainer pieces, leaving the existing seat post clamp ⑦ in place.
- 2 Position the new spring housing plates ② on both sides of the existing clamp.
- 3 Locate the Comfort Saddle springs in the housings and position the washers ③ over the springs.
- 4 Using the 60mm bolt ④ and nylock nut ⑤ provided, bolt the parts tightly together, positioning the saddle tipped slightly forward from horizontal.
- 5 Lower your seat post by approximately 30mm.

You do not adjust the fore/aft position of the seat in the same way as you do with a normal seat. By rotating the entire seat post around 180 degrees the seat position can be brought forward by approximately 30mm.



## Adjusting the saddle to suit you

Before cycling it is important that you adjust the saddle position to suit your riding style. Because it has no horn, it will initially feel different from a conventional saddle, especially if you are replacing a slim racing saddle.

The shape and construction of the saddle is designed to relieve your groin of any damaging pressure or movement.

Your weight will be redistributed on the seat in a similar manner as sitting on a bar stool. As you cycle, the dynamic movement of the saddle mechanism will move the saddle to accommodate the natural movement of your pelvis and the flexion of your muscles.

With no horn, you may initially feel that you are tipping forwards off the seat. When cycling, your buttocks push back into the saddle, so it is best to adjust the saddle so that you have just a slight sensation of sliding forwards when stationary.

First, set the height of the saddle to suit your normal cycling position. (Typically lower the stem by 30mm).

Then set the inclination of the saddle so that it is tipped forwards slightly from horizontal.

As you are cycling, if you push your weight backwards you should just feel the rear edge of the saddle, affirming your correct seat position.

If after cycling a short while you notice that your arms/wrists are aching, you may have the saddle tipped too far forward. If however, your seat bones or buttock muscles are uncomfortable, the saddle is probably tipped too far backwards.

When your saddle is properly adjusted, you should be able to look forward to many years of comfortable cycling.