

Flowtron Adjustable Seat Post Installation Instructions

Published – Apr, 2020. ZS034Q.v1 © Full Speed Ahead

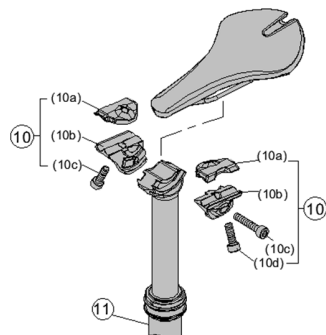


Fig. 1

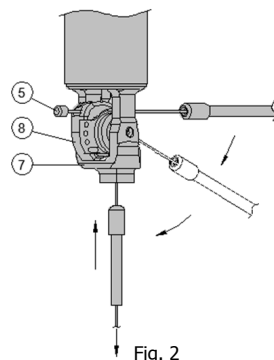


Fig. 2

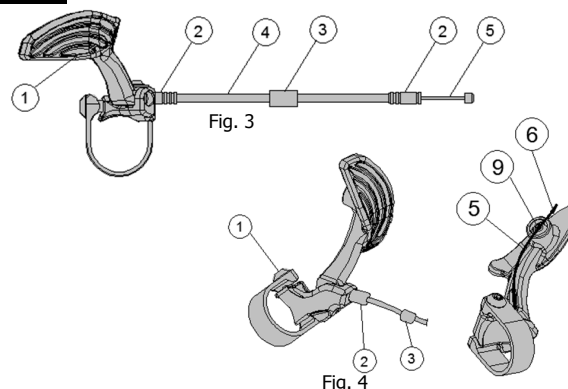


Fig. 3

Fig. 4

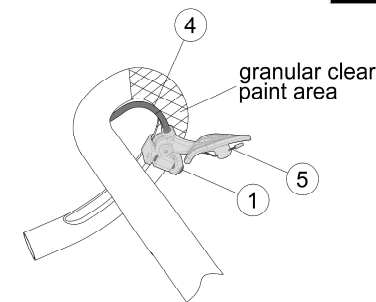


Fig. 5

Introduction

Congratulations on your Full Speed Ahead product. Please read these instructions and follow them for correct use. Failure to follow the warnings and instructions could result in damage to product not covered under warranty, damage to bicycle; or cause an accident resulting in injury or death. Since specific tools and experience are necessary for proper installation, it is recommended that the product be installed by a qualified bicycle technician. FSA & Vision assumes no responsibility for damages or injury related to improperly installed components.

Warranty

Full Speed Ahead (FSA) warrants all FSA, Vision, Metropolis and RPM products to be free from defects in materials or workmanship for a period of two years after original purchase unless otherwise stated in the full warranty policy. The warranty is non-transferable and valid to the original purchaser of the product only. Any attempt to modify the product in any way such as drilling, grinding, and painting will void the warranty. For more information on warranty policy and instructions for completing a warranty claim, check out the Full Warranty Policy found at our website: <http://www.fullspeedahead.com/support/warranty-policy/>

Specification

Model Name / Item Number **FSA Flowtron Adjustable seatpost (for Drop bar mount) / SP-AM-590-ITC**

Check below before proceeding to installation

1. FSA Adjustable Seat Post must be used with frames with internal cable routing.
2. All bolts should have blue medium strength thread-locker applied
3. Apply carbon assembly paste on inside of seat tube. Do not use grease.
4. Make sure the minimum insert line (MIN^INSERT) is below the top of seat tube. Failure to do so may result in damage to seatpost or frame and cause an unexpected failure resulting in an accident causing injury or death.

Saddle Installation

1. Using 5mm hex wrench, loosen Upper clamp bolts (10d). Install saddle rail between Upper Clamp (10a) and Lower Clamp (10b) .
2. Adjust saddle's fore aft positioning and tighten the Upper clamp bolts (10d) to finger tight.
3. Adjust saddle's tilt angle and tighten Lower clamp bolt (10c) to torque 133-153 kgf.cm / 13-15 Nm / 115-133 in.lbs Do not tighten over torque limit.
4. Tighten Upper clamp bolts (10d) to torque 90 kgf.cm / 8.8 Nm / 78 in.lbs.

