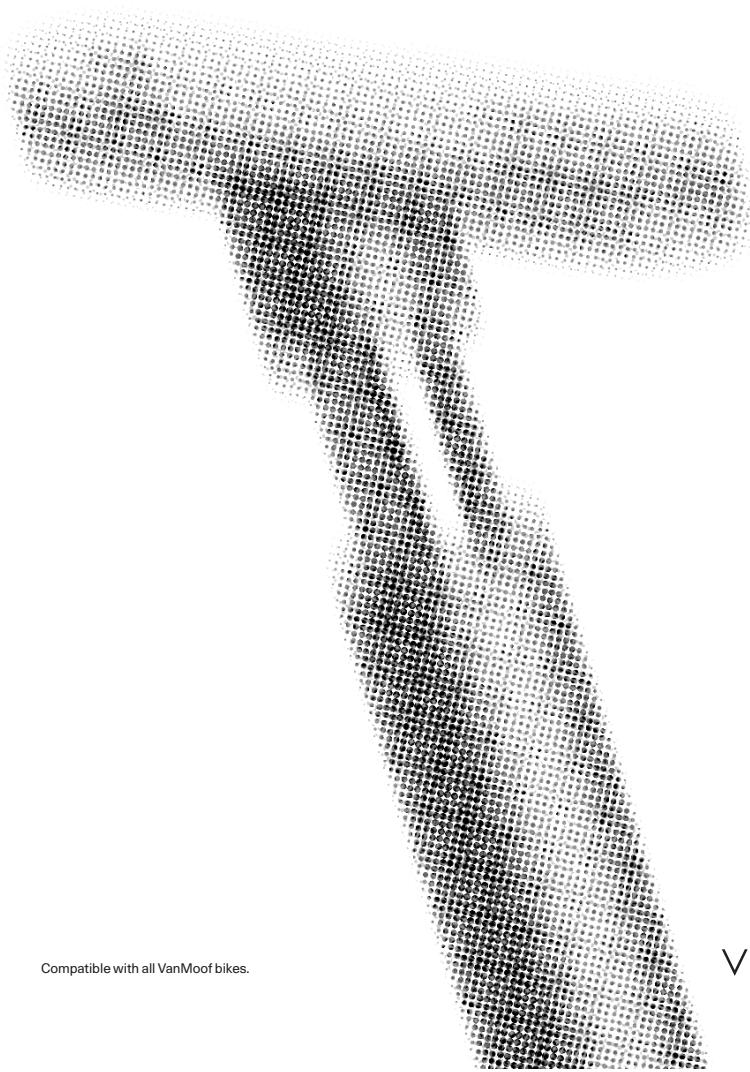


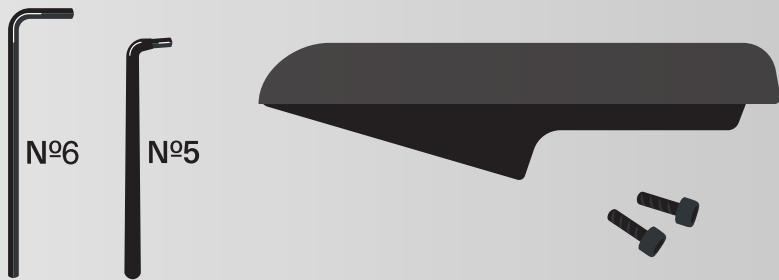
# User Manual

For Suspension Seatpost



Compatible with all VanMoof bikes.

