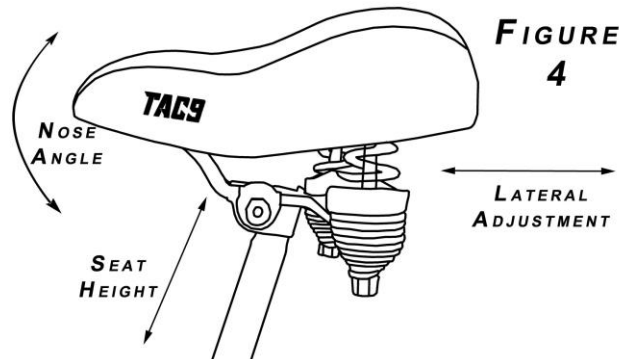


# Saddle Adjustment for Comfort

(See Figure 4) There are 3 very important adjustments that can be performed on a bicycle saddle to improve comfort and efficiency. From a racing bike, stationary bike or a simple cruiser or department store bike all these adjustments are crucial for any type and rider. Once complete with all adjustments be sure to tighten securing hardware before riding.

**Note:** To make the appropriate adjustments for items 2 & 3 below you will loosen either the nut on the seat adapter or the hex key bolt on a rail mount seat post. Then move the saddle in the direction needed. For Saddle Height (item 1) you will loosen the seat post clamping system on your bike frame.

1. **Saddle Height** affects your down stroke when pedaling. You want your leg to be nearly fully extended but with a slight bend in the knee. This will increase your power in pedaling as well as efficiency enabling you to ride longer. It also minimizes stress on the knee.
2. **Saddle Nose Angle** is the up or down pitch of the nose of the saddle. If the nose of the saddle is pitched too high you will notice more pressure in the groin area. If it's pitched too low then you'll feel like your sliding forward. When the angle is just right you should have little to no pressure.
3. **Lateral Adjustment.** Most people don't realize a bicycle saddle can be adjusted forwards or backwards on the rails. This adjustment will move the rider closer or farther away from the handle bars which in turn can reduce the amount of weight you're putting on your arms and shoulders. This can be done on a rail mount system and the system that uses the seat adapter. It's not a lot of lateral movement but it can be enough to make a difference.



## TAC9 BICYCLE PRODUCTS Enhancing Your Ride!



Congratulations on your purchase of a TAC 9 Bicycle Saddle! You will discover that our saddles are the most comfortable saddle you will ever ride on! We GUARANTEE IT!

**PLEASE READ THESE INSTRUCTIONS COMPLETELY!** With PROPER adjustment of your new saddle AFTER installation you will realize how comfortable our saddles are. So many make the assumption that just throw the saddle on and you're good to go. NOT TRUE! You need to understand that the saddle can be adjusted in 3 different ways to fit your comfort level and once adjusted properly you'll enjoy those longer rides once again! A properly adjusted bicycle saddle is better for your physical health (in affected areas of men and women) and enhances your enjoyment of the great outdoors.

For proper installation and adjustment we encourage you to have your local bike shop or professional mechanic install and adjust your new saddle.

**For installation and proper seat adjustments we have provided links in this manual to our TAC 9 YouTube videos.**



TAC 9 brand is proudly owned, registered and operated by a retired (20 years honorable) USAF member!

[www.TAC9.com](http://www.TAC9.com)  
[info@tac9.com](mailto:info@tac9.com)

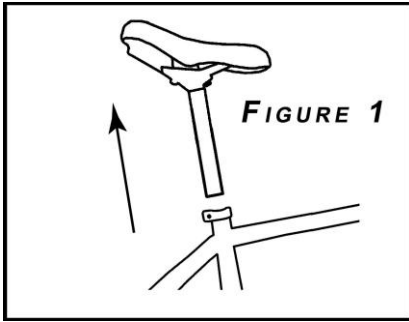


## Provided Tools



The tools provided with your TAC 9 saddle are the most common tools required for replacing or adjusting a bicycle saddle. All mounting hardware on bicycles are metric and require metric size tools.

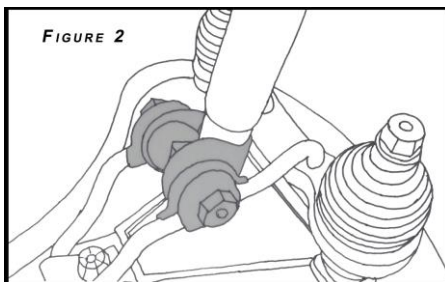
## Remove and Install



NOTE: Pay attention to how you remove your old saddle so you can install your new TAC 9 saddle. We strongly encourage you to watch our videos on saddle removal and installation. We've provided QR Codes to each or you can find them at [www.TAC9.com](http://www.TAC9.com). QR Codes require a barcode scanner app that uses the camera on your

phone.

1. (Figure 1) Loosen the hex key bolt, quick release or nut that tightens the seat post to the bike frame. A bike will have one of these types of fasteners. Remove old saddle with seat post from your bicycle. If your old saddle is secured to the seat post using a seat adapter (see figure 2) then loosen the nuts to remove the old saddle and seat adapter from the seat post. Set old saddle aside.



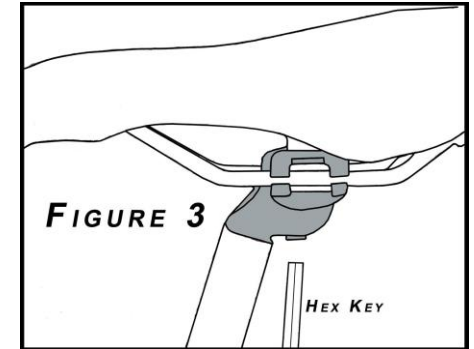
Your new TAC 9 saddle will come with the seat adapter already installed but is not yet adjusted. Notice the seat post is closest to the back of saddle.

Slide your new TAC 9 saddle onto the seat post. The nuts will be tightened during the section on "Saddle

Adjustment for Comfort".

## cont'd...Remove and Install

For a rail mount seat post (figure 3) the seat adapter is NOT used and needs to be removed from your new TAC9 saddle. To remove the seat adapter (see figure 2) take a nut off from one side of the seat adapter and then slide the shaft out from the opposite side. Remove the rest of the seat adapter assembly from the rails and set aside.



2. A rail mounting system uses an upper and lower clamp that is secured with a hex key bolt. See Figure 3. If you've never installed a seat on this type of seat post we strongly encourage you to watch our videos via the QR Code in this pamphlet or at [www.TAC9.com](http://www.TAC9.com).

Once your new TAC 9 saddle is installed on the seat post you will now re-install the seat post onto your bike to the approximate height when it was removed. Proceed to "Saddle Adjustment for Comfort" and follow instructions.

**VERY IMPORTANT:** A saddle can make or break whether you enjoy cycling or not. Adjustments are made for each individual. Proper saddle adjustment is important for your enjoyment of cycling as well as your physical health in the saddle region of your anatomy. Please read-on in these instructions for adjusting the 3 important parameters of a saddle. Your butt will appreciate it!

See next page for "Saddle Adjustment for Comfort".



QR Code to [www.TAC9.com](http://www.TAC9.com) videos.