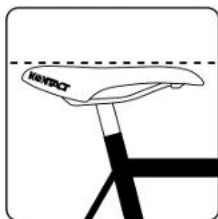


# How do I set up the Kontakt saddle?

The Kontakt saddle is designed to be aligned level with the ground from the nose to the rear of the saddle. (I suggest using an actual level to measure.) Some people prefer a slight downward tilt to the nose of 1-2 degrees, although it is recommended to begin with a perfectly level saddle orientation.

The fore/aft position should be such that the rider can remain over the widest rear support surface while riding. Some people use the knee over pedal spindle (KOPS) technique to align the rider, however, it doesn't really matter as long as the rider is able to remain over the wide rear support surface. The saddle should be pointed forward and not rotated to the side.



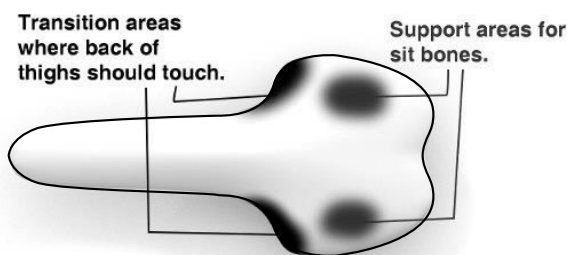
Level the saddle front to rear



Adjust seat height to allow for slight bend in knee while sitting over rear of seat

# How should I be sitting on the saddle?

Slide back far enough that the inside of your thighs brush the transition area (where the nose of the seat contacts the rear support surface). Your sit bones should rest on the wide rear support surface. You should not have to rest any weight on the nose section of the seat – lower the saddle nose as necessary to remove any pressure so your weight is on the sit bones, solely. The nose is there purely to aid in positioning and control.



# Return Information

All Kontakt saddles purchased directly from Kontaktbike.com have a 30 day refund period. We realize that no saddle can make everyone happy, so if your Kontakt saddle does not fit you, please return the saddle in good condition in the original box with a copy of your invoice.

You will be refunded your purchase price, less any shipping costs. We do not accept returns on crashed or otherwise abused products.