



ISM Saddle Installation Instructions

ISM seats are optimally shaped, and different than traditional bike seats. Our patented, anatomical design is nose-less and features two independent front arms. This results in superior blood flow, no numbness, and unprecedented comfort and performance. These instructions intend to maintain your existing body position coordinates when installing an ISM seat for the first time.

- 1) Because ISM has eliminated the “nose” area, our saddles must be installed significantly further back than a traditional saddle – between 2 and 3 inches, or **5 to 8 centimeters further back**. If the seat feels too wide at the front, move it further back. Setback should be measured with a tape measure from the front of the seat to a static object such as the bike’s handlebar. In many cases, a 1cm change in setback can change an ISM from ‘too wide’ to ‘the best seat I’ve ever ridden’. We encourage you to bring a wrench on your first few rides to get it dialed in perfectly. It is not uncommon for riders to prefer a setback-style seatpost to achieve their proper position.



- 2) You also want to set your ISM **5mm** (1/4 inch) lower than your traditional seat, measured from the top of the seat to the ground, or center of the bottom bracket. Do not rely on markings or numbers printed on the seat post or saddle – these are not consistent between manufacturers, and not all seats are the same thickness from rail-to-top. Only objective measurements

with a tape measure will work. The reason for this lower height is that you ride slightly higher on ISM seats, by resting on your pubic rami bones and sit bones, rather than soft tissue areas. Lowering the seat maintains your original body position.

***NOTE:** For both the seat height and setback, our instructions are just a starting point. Due to the wide variety of seats on the market, some people may need to add or subtract from the setback or height. When in doubt, consult a professional bike fit specialist or give us a call.

- 3) Next, set the angle of the saddle. Most riders prefer ISM seats to be set up with the front arms parallel to the ground, or at a very slight downward angle (1 – 2 degrees). There is no right or wrong answer for all people, so feel free to make adjustments after your first few rides.

Common Questions

1. Is it okay to ride 100 miles on my first ISM test ride?
-We recommend keeping your first few rides short. Because you're resting your weight on a different area than a traditional seat, your body may not be immediately accustomed to it. Slowly ramping up your mileage will help to ensure a comfortable transition.
2. Can I modify the seat or zip-tie the front arms of the seat together?
-No. This will void the warranty of your ISM seat, and will also eliminate the key design elements that result in superior blood flow. If the seat feels too wide in front, it is likely positioned too far forward or too high. ISM seats do not have a 'nose' area, and must be positioned significantly further back than traditional saddles. The width of our seat is designed for your health, wellness, and comfort. When positioned correctly, it will feel great.
3. What if my ISM seat feels too firm or too soft?
-We make different models with different levels of cushioning for this very reason. Please visit our website for more information on the different ISM seats.
4. Where can I find more detailed setup instructions?
-We offer an in-depth FAQ section on our site, along with setup videos available at the following links:
Triathlon bike setup:
<http://ismseat.com/how-to-fit-racing>
Road bike setup:
<http://ismseat.com/how-to-fit-breakaway>
Mountain bike setup:
<http://ismseat.com/how-to-fit-peak>
Hybrid / Commuter setup:
<http://ismseat.com/how-to-fit-touring>