

# Suspension Seat Post

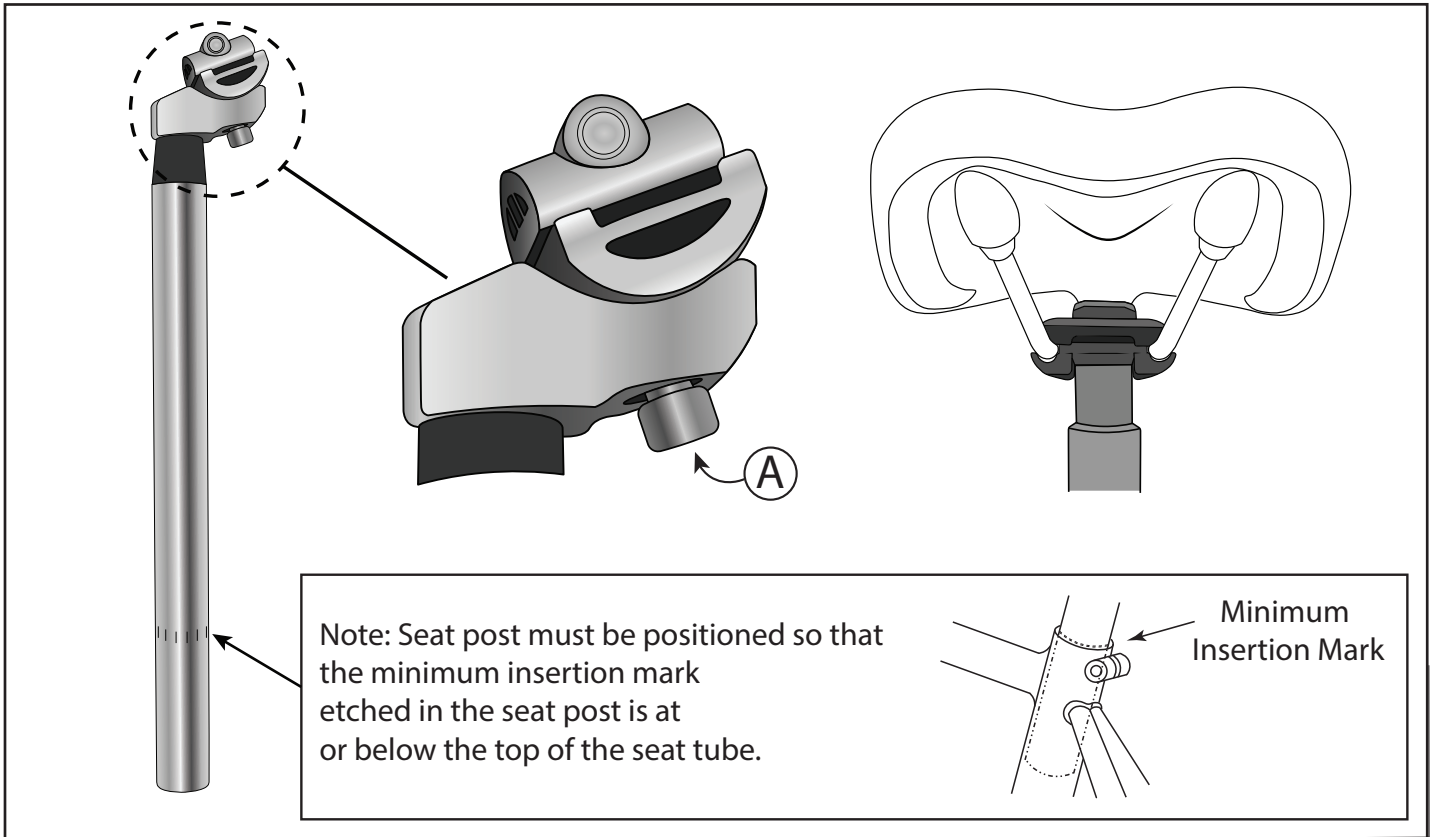
## Instruction Manual SP004

Please read all instructions before installing and using your seat post.

Be sure to install your seat post so that the minimum insertion length is fully inserted into the bike frame.

### Warning

Failure to install seatposts properly may result in damage to your bicycle, serious injury, and/or death.



## Installation

1. Install seat to seatpost by loosening the clamp bolt (A) [6mm], then securing the seat rails between the clamp. [This step is easiest with the seatpost separated from the frame.]
2. Loosen seatpost clamp and remove old seatpost if present. Avoid twisting as it may mar the finish of the seatpost.
3. Install new seatpost by inserting it into the bicycle's seat tube up to the **minimum insertion mark** or beyond.
4. Tighten seatpost clamp to frame manufacturer's recommended torque specs.

**SUNLITE**