

PERFORMANCE SUSPENSION

Manic Post Installation



Remove seat post clamp bolts



Attach saddle to post

Assembly Instructions

Saddle Mounting:



Reattach in same order as removed



Loosen seatpost collar on frame and install post into frame



Level Saddle to your preference and Torque bolts to 8 to 10 N-M



Install to correct height and tighten collar



Measure height to saddle rails, record measurement
This will be used later after cable installation



Mark location on post shaft with a piece of tape



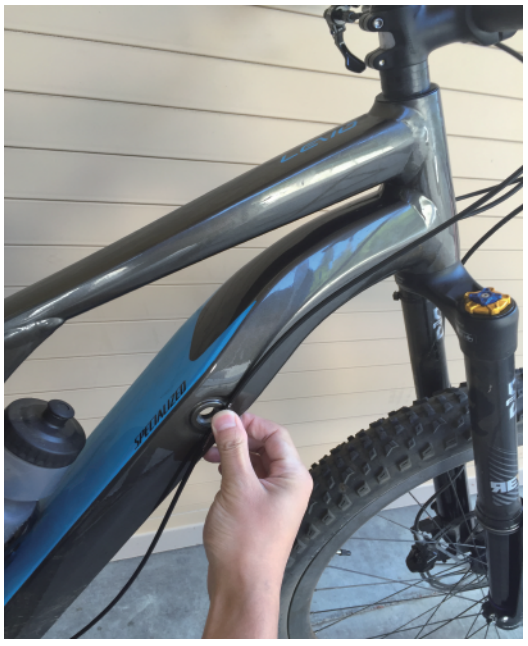
Remove post from bike and hold next to frame
Mark the bottom-most location on seat tube with tape
This will be used to gauge cable length



Attach remote lever to handlebar



Run housing from the remote along the frame



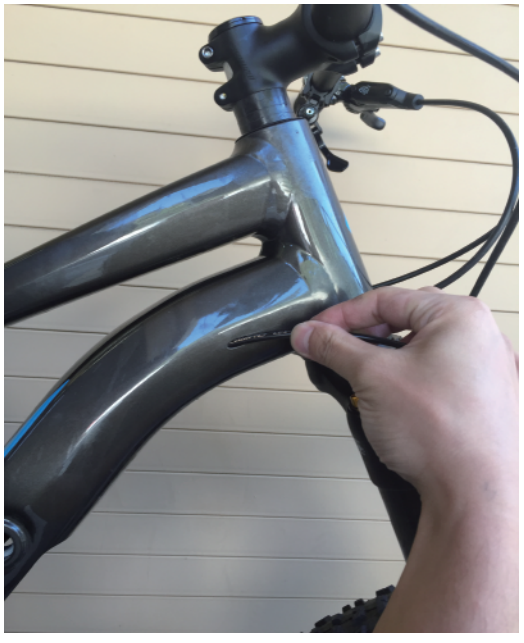
Mimic location the housing would route in frameh



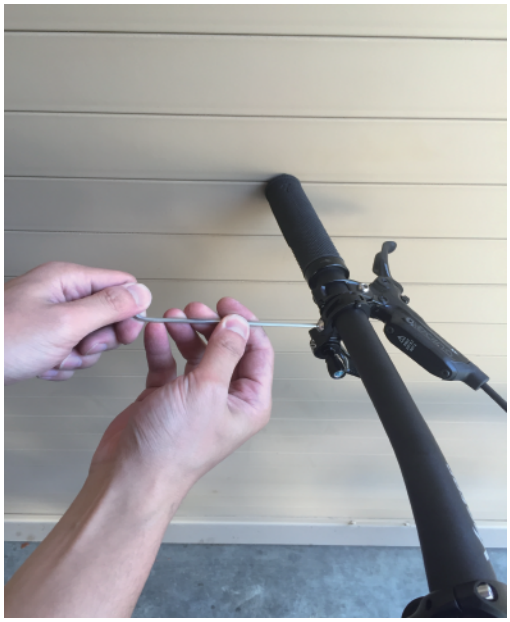
Mimic cable routing up to tape mark on seat tube