Cable and seat post Installation

1. Install Remote lever ① on left side of handlebar below brake hood in the granular clear paint area. Use T25 wrench to tighten clamp bolt to 41 kgf.cm / 4 Nm / 35 in.lbs. (Fig. 5)
2. Feed Cable housing ④ through bike frame and up and out through seatube. Install Barrel Adjuster ③ near headtube. Install a housing ferrule on seatpost end. (Fig. 3)
3. Feed cable ⑤ through Cam ⑧ and insert into ② housing ferrule and Cable housing ④. Seat housing ferrule into bottom of Actuator ⑦. Pull on cable end to remove cable slack. (Fig. 2)
4. Install Seatpost ⑪ into frame at approximately the correct max saddle height. Turn handlebars 90 degrees and mark where to cut housing. Correct length is when the housing is tight but not binding in this position (you may want extra length for saddle height adjustment) . (Fig. 1)
5. Unseat housing from Barrel Adjuster pulling excess cable into housing to allow for cutting end of housing.
6. Cut cable housing ④ at mark, and install housing ferrule on end.
7. Tighten seat collar to manufacturer's recommendation. Note: Tightening seat collar over 71 kgf.cm / 7 Nm / 62 in.lbs. may prevent smooth seatpost motion.
8. Slide cable ⑤ into lever mount by feeding cable through hole in lever. Use 2.5 mm hex wrench to loosen Remote clamp bolt ⑨. (Fig. 4)
9. Install Steel cable ⑤ under Remote Clamp Bolt ⑨. Use a 2.5mm hex wrench to tighten Remote clamp bolt ⑨ to 20-31 kgf.cm / 2-3 Nm / 18-27 in.lbs. (Fig. 4)
10. Check that cable housing is completely seated in Barrel Adjuster ③ at remote. (Fig. 4)
11. Cut cable leaving 20mm of cable past Remote clamp bolt ⑨. (Fig. 4)
12. Install Cable end cap ⑥. (Fig. 4)
13. Use Barrel adjuster ③ to adjust cable tension so that remote lever has no free play. (Fig. 4)

Components

Follow the assembly order in the illustration:

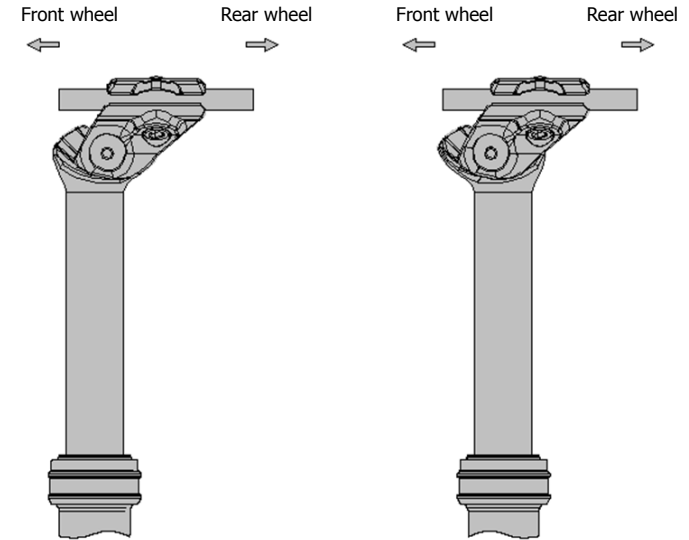
- | | | | |
|--------------------|-----------------|---------------------------|---------------------------|
| ① Remote Lever | ⑤ Steel Cable | ⑨ Remote Clamp bolt | (10c) Lower Clamp Bolt x1 |
| ② Cable Ferrule x2 | ⑥ Cable End Cap | ⑩ SeatPost Head Assembly: | (10d) Upper Clamp Bolt x2 |
| ③ Barrel Adjuster | ⑦ Actuator | (10a) Upper Clamp x2 | ⑪ Lower tube |
| ④ Cable Housing | ⑧ Cam | (10b) Lower Clamp x2 | |

Tools

- | | | | | |
|-------------------|-----------------|---------------|--------|----------------------|
| -2.5mm hex wrench | -5mm hex wrench | -Cable cutter | -Plier | -T25 Ring-end Wrench |
|-------------------|-----------------|---------------|--------|----------------------|

Installation of Seatpost to frame

- Using incorrect diameter will result in damage of the seatpost and frame.
 - Ensure the seat tube is clean and free of any burrs or sharp edges before proceeding. Sharp edge can scratch the seatpost causing the seatpost to crack or break unexpectedly which can result in an accident, damage to bicycle, injury, or death.
 - Apply a light layer of Carbon Assembly Paste onto the Lower tube (1) of Seatpost and inside the seat tube. Do not use a twisting motion to insert or remove the seatpost.
 - Insert the seatpost into the seat tube to desired height before tightening the seat collar.
- ⚠ WARNING** Ensure the minimum insertion length indication on the Seatpost Shaft (MIN^INSERT) is below the top.
- ⚠ WARNING** Never tighten seat binder over torque may cause seatpost damage or crack which can result in an accident, damage to bicycle, injury, or death.



Adjust setback

- Loose Lower clamp bolt (10c) . (Fig. 1)
 - Remove Upper Clamp (10a), Lower Clamp (10b), and Upper Clamp Bolt (10d), Rotate seatpost 180 degrees and assemble Upper Clamp (10a), Lower Clamp (10b), and Upper Clamp Bolt (10d). Tighten Lower clamp bolt (10c) to torque 133-153 kgf.cm / 13-15 Nm / 115-133 in.lbs. (Fig. 1) (Fig. 5)
- Note: FSA Seatpost origin is properly assembled the Lower clamps are tilted backward. (Fig. 4)

⚠ WARNING In the event of an accident do not ride the bicycle until the seatpost has been inspected by an experienced mechanic. If damaged, the seatpost should not be used any further and replaced. Never attempt to repair damaged seatpost, it must be replaced. All damaged parts should be replaced by an experienced mechanic before riding. Continue to ride the damage seatpost may cause loose of control bicycle and may result in injury or death

Maintenance Schedule

Check seatpost for straightness, cracks, cuts, grooves or damages after each ride. Discontinue riding and replace cracked seatpost.

It is the responsibility of the product user to periodically self-inspect the product to determine if it requires repair or replacement. Riders should also regularly self-inspect bicycles and parts to detect possible wear and tear or damage for normal use or misuse.

Before each ride, check all components for damage and wear. Check periodically that all screws are tightened. Do not over tighten. Lubricate screws regularly.

Clean debris from seat post	Every ride
Lubricate wiper seal	Every month
Clean and lubricate cable under seat post and remote	Every month
Replace cable and housing	Every 6 months dry / 3 months wet conditions
Full service (ME339 seal kit)	1 year or 100 hours
Replace brass keys (ME339 seal kit)	As needed (determined by saddle side play)



Contact

If you have questions, please visit our web site technical section: <http://www.fullspeedahead.com/contact> or contact:

Full Speed Ahead, USA
12212 Cyrus Way Mukilteo, WA 98275-5702
Tel: 1_425_488_8653 Fax: 1_425_489_1082

Full Speed Ahead, Europe
Via Del Lavoro, 56 20874 Busnago, Milan, Italy
Tel: +39_039_688_5265 Fax: +39_039_682_3336

TH INDUSTRIES / FSA Asia
NO.6, Wu-gong 8th Rd., Wufeng Dist., Taichung City 41353, Taiwan (R.O.C.)
Tel: +886_4_2331_9134 Fax: +886_4_2331_9314

