

User manual for CONTEC dropper post „Nara DropAir DLX“ and „Nara Drop“

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.

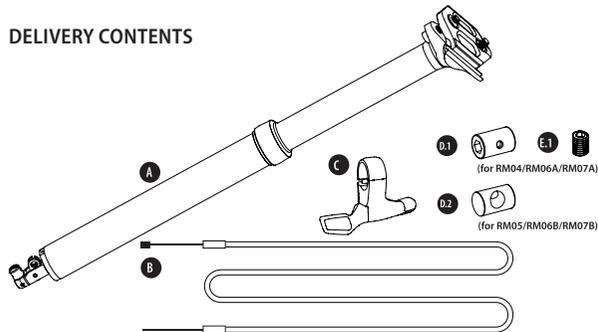
- Do not disassemble the seat post .
- Do not unscrew the upper protective cap of the seat post.
- Make sure that the protective cap is always firmly tightened.

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



- A Dropper post
- B Cable
- C Remote lever
- D Barrel nut
- E M4 Flat screw

TOOLS REQUIRED:



Allen key 2/3/4/5 mm



Cable cutter



Tape

ASSEMBLY:



WARNING!

Serious injuries might caused by improper 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: 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.

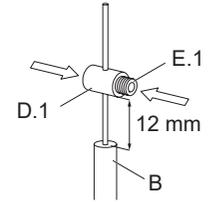
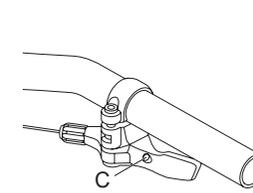
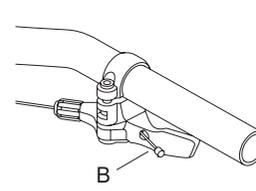
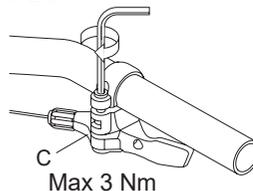
2 – Remote lever installation

- Mount the Remote lever (C) on the left side of the handlebar
- Tighten the lever with an Allen key (4 mm). (Max 3 Nm)

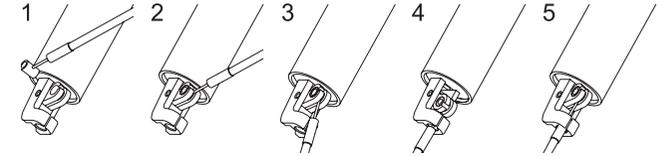
3-1 – Cable installation for RM04 / RM06A / RM07A

- Push the cable (B) through the threaded hole outside of the lever until to the end. The cable nipple should be fixed in the threaded hole on lever (C).
- Lay the outer cable through the frame without kinks.
- Slightly loosen the barrel adjuster (D.1) and the M4 flat screw (E.1).
- Insert the open side of the inner cable through the barrel nut. Correct position: 12 mm distance from the end of cable housing (B) to the center of the flat screw (E.1).
- Tighten the screw until the cable is firmly clamped.
- Cut off the excess length of the inner cable.

ASSEMBLY STEPS



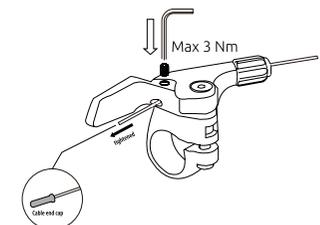
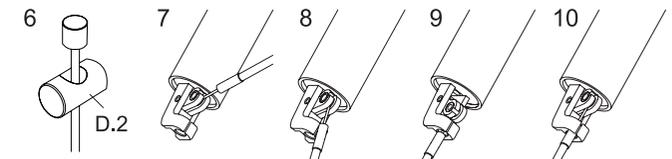
- Attach the barrel nut (1 to 2) into the slotted opening of the actuator lever.
- Pull the cable (3) down.
- Pull the outer cable down so far that the cable can slide into the actuator lever (4 to 5).



3-2 – Assemble instruction for RM04 / RM06B / RM07B

- Slide the cable (B) through the open side of the barrel nut (D.2) to the end. The nipple of the cable should be fixed in the barrel nut (D.2).
- Attache the barrel nut (D.2) into the slotted opening of the actuator lever.
- Pull the cable (B) down.
- Pull the cable down so far that the cable can slide into the actuator lever (6 to 10).
- Lay the outer cable through the frame without kinks.
- Slightly loosen the flat screw on the remote lever (C).
- Feed the cable through the lever's barrel adjuster until the end of the outer cable seat in the lever.
- Tighten the flat screw until the cable is firmly clamped.
- Cut off the excess length of the inner cable.
- Put the end cap on the cable end and tighten it lightly.

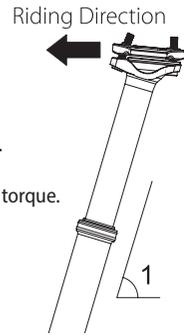
ASSEMBLY STEPS



4 – ASSEMBLE SEAT POST

The seat post is designed for a seat angle (1) from 70 ° to 73 °.

- 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.



ADJUSTMENT AND OPERATION

Adjust the saddle height

Lower the saddle

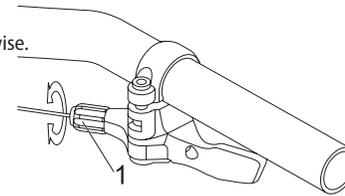
- Press the remote lever and put strongly on the saddle (with your hand or by sitting on it).
- Release the remote lever when the desired saddle height is reached.

Raise the saddle

- Press the remote lever to raise the saddle.
- Release the remote lever when the desired saddle height is reached.

If you have problems by saddle raising:

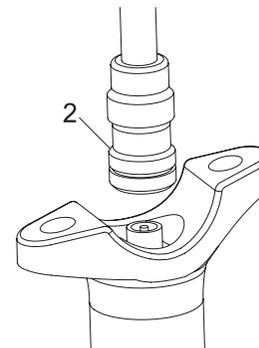
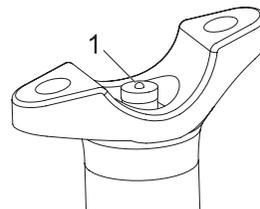
- Make sure that the cable is correctly tightened.
- Possibly, readjust the cable with the lever adjuster (1) on the remote control.
- Reduce sensitivity: turn clockwise.
- Increase sensitivity: turn counterclockwise.



Set air pressure (only for models with adjustable air valve)

Required tools:

- Allen key
- High pressure air pump
- Do not use a common traded bicycle pump for adjustment.
- Press the operating lever on the remote control until the seat post is fully extended and release.
- Disassemble the saddle. by loosen the clamping screws and remove the saddle from the clamp (see figure of "5 - Assemble the saddle").
- Remove the dust cap (1) from the valve.
- Connect the air pump (2). Follow the instructions of the air pump.
- Set the desired pressure. Do not exceed the maximum pressure (350 psi).
- Recommended operating pressure: 140 to 300 psi, depending on the weight of the rider (50 kg to 130 kg).
- Remove the air pump (2) and close the valve with the dust cap (1).
- Mount the saddle: see "5 - Mount the saddle"



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.

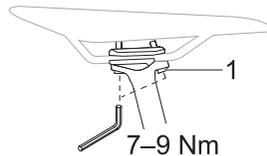
BEFORE RIDING

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.

5 - 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).



6 - Align the saddle

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