Cut housing at tape mark



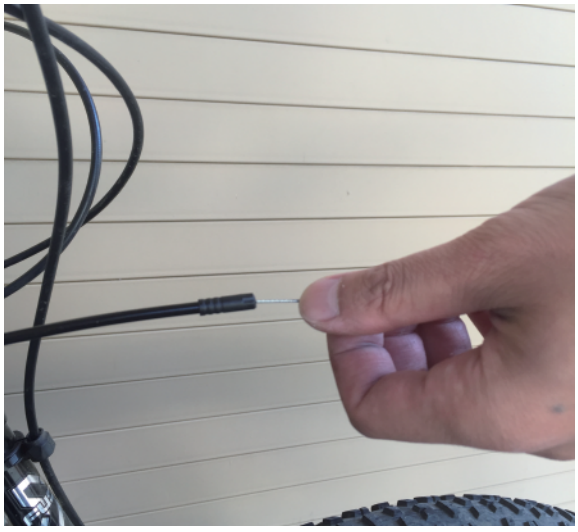
Route housing through frame or attach house per bike manufacturer's specs and install ferrules



Remove remote from handlebar clamp



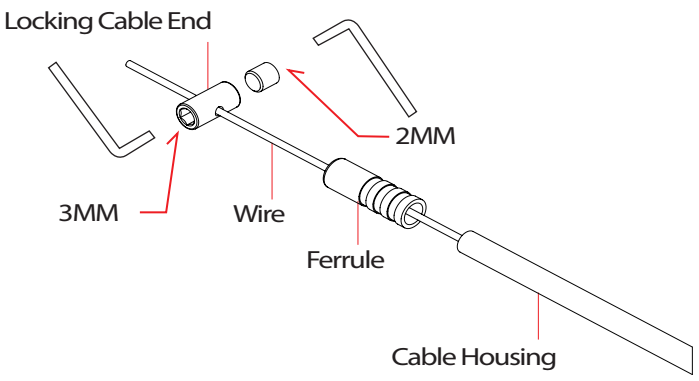
Put cable through remote lever



Run the cable through the housing



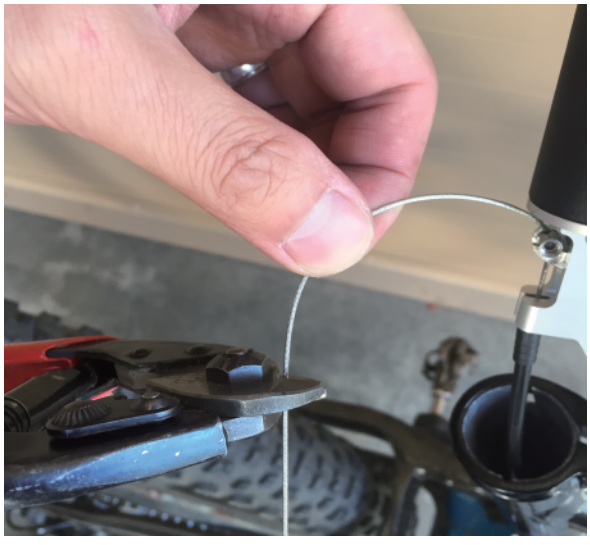
Pull cable through housing completely
Pulling firmly at this point will eliminate any slack



Install cable through locking cable end



Remove slack from cable and tighten



Cut cable, leaving extra cable at the end
This extra cable will be routed into frame



Push cable end into frame and lower post into frame
Pulling the housing from below will ease this process



Put post to correct height and tighten clamp



Re-Install remote to handlebar clamp and tighten clamp to 3.5 N-M



Use the lever angle adjust if necessary