

User manual CONTEC suspension seatpost „Nara Air DLX“, „Nara Air“, „Nara DLX“ and „Nara“

**ABOUT USER MANUAL:**

- Read and follow the instructions.
- Keep the instructions.
- Read and follow the safety instructions.

**SAFETY INSTRUCTIONS**

**Risk of injury through improper assembly!**

- Do not assemble the seat post yourself. Do not change defective parts yourself.
- Have assembly / repairs carried out by a bicycle mechanic only.

**Serious injuries from dismantling pressurized parts!**

- The seat post is high filled.
- Do not disassemble the seat post .
  - Do not unscrew the upper protective cap of the seat post.
  - Make sure that the protective cap is always firmly tightened.

**Risk of accident from improperly attached accessories!**

- It could impair the function, lead to functional loss and lead to riders falls, accidents and injuries.
- Do not mount clamps, saddlebags, luggage racks, mudguards or similar items to the seat post.

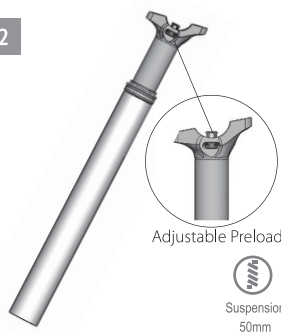
**DELIVERY CONTENTS**

S1



Suspension  
50mm

S2



Suspension  
50mm

Model S1 Suspension seat post

Model S2 Suspension seat post, adjustable preload

**TOOLS REQUIRED:**



Allen key 2/2.5/3/4/5 mm

**ASSEMBLY:**



**WARNING!**

Serious injuries might be caused by improperly assembled seat post.

- Do not assemble the seat post yourself.
- Comply with the specifications of the bicycle frame manufacturer.
- Never exceed the permitted tightening torques.

**Before assembly**

The seat post is only designed for the following inside diameter of the seat tube:

27.2, 30.9; 31.6; 34.9 (mm)

The diameter is indicated on the product with laser engraving.

- Make sure that the seat post is the correct size.

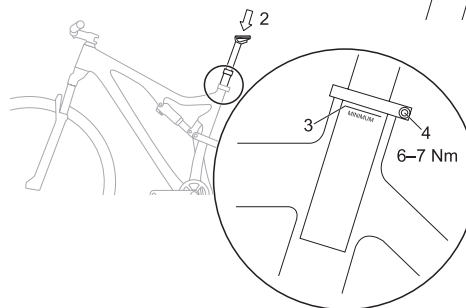
**1 - Prepare the bike frame**

- Make sure that the inside diameter of the seat tube matches exactly the installation dimensions of the seat post (see technical data).
- Clean the inside wall of the seat tube. If possible, remove any burrs from the edges of the seat tube.
- Metal seat tubes (aluminum, steel): use suitable assembly grease.
- Carbon seat tubes: use a suitable assembly paste.

**2 – Assemble seat post**

The seat post is designed for a seat angle (1) from 66 ° to 75 °.

- Insert the seat post (2) into the seat tube until the minimum insertion line (3) is covered by the seat tube. Beware of the riding direction.
- Tighten the clamp screw (4). Adhere to the tightening torque. Use a torque wrench if possible.

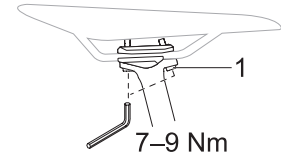


**3 – Mount the saddle**

- Loosen both clamp screws (1) until the gap between the clamp plates is large enough to insert the saddle rails.
- Install the saddle in the clamp, adjust it centered with the bike frame and tighten both clamp screws with an Allen key (5 mm).

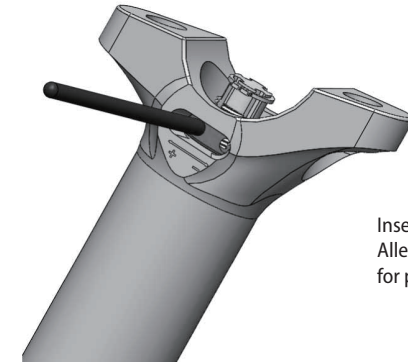
**4 – Align the saddle**

- Loosen both clamping screws (1).
- Align the saddle.
- Tighten the clamp screws separately.



**5 – Settings on the S2 seat post**

Suspension seat posts can be adjusted for different loading. This function is possible due to the inner cartridge.



Insert a tool or a suitable tool e.g. Allen key (2.5 mm) into the adjuster for preload adjustment.

Follow the direction of increase (+) or decrease (-) sign to adjust the preload.

**6 – Loading table**

Minimum Preload Guideline		
Rider Weight		Preload adjusting rotator Recommendation
lb	kg	
110-143	50-65	(+) 0~6
132-176	65-80	(+) 7~12
Above 187	Above 85	(+) 13~18

## WARNING

**ATTENTION!** Seat post damage due to improper maintenance.

- Have maintenance only be carried out by a bicycle mechanic .
- Have the seat post be maintained regularly, depending on the frequency and conditions of use. More maintenance is required by wet and very dusty conditions.
- If the functionality is obviously reduced: Have a maintenance by bicycle mechanic as soon as possible.
- Check defective parts (control lever, cable, screws, barrel nut) and have a bicycle mechanic replace them if necessary.

## CLEANING, LUBRICATION

- Clean and lubricate the seat post at least once every 6 months. Remove dirt and dust from the top tube.
- Use only suitable grease for lubrication.

## ATTENTION!

Corrosion and material damage from water penetrating into the seals.

- Do not use a high pressure water jet or steam jet.
- Be careful by cleaning with a water pipe.
- Only use a damp cloth and a little warm water for cleaning.

## TRANSPORT AND STORAGE

- Do not transport the bicycle with a mounted seat post on a bicycle carrier in which the bicycle is fixed to the saddle or the seat post.
- Do not hang the bike with a dropper post directly on the saddle.
- For longer storage time, store the seat post in an upright position.

## BEFORE THE FIRST USE

The seal on the seat post may be still on it and prevent the seat post from moving vertically.

- Press the seat post down firmly by giving pressure on the saddle to active the seat post mobility.

By the first time use, some grease may leak out from the seal.

## BEFORE RIDING



**Warning!** Serious injuries by falling!

- Make sure that the seat post and seat tube are correctly mounted and cannot be twisted.
- Make sure that all screws on the seat clamp and on the seat post clamp are properly tightened.
- Make sure that the seat post is working properly.
- Make sure and check more times that, the seat post is tight and there are no traces of oil or mechanical damage on the screws, tube and seals.
- Never ride with the seat post if any damage can be seen, any unusual noises occur or if there are any doubts about its safety. Have the seat post be checked in a specialist workshop.