

The ISM™ Bicycle Seat

Dear Consumer:

Thank you for purchasing the ISM saddle. We trust you will be fully satisfied with this revolutionary new design, allowing for comfortable and safe cycling without producing numbness long associated with many other bike seats. Following are some helpful tips for securing the saddle to your bicycle, and adjusting the saddle for optimum comfort.

Important Note: *The key to obtaining good comfort is in the setup of this saddle. Due to the radically different design change from conventional seats, you may need to adjust both the 'fore-and-aft' position of the seat, and the 'tilt-angle' of the seat quite significantly from your previous standard seat setup. Please have some patience, and do not be afraid to tweak your settings over several rides, as the most comfortable position for you may not become apparent by just sitting in a stationary position on the bike! Make sure all nuts and bolts are tight and safely secured*



**Proper Leg
Extension**

**Improper Leg
Extension
(Saddle too high)**

Installation and Setup

Details will be different for each individual's preference, depending on the type of bicycle you ride, and body angle when holding the handlebars in your standard seated position. The following steps may help you:

1. Attach the ISM seat to the seatpost placing the seat in the neutral position and tighten the bolts. **Suggestion:** *You may want to slightly lower the height of the seatpost, as your "sit-bones" will be on top of the ISM seat making you slightly higher than using a standard seat.*
2. Adjust the "fore-and-aft" position of the seat by sliding the rails through the mounting bracket. **Suggestion:** *Don't be afraid to make a change, and test with an extended ride. This is a very individual setting. Road cyclists may prefer to be further back, while triathletes (with aero-bars) may prefer to be further forward.*
3. Using the tilt mechanism on the seatpost, adjust the tilt of the saddle for maximum comfort. This will depend significantly on your body angle when in your standard seated position. Sitting up straight may warrant a flatter saddle position (although our tests suggest that you do want some forward tilt on the seat). Riding in a more aerodynamic position (with 30° - 60° body angle) may require further tilt forward for maximum comfort.
 - a. If you feel two pressure points on the back of your thighs, you may have the seat tilted too far backwards (seat too flat!) This can be alleviated by slightly lifting the back of the seat to tilt it forward. Or you may need to slide the seat to the rear just a bit.
 - b. If you feel that you are about to slide forward off the seat, you may have the angle too steep. *Be careful not to tilt too far forward (angle too steep), as this will force you to take extra body weight on your legs or shoulders and arms producing fatigue on a long ride.*
 - c. Recheck the seat bolts and seat post bolt clamp for proper tightness and enjoy the ride.

The ISM™
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