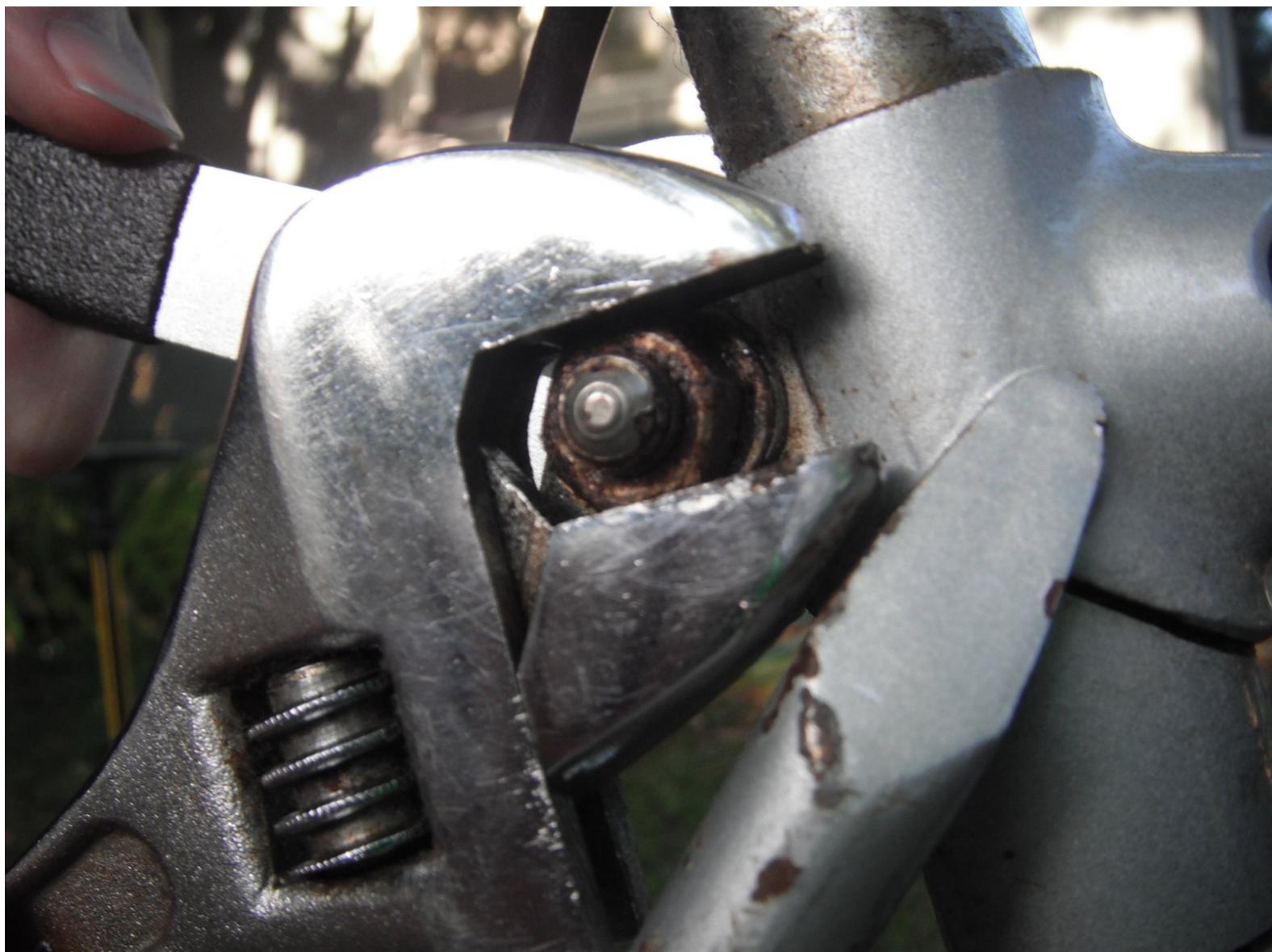




Adjusting Nishiki Aero II Seat

How to correctly adjust the seat on your road bike.

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INTRODUCTION

The purpose of this guide is to help you choose the correct height for the seat on your road bike.

Riding with your seat too low can make pedaling incredibly difficult, especially up any sort of hill. Thus, correctly adjusting your seat height is important.

TOOLS:

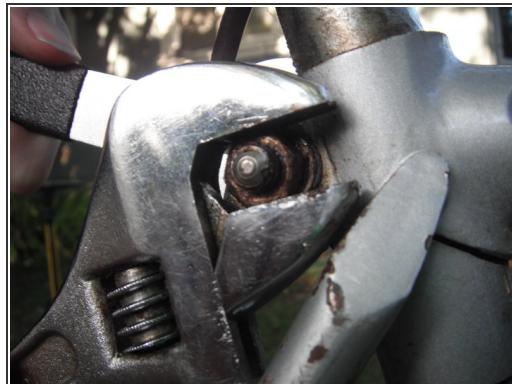
- [Smart Wrench \(1\)](#)

12mm

- [Smart Wrench \(1\)](#)

14mm

Step 1 — Adjusting Nishiki Aero II Seat



- Loosen the bolt that secures your seat.
- To do so, use one wrench to hold the larger nut on the left side of the bike still while you loosen the nut on the right.

Step 2



- Now that it can move, move the seat by wiggling it and pulling it in the direction you want to adjust it.
- *(i)* You want to the adjust the seat so that, when a pedal is at the far end of its rotation, your leg is fully extended.
- Don't worry about getting it perfect on the first try. Instead, guess your adjustment, tighten the bolt a little bit, try it out, and adjust again until you get it right.

Step 3



- Once your seat is at the desired height, you just tighten the bolt the same way you loosened it.
- Use two wrenches, one to hold it still and the other to tighten the nut.

⚠ Make sure it's very tight, or else the seat might twist or lower over time.

To reassemble your device, follow these instructions in reverse order.