

## ⚠ WARNING

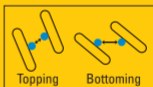
Proper pre-load adjustment for the specific rider's weight before riding is mandatory to ensure the proper function of the seatpost and safety of the rider.

**Please note:** This post has three different versions per weight range. Post with **S** or **H** sticker refers to the softer and harder spring options. The standard post without sticker has the default spring for riders weighing 70-95 kg. Please refer to the owner's manual for more information.

While seated, links/pivot should look:



If links/pivot do not move or too apart, re-adjust or **do not ride**:



Tools needed: 6mm allen key from the adjustment on the inside of the bottom of the post. Clockwise to increase preload, counter-clockwise to decrease preload. For further assistance, please contact your local experienced cycle shop.