

# Contour Seat with Bar Installation

Determine which type of seat clamp you have, integrated clamp or separate clamp.

You cannot use an integrated post with this seat. If you need a compatible post – you can purchase one from your local bike shop or at [Derriair.com](http://Derriair.com). Match your current post diameter.

## INSTRUCTIONS:

You will need 2 adjustable wrenches.

1. Loosen one of the (13,14 mm) nuts on the side of the seat clamp to the point where you can wiggle your old seat off your bike, and loosen your rear axel nuts.
2. Place your new contour seat on your post with the support bar through both clips and set over your rear axel bolts.
3. Set your desired seat angle, it may be tight, but it will tip up and down. Most find that a level seat is best. Insert the axel bolts through the corresponding support bar holes.
4. Tighten all nuts equally and securely. You will need to hold the end of the bolt when tightening the main nut. **DO NOT USE PLIERS.**

## TIPS FOR PROPER POSITIONING

Using the tilt mechanism on the seat post or post clamp, adjust the tilt of the seat for maximum comfort.

Raise or lower the seat position by loosening your seat post and adjusting as required.

Doctors recommend an upright riding position to reduce loads on the spine and key pressure points in the crotch and buttock region. Once the correct seat height has been established, raising the handlebars accomplishes this task.

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