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↑ Tools & parts you'll need :

- Allen key N°5 + Allen key N°6 (included in your bike's toolbox)
- VanMoof Saddle (found on your bike or sold separately)
- 2x M6x1.0 screws (found on your bike's saddle or sold separately)

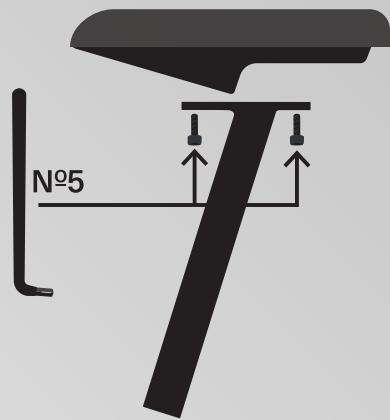
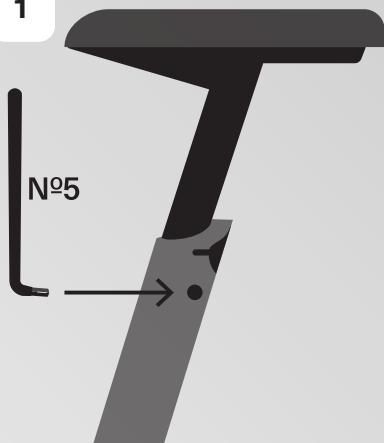
**Light Spring**  
For riders under 75kg.  
Included in the box.  
(Silver, Ø3.5mm)

**Default Spring**  
For riders 75kg & over.  
Preinstalled in seatpost.  
(Dark, Ø3.8mm)



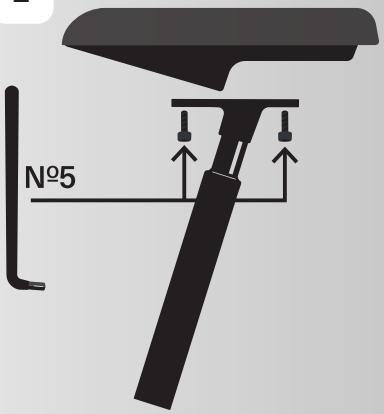
↑ Your kit comes with 2 springs. The default spring is already inside of the suspension seatpost. The light spring is the one you can see in the box, it is silver in colour.

1



↑ Remove your standard seatpost from your bike using Allen key Nº5. Then remove the saddle from the standard seatpost by unscrewing the two screws.

2



Optional:  
If you weigh under  
75kg, go to step 3.

If you're 75kg  
and over, skip to step 5.

↑ Assemble the suspension seatpost onto the saddle. Securely tighten the screws.

### 3 (optional)

Screw

Nº6

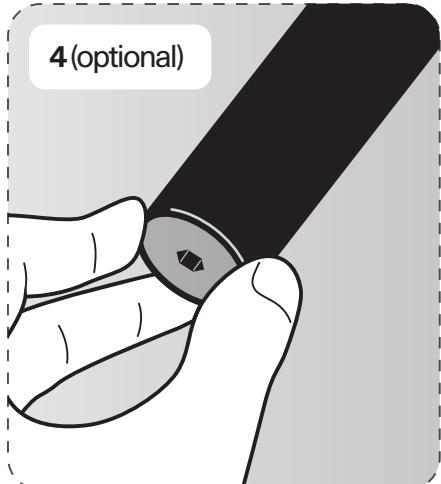
Dampers

Seatpost



- ↑ Remove the screw underneath the seatpost with Allen key Nº5. Then remove both dampers and replace the default spring with the light spring (taper side up). Reinstall in reverse order.

### 4 (optional)

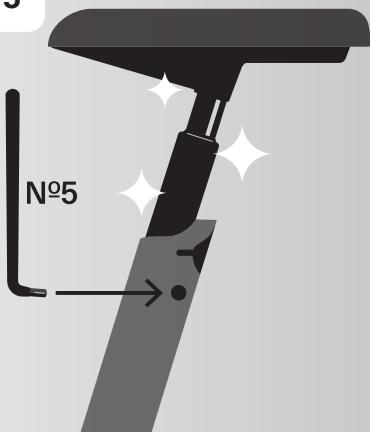


- ↑ Hand-tighten the screw, then secure it with the Allen key. The flat side of the screw faces outward.



