

We have created this instruction sheet to better explain the relationship between ISM saddles and a conventional saddle. We have mounted the ISM saddle in three very common riding positions, **FORWARD** or 80+ degree effective seat angle, **STANDARD ROAD**, or 73 degree effective seat angle and a **SLAM** or 70+ degree effective seat angle.



This photo shows a standard saddle on top of an ISM saddle. The small red line indicates the sit bone area of both saddles..

FORWARD POSITION



Because of not having a nose on the saddle, it is common to have the front arms of the ISM saddle directly over the bottom bracket to achieve 80+ degree seat angles. The knee over the pedal is about 2.5 - 4 cm ahead of the pedal axle. The ISM saddles really allow the rider to "fall down" into the bike, flattening the lower back and reducing overall aerodynamic drag.



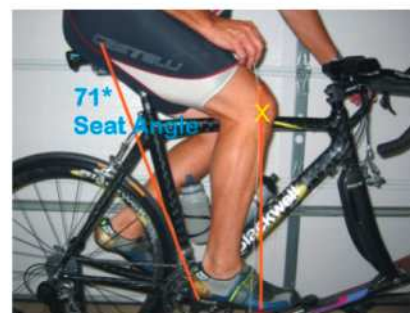
STANDARD ROAD POSITION

This is a very common seat position used by many riders from pro racers to beginners. Generally the knee is directly over the pedal axle and the seat post clamps are usually positioned about the center of the seat rails. As you can tell in the picture on the left, the ISM saddle is much shorter in the front but we still can use little tricks like tilting the front slightly "up" to relieve hand and shoulder pressure. Saddle rotation to the right or left of the top tube is also helpful in solving hamstring tightness and other pressure points.



SLAM POSITION

There have been several articles written about the "Slam" position. Slowtwitch.com has "how to" articles in their archives. Developed by John Cobb to help bigger riders make good power and better aerodynamics, the concept is to move the rider further to the rear of the bike, lower seat height by up to 10 degrees while spreading the seat pressure over a large area. This works well with the ISM saddles, especially while in the aero bars. As with any saddle, proper pelvic rotation is very important. On road frames with a more forward (74.5 degree) seat tube angle, it is common to use a seat post with a more rear offset (45+ mm) such as the Look, Oval or Truativ.



www.ismseat.com