

INSTRUCTION GUIDE FOR RIDE POSITIONING AND ADJUSTMENTS



Seat position is CRITICAL to ride comfort, stability, and safety. Please work to find the optimal position for you thru seat, seat post, and stem height adjustments.

If you have gone thru these steps and are still looking for better comfort and safety, you might need to replace one or all of these items. This is a common change so please reach out to us at [BIKE.com](https://www.bike.com) or contact your local shop for assistance.



Seat Height

1. SEAT HEIGHT- To properly adjust this position you will want to achieve a slight bend in your knee while sitting on the seat and having you're the ball of your foot on the pedal in a down (6 o'clock) position.

- A. If you are rocking in your hips while pedaling the seat is generally up too high.
- B. If you feel crowded or your leg is not reaching almost full extension your seat is too low

2. COCKPIT/REACH- You will want to have a slight bend in your elbows while sitting on the seat pedaling.

- A. If you feel like you are reaching for the controls, you need to shorten this area. You can do this thru seat rail adjustments and or stem height adjustments.
- B. If you feel like you are crowded in the position, you need to extend this area. You can do this thru seat rail adjustments and or stem height adjustments.

3. REACH/ HANDELBAR HEIGHT- You want to have a comfortable position to reach all the controls while having a slight bend in your elbows and your head/eyes looking forward.

- A. If you feel like you are leaning to far forward or it is a strain to look ahead, you should try adjusting the stem UPWARDS
- B. If you feel like you are sitting up too proper, then you should try to LOWER the stem height.

Please note the following instructions will help you with these adjustments



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STEP BY STEP HOW TO ADJUST SEAT HEIGHT



Step 1- Decide if you need to move up or down



Step 2 Open Quick Release Seat Binder



Step 3- Slide post UP or DOWN to meet proper alignment



CAUTION- DO NOT EXTEND POST PAST MIN INSERTION LINE. You could cause damage or serious injury. If you need to go taller, please purchase a longer seat post.

Step 4- Secure/CLOSE Quick Release Seat Binder. Try twisting seat to confirm secure. If not tighten adjust QR binder and secure.



Please note the following instructions will help you with these adjustments. However, if you are unsure or need help, please contact us or your local bike shop. Failure to properly secure can cause serious damage or injury

CS@BIKE.com or 1-877-755-2453(BIKE)



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Cockpit/Reach

To properly adjust your reach, you will want to have a slight bend in your elbows while sitting and pedaling.

- A. If you feel like you are reaching for the controls, you need to shorten this area. You can do this thru seat rail adjustments and or stem height adjustments.
- B. If you feel like you are crowded in the position, you need to extend this area. You can do this thru seat rail adjustments and or stem height adjustments.

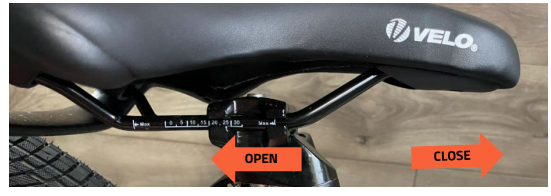
STEP BY STEP HOW TO ADJUST REACH thru SEAT POSITION FORWARD AND AFT



Step 1- Decide if you need open/increase your reach or shorten/close your reach for optimal comfort and safety

- A. To OPEN or increase slide/push seat nose towards back of bike.
- B. To CLOSE or shorten slide/push seat towards front of bike

STEP 2- Loosen SEAT POST BOLT enough so you can slide seat. The bolt is underneath the seat



Step 3- Slide to proper position make sure seat is at proper angle (see Step 4) and then tighten bolt

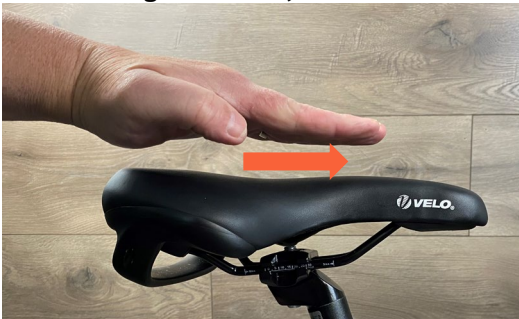


CAUTION- Ensure bolt is tight and secure. Otherwise, your saddle could rock, and bolt will break causing damage and injury

Seat Angle

Step 4-This is a personal preference that is generally set at FLAT or PARRALE to the ground position. However, some riders prefer either a nose tilt DOWN or UP. You will have to experiment with what position is best for you.

A. To make this adjustment you will need to loosen the seat post bolt to saddle a little bit more than when you are doing a reach adjustment as noted in **Step 3**



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Handlebar Height/Reach

To properly adjust your handlebar height, you want to have a comfortable position to reach all the controls while having a slight bend in your elbows and your head/eyes looking forward.

- A. If you feel like you are leaning to far forward or it is a strain to look ahead, you should try adjusting the stem UPWARDS
- B. If you feel like you are sitting up too proper, then you should try to LOWER the stem height.

STEP BY STEP HOW TO ADJUST THE HEIGHT OF YOUR STEM/ADJSUT ANGLE UP or DOWN



CAUTION- The Handlebar stem has **9 bolts** that need to be properly secure and tighten to be safe. Failure to do so could cause serious injury or damage. If you are unsure or need help, please reach out to us at BIKE.com or your local bicycle shop prior to riding.

Step 1- To adjust angle of stem- please check to ensure all bolts are secure before starting. To make angle adjustment you will only adjust 2 areas on the stem

Step 2 – Locate bolt head and use DENAGO multi tool to loosen this bolt. **DO NOT** loosen too much as to remove the bolt.



Step 3- Adjust the following bolt to loosen the stem to be able to adjust angle UP or DOWN



Step 4- Adjust angle to achieve your personal comfort. Once this is complete- Secure/ Tighten both bolts in reverse order.



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