- ↑ Make sure the threads on the preload screw are not visible.

5



↑ Install the suspension seatpost on your bike and securely tighten the screw.

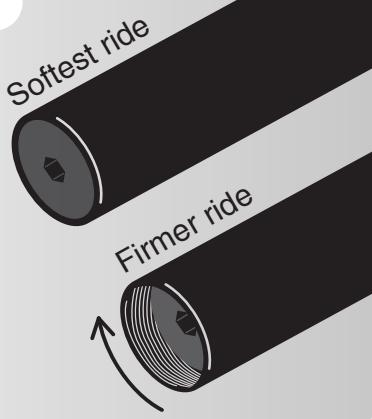


Be careful not to insert the seatpost too low or too high.

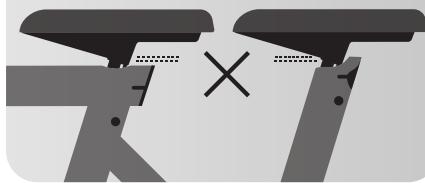


↑ Too high: If you can see the white lines.

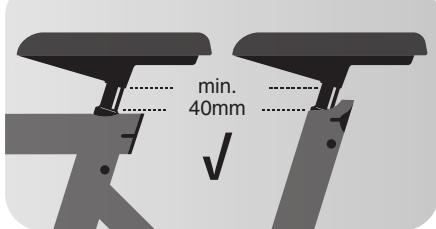
i



↑ Riding comfort is personal, so if you feel the ride is too soft or firm, you can always fine-tune the spring tension.



↑ Too low: If you can't see the shiny piston.



↑ Just right: If there's 40mm clearance between the saddle and the frame.

Specifications:

- Coil spring with elastomer dampers.
- Adjustable spring tension.
- Includes 2 springs (default and light).
- 34mm diameter seatpost.
- This suspension seatpost is compatible with all VanMoof bikes.
- This product increases the minimum saddle height by 40mm.
- A VanMoof Saddle is required to assemble this product.
- If you don't already own a VanMoof Saddle, you will need to purchase extra screws (M6x1.0 - 15mm) to assemble the Saddle to the Suspension Seatpost.



### IMPORTANT SAFETY INSTRUCTIONS

1. **WARNING:** Improper installation can result in accidents or injuries.
2. **WARNING:** Do not unscrew the upper protective cap of the seatpost.
3. **WARNING:** The suspension seatpost is not compatible with rear-mounted child seats.
4. **WARNING:** Do not attach your bike to a car bike rack that fixes the bike by the saddle or seatpost.
5. **WARNING:** Ensure all screws are properly torqued (10Nm).
6. **WARNING:** All threads of the preload screw must be fully engaged.
7. **WARNING:** The maximum rider weight for the suspension seatpost is 100 kg.
8. **WARNING:** If your suspension seatpost is damaged, stop using it immediately.
9. **WARNING:** Do not replace defective parts yourself.
10. **WARNING:** Repairs and assembly should only be carried out by a qualified bicycle mechanic.
11. **WARNING:** Do not modify or tamper with the suspension seatpost.
12. **WARNING:** The VanMoof Suspension Seatpost is designed for use on VanMoof bikes only.
13. **WARNING:** Ensure the suspension seatpost is correctly mounted and cannot rotate inside the frame.
14. **WARNING:** Adequate clearance is required between the saddle and the frame to avoid damage or injury.
15. **WARNING:** The suspension seatpost contains grease for lubricating moving parts.
16. **WARNING:** There is a break in period for the spring. It may take a few weeks of riding for the spring to settle in.
17. **WARNING:** Clean and reapply suitable grease to the suspension seatpost at least every six months.
18. **WARNING:** Movement (tolerance) in the suspension seatpost is normal and essential for its function.
19. **WARNING:** Go to <https://www.vanmoof.com/terms-and-conditions> to view our Terms and Conditions.

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