



## MERIDA DROPPER SEATPOST INTERNAL CABLE ROUTING

ASSEMBLY AND USER GUIDE



EN

### INTRODUCTION

MERIDA Dropper Post in ICR (Internal Cable Routing) version, providing riders with a way to adjust saddle height without tools. Freely and easily positioning your saddle height according to the terrain you meet. The remote lever & MICRO adjustment offer quick and safe seat position applied with reliable and robust technology. Unique, elegant and an easy to assemble head design.

Please read through these instructions thoroughly and carefully before installing and operating the seatpost and always keep this manual for your further reference.

### PACKAGE CONTENT



- 1 Dropper seatpost (sample image)
- 2 Cable housing
- 3 Cable
- 4 Clamp lever
- 5 Rotary ferrules
- 6 Nut and screw set
- 7 Cable end cap
- 8 Shifter lever (optional)

### INSTALLATION

- Ensure the post outer diameter conforms to the inner diameter of the seat tube of your frame.
- Please plan the cable routing on the bike first and make sure the length of cable and cable housing you need.
- You need a suitable frame with a 8mm hole to allow the inner cable to run through.
- Install your saddle on the clamp head with 5 mm hex wrench to tighten at a torque of 8-10 Nm.
- Insert the post into the frame and make sure the post's minimum length should be inserted into bike frame, tighten the seatclamp according to manufacturer's recommended torque and maximum torque of 7 Nm.
- When adjusting the seat height and moving the seat post within the seat tube, make sure the cable housing and the cable itself are not pinched. Permanent