# Flowtron Adjustable Seat Post Installation Instructions

**Published – Sep, 2022. ZS034R.v3 © Full Speed Ahead**

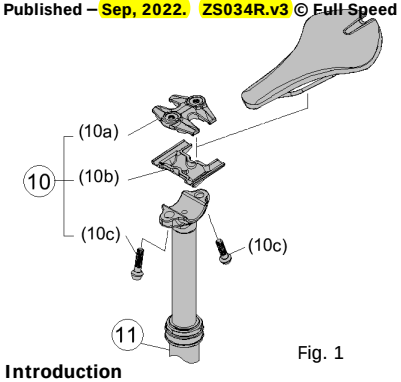


Fig. 1

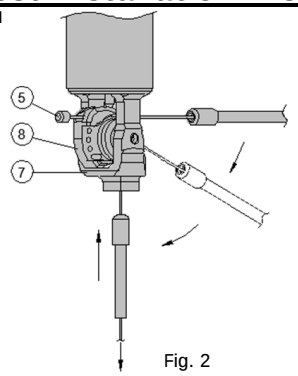


Fig. 2

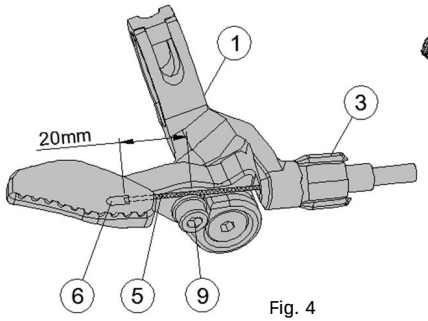


Fig. 4

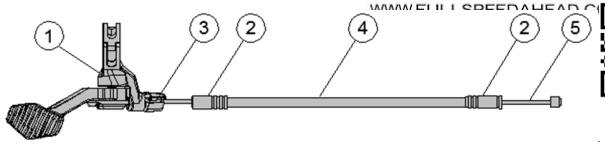


Fig. 3

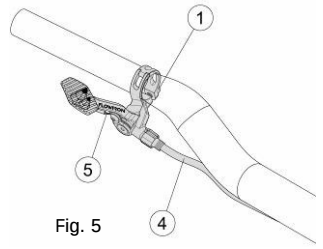


Fig. 5

## Introduction

Congratulations on your Full Speed Ahead product. Please read these instructions and follow them for correct use. Failure to follow the warnings and instructions could result in damage to product not covered under warranty, damage to bicycle; or cause an accident resulting in injury or death. Since specific tools and experience are necessary for proper installation, it is recommended that the product be installed by a qualified bicycle technician. FSA & Vision assumes no responsibility for damages or injury related to improperly installed components.

## Warranty

Full Speed Ahead (FSA) warrants all FSA, Vision and RPM products to be free from defects in materials or workmanship for a period of two years after original purchase unless otherwise stated in the full warranty policy. The warranty is non-transferable and valid to the original purchaser of the product only. Any attempt to modify the product in any way such as drilling, grinding, and painting will void the warranty. For more information on warranty policy and instructions for completing a warranty claim, check out the Full Warranty Policy found at our website: https://www.fullspeedahead.com/en/technology

## Specification

Model Name / Item Number **FSA Flowtron Adjustable seatpost (for flat bar mount) / SP-AM-591-ZSC**

## Check below before proceeding to installation

1. FSA Adjustable Seat Post must be used with frames with internal cable routing.
2. All bolts should have blue medium strength thread-locker applied.
3. Apply carbon assembly paste on inside of seat tube. Do not use grease.
4. Make sure the minimum insert line (MIN^INSERT) is below the top of seat tube.
   Failure to do so may result in damage to seatpost or frame and cause an unexpected failure resulting in an accident causing injury or death.

## Components

Follow the assembly order in the illustration:

| | | | |
|---|---|---|---|
| ① Remote Lever | Steel Cable | ⑨ Remote Clamp Bolt | (10c) Clamp Bolt x2 |
| ② Cable Ferrule x2 | ⑥ Cable End Cap | ⑩ SeatPost Head Assembly: | ⑪ Lower tube |
| ③ Barrel Adjuster | ⑦ Actuator | (10a) Upper Clamp x1 | |
| ④ Cable Housing | ⑧ Cam | (10b) Lower Clamp x1 | |

## Tools

| | | | |
|---|---|---|---|
| -3mm hex wrench | -5mm hex wrench | -Cable cutter | -Plier |

## Saddle Installation

1. Using 5mm hex wrench, loosen Clamp Bolts (10c). Install saddle rail between Upper Clamp (10a) and Lower Clamp (10b).
2. Adjust saddle's fore aft positioning and tighten the Clamp Bolts (10c) to finger tight.
3. Adjust saddle's tilt angle and tighten Clamp Bolt (10c) to torque 92-102kgf.cm / 9-10 Nm / 80-89 in.lbs Do not tighten over torque limit.

## Cable and seat post Installation

1. Install Remote lever ① on left side of handlebar. Use 3mm hex wrench tighten clamp bolt to 60 kgf.cm / 6 Nm / 53 in.lbs. (Fig. 5)
2. Feed Cable Housing ④ through bike frame and up and out the seatube. Install a housing ferrule on end.
3. Feed Steel cable ⑤ through Cam ⑧ and insert into ② housing ferrule and Cable housing ④. Seat housing ferrule into bottom of Actuator ⑦. Pull on cable end to remove cable slack. (Fig. 2)
4. Install Seatpost ⑪ into frame at approximately the correct max saddle height. Turn handlebars 90 degrees and mark where to cut housing. Correct length is when the housing is tight but not binding in this position (you may want extra length for saddle height adjustment). (Fig. 1)
5. Remove seatpost from frame pulling excess cable into housing to allow for cutting the end of the housing.
6. Cut Cable Housing ④ at mark and install housing ferrule on end.
7. Seat housing ferrule into Actuator ⑦ and reinstall cable. (Fig. 2)
8. Insert seat post ⑪ into frame. Note: Seat post must be inserted to minimum depth or farther. (Fig. 1)
9. Tighten seat collar to manufacturer's recommendation. Note: Tightening seat collar over 70 kgf.cm / 7 Nm / 62 in.lbs. may prevent smooth seatpost motion.
10. Slide Cable ⑤ into remote lever Barrel adjuster ③. Use 3mm hex wrench to loosen Remote clamp bolt ⑨. (Fig. 4)
11. Install Cable ⑤ under Remote clamp bolt ⑨. Use 3mm hex wrench to tighten Remote clamp bolt ⑨ to 15 kgf.cm / 1.5 Nm / 13 in.lbs. (Fig.4)
12. Check that cable housing is completely seated in Barrel Adjuster ③ at remote. (Fig. 4)
13. Cut cable leaving 20mm of cable past Remote clamp bolt ⑨. (Fig. 4)
14. Install Cable end cap ⑥ and bend cable end into cable holder. (Fig. 4)
15. Use Barrel adjuster ③ to adjust cable tension so that remote lever has no free play. (Fig. 4)

**Installation of Seatpost to frame**

1. Using incorrect diameter will result in damage of the seatpost and frame.
2. Ensure the seat tube is clean and free of any burrs or sharp edges before proceeding. Sharp edge can scratch the seatpost causing the seatpost to crack or break unexpectedly which can result in an accident, damage to bicycle, injury, or death.
3. Apply a light layer of Carbon Assembly. Paste onto the Lower tube ⑪ of Seatpost and inside the seat tube. Do not use a twisting motion to insert or remove the seatpost.
4. Insert the seatpost into the seat tube to desired height before tightening the seat collar.

⚠ WARNING Ensure the minimum insertion length indication on the Seatpost Shaft (MIN^INSERT) is below the top.

⚠ WARNING Never tighten seat binder over torque may cause seatpost damage or crack which can result in an accident, damage to bicycle, injury, or death.

⚠ WARNING In the event of an accident do not ride the bicycle until the seatpost has been inspected by an experienced mechanic. If damaged, the seatpost should not be used any further and replaced. Never attempt to repair damaged seatpost, it must be replaced. All damaged parts should be replaced by an experienced mechanic before riding. Continue to ride the damage seatpost may cause loose of control bicycle and may result in injury or death.

**Maintenance Schedule**

Check seatpost for straightness, cracks, cuts, grooves or damages after each ride. Discontinue riding and replace cracked seatpost.
It is the responsibility of the product user to periodically self-inspect the product to determine if it requires repair or replacement. Riders should also regularly self-inspect bicycles and parts to detect possible wear and tear or damage for normal use or misuse.
Before each ride, check all components for damage and wear. Check periodically that all screws are tightened. Do not over tighten. Lubricate screws regularly.

| **Clean debris from seat post** | **Every ride** |
|---|---|
| Lubricate wiper seal | Every month |
| Clean and lubricate cable under seat post and remote | Every month |
| Replace cable and housing | Every 6 months dry / 3 months wet conditions |
| Full service (Seal kit EL372 for φ27.2 EL373 forφ30.9 & 31.6 ) | 1 year or 100 hours |
| Replace brass keys (In Seal kit EL372 for φ27.2 EL373 forφ30.9 & 31.6) | As needed (determined by saddle side play) |

**Contact**

If you have questions, please visit our web site technical section: https://www.fullspeedahead.com/en/support or contact:

Full Speed Ahead, USA
12212 Cyrus Way Mukilteo, WA 98275-5702
Tel: 1_425_488_8653 Fax: 1_425_489_1082

Full Speed Ahead, Europe
Via Del Lavoro, 56 20874 Busnago, Milan, Italy
Tel: +39_039_688_5265 Fax: +39_039_682_3336

TH INDUSTRIES / FSA Asia
NO.6, Wu-gong 8th Rd., Wufeng Dist., Taichung City 41353, Taiwan（R.O.C.）
Tel: +886_4_2331_9134 Fax: +886_4_2331_9314

Notes: Specifications of product may be changed or improved for performance. Please refer to website periodically for technical updates and revised instructions. Printed in Taiwan.