2. Saddle / Seat Pillar

Saddle Position

The saddle should be mounted securely and so that it is comfortable to sit on. The correct height for the saddle is so that when you have your heels on the pedal your leg is only slightly bent when the pedal is at its lowest point. The leg should not be stretched.
The saddle can also be pushed towards the front or the back – one should select a position so that when the crank is horizontal, the knee is directly above the pedal axel.
The saddle should not put pressure on the crotch; adjust the saddle so that you are not in any pain.
One should always make sure that when sitting on the bike, children are able to put both feet on the ground.

Patent Seat Pillar

Here the saddle is fitted to a seat pillar with an integrated seat pillar clamp. The saddle is normally secured with the use of an M8 Allen screw (20Nm), which is tightened with a 6mm Allen key.
Adjust the saddle to the required position and tighten the clamping screw.
There is a mark on the seat pillar, which indicates the maximum one is allowed to pull the pillar out of the frame. Never pull the pillar out any further because this may lead to it bending or even breaking and causing injury.

Seat Pillar Candle Form

Here the saddle is secured to the seat pillar by means of a saddle clamp.
Please observe that the seat pillar must protrude out of the saddle clamp, only then is it possible to tighten the clamp properly.
Adjust the saddle to the required position and tighten the nut (20Nm) to fix the saddle to this position. To do this you require a 12, 13 or 14 millimetre open end spanner.
There is a mark on the seat pillar, which indicates the maximum one is allowed to pull the pillar out of the frame. Never pull the pillar out any further because this may lead to it bending or even breaking and causing injury.

Suspension Seat Pillar

Suspension seat pillars are available as candle form seat pillar or as patent seat pillars, see above to adjust the saddle.
In general it is possible to adjust the spring stiffness of suspension seat pillars. Normally adjustments can be carried out with a 6mm Allen key at the lower side of the pillar.
There are also models where one requires a plain slot screwdriver.
On delivery the pillar will be set to very soft. If the pillar happens to bottom out whilst riding you will have to tension the spring by turning the adjustment screw (at the lower part of the pillar) clockwise.
The pillar end should be greased from time to time to ensure that the pillar responds with ease. To do this the corrugated sleeve can be pulled up and the square end greased. Subsequent to this the sleeve must be fitted back into the groove correctly.
Depending on the bicycle model it is possible to slightly move the point of the saddle from left to right. This is due to the square end not quite being free of play; otherwise the response behavior would be too poor.
With some models this play can be adjusted by means of an adjustment wheel found below the corrugated sleeve.