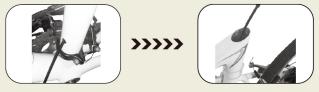


User Manual – Internal Routing Post

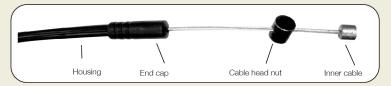
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Internal cable routing

- Internal routing post is meant to be used with frames that support cable going through inside the seat tube. Please make sure your bike supports this feature and DO NOT drill your bike in anyway which may void your bike warranty.
- 2. Route the housing inside the seat tube.



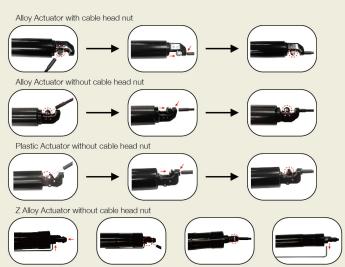
Assemble the end cap, cable head nut to the inner cable and slide the inner cable into the housing.



OR in case cable head nut is not supplied, assemble the housing, end cap and inner cable without it.

Internal cable routing

4. In either case you can hook the inner cable to the bottom actuator of the post as below picture.



Internal cable routing

- 5. Install the post to the seat tube by inserting the post slowly and pulling the housing in the same direction. Please AVOID OVER TORQUE the seat clamp, always use minimum torque recommendation (< 6Nm when possible).</p>
- 6. Route the cable housing from seat tube to handlebar (use cable tie when necessary).

Select lever type

P 22.2 Clamp

J 22.2 / 24 / 31.8 Clamp













0 24 Olump for Grop be

J 31.8 Clamp for Grop bar







JL 22.2 Clamp



FL 22.2 Clamp



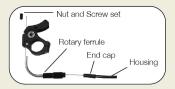
GL 22.2 Clamp



DL 24 Clamp

P lever

- Route the cable and housing to handlebar, measure and cut the appropriate length of the housing (Put attention to the handlebar rotation angle when measuring the housing length).
- 2. Put the end cap to the housing, run the inner cable through the rotary ferrule to the lever.



3. Loosen the small screw and install the nut and screw set to the lever, run cable through the small hole at the center of the nut. Pull cable tight and tighten the screw.







P lever

4. Cut the inner cable and clamp with cable end.





5. Fix the lever clamp to handlebar. 22.2 mm clamp suitable for Mountain bar left or right grip installation.



PLQ lever

- Route the cable and housing to handlebar, measure and cut the appropriate length of the housing (Put attention to the handlebar rotation angle when measuring the housing length).
- Install housing, end cap, inner cable to lever. Loosen the screw at the back of the lever, run cable through, pull cable tight and tighten the screw.



PLQ lever

3. Cut the inner cable and clamp with cable end.



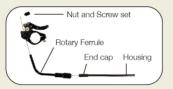


4. Fix the lever clamp to handlebar.



J 22.2/31.8 lever

- Route the cable and housing to handlebar, measure and cut the appropriate length of the housing (Put attention to the handlebar rotation angle when measuring the housing length).
- 2. Put the end cap to the housing, run the inner cable through the rotary ferrule to the lever.



3. Loosen the small screw and install the nut and screw set to the lever (put note to put it at the concave curve of the center blade), run cable through the small hole at the center of the nut. Pull cable tight and tighten the screw.







J 22.2/31.8 lever

4. Cut the inner cable and clamp with cable end.





5. Fix the lever clamp to handlebar. 22.2 mm clamp suitable for Mountain bar left or right grip installation, 31.8 mm clamp suitable for Drop bar center barbore installation.





J 24 lever

- Route the cable and housing to handlebar, measure and cut the appropriate length of the housing (Put attention to the handlebar rotation angle when measuring the housing length).
- 2. Put the end cap to the housing, run the inner cable through the in line adjuster, short housing to the lever.



3. Loosen the small screw and install the nut and screw set to the lever (put note to put it at the concave curve of the center blade), run cable through the small hole at the center of the nut. Pull cable tight and tighten the screw.



J 24 lever

4. Cut the inner cable and clamp with cable end.





5. Fix the lever clamp to drop bar.



JL lever

- Route the cable and housing to handlebar, measure and cut the appropriate length of the housing (Put attention to the handlebar rotation angle when measuring the housing length).
- Install housing, end cap, inner cable to lever. Loosen the small screw and install the nut and screw set to the lever, run cable through the small hole at the center of the nut. Pull cable tight and tighten the screw.







JL lever

3. Cut the inner cable and clamp with cable end.





4. Fix the lever clamp to handlebar.







FL lever

- Route the cable and housing to handlebar, measure and cut the appropriate length of the housing (Put attention to the handlebar rotation angle when measuring the housing length).
- Install housing, end cap, inner cable to lever. Loosen the screw at the back of the lever, run cable through, pull cable tight and tighten the screw.



3. Cut the inner cable and clamp with cable end.





FL lever

4. Fix the lever clamp to handlebar.









GL lever

- Route the cable and housing to handlebar, measure and cut the appropriate length of the housing (Put attention to the handlebar rotation angle when measuring the housing length).
- 2. Install housing, end cap, inner cable to lever. Loosen the screw at the back of the lever, run cable through, pull cable tight and tighten the screw.



GL lever

3. Cut the inner cable and clamp with cable end.





4. Fix the lever clamp to handlebar.



DL lever

- Route the cable and housing to handlebar, measure and cut the appropriate length of the housing (Put attention to the handlebar rotation angle when measuring the housing length).
- 2. Put the end cap to the housing, run the inner cable through the in line adjuster, short housing to the lever.



DL lever

3. Loosen the screw at the rear side of the lever, run cable through, pull cable tight and tighten the screw.





4. Cut the inner cable and clamp with cable end.





DL lever

5. Fix the lever clamp to drop bar.



Maintenance

Routine maintenance of the post will provide years of trouble-free performance.

- BEFORE and AFTER every ride: clean the exposed part of the post with a cloth.
- If your seat post supports air valve to adjust the pressure, please check the rebound speed before every ride. Add air pressure according to the recommended PSI when required.
- AVOID using water gun directly to wash the post.
- Keep away mud and water. When storing for extended periods, keep post in the UP position.
- DO NOT disassemble or cut the seat post, this could cause severe personal injury and void of warranty.
- DO NOT loosen the mid cap. Ensure the mid cap is fully tightened all time.
- Always use lower torque recommendation by the manufacturer when installing this seat post.
- If you are not an experienced bicycle mechanic, or do not have the correct tools for this installation, please take the seat post with instructions to your local bike shop and let them handle the installation.

Warranty and Disclaimer

This seat post is warranted for a period of 2 years from the date of manufacture against defects in workmanship. The warranty is expressly limited to the repair or replacement of the defective part at JD's option and is the sole remedy of the warranty. The warranty applies only to the original owner and is not transferrable.

Proof of purchase is required to validate warranty eligibility. The warranty does not cover normal wear and tear, routine maintenance, improper installation or improper use of the seat post. Modification of the post in any manner shall void the warranty. JD Components Co., Ltd. Shall not be responsible for incidental or individual costs incurred that are not covered by this warranty.

The user assumes the risk of any personal injury or property damage, including damage to the seat post and any other losses, if the seat post is modified or improperly used at any time. This warranty gives the consumer specific legal rights which vary from state to state.