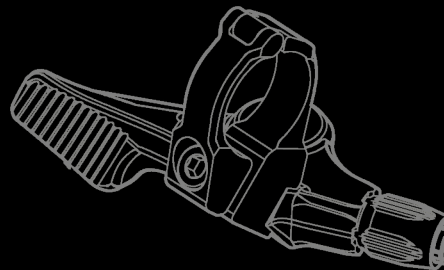


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## User Manual – External Routing Post

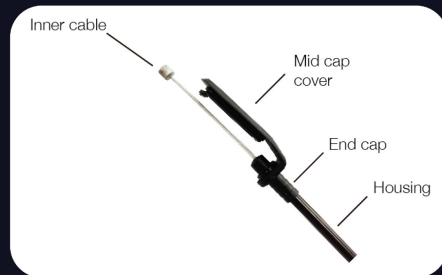
Installation.....	03
Maintenance.....	07

## External cable routing

1. Open the mid cap cover.



2. Fix the cable housing and end cap to the mid cap cover and run inner cable into the housing.



## External cable routing

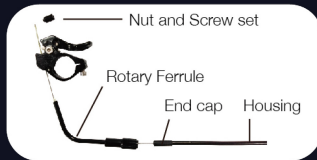
3. Hook the cable head inside the mechanism at the mid cap of the post and close back the cover.



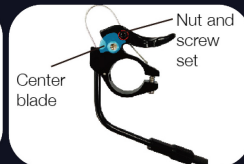
4. Install the post to the seat tube. Please **AVOID OVER TORQUE** the seat clamp, always use minimum torque recommendation (< 6Nm when possible).
5. Route the cable housing from seat tube to handlebar (use cable tie when necessary).

## J 22.2/ 31.8 lever

1. Route the cable and housing to handlebar, measure and cut the appropriate length of the housing (Put attention to the handlebar rotation angle when measuring the housing length).
2. Put the end cap to the housing, run the inner cable through the rotary ferrule to the lever.

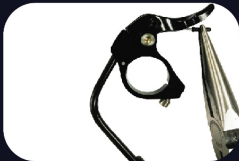


3. Loosen the small screw and install the nut and screw set to the lever (put note to put it at the concave curve of the center blade), run cable through the small hole at the center of the nut. Pull cable tight and tighten the screw.



## J 22.2/ 31.8 lever

4. Cut the inner cable and clamp with cable end.



5. Fix the lever clamp to handlebar. 22.2 mm clamp suitable for Mountain bar left or right grip installation, 31.8 mm clamp suitable for Drop bar center bar bore installation.



## Maintenance

Routine maintenance of the post will provide years of trouble-free performance.

- BEFORE and AFTER every ride: clean the exposed part of the post with a cloth.
- If your seat post supports air valve to adjust the pressure, please check the rebound speed before every ride. Add air pressure according to the recommended PSI when required.
- AVOID using water gun directly to wash the post.
- Keep away mud and water. When storing for extended periods, keep post in the UP position.
- DO NOT disassemble or cut the seat post, this could cause severe personal injury and void of warranty.
- DO NOT loosen the mid cap. Ensure the mid cap is fully tightened all time.
- Always use lower torque recommendation by the manufacturer when installing this seat post.
- If you are not an experienced bicycle mechanic, or do not have the correct tools for this installation, please take the seat post with instructions to your local bike shop and let them handle the installation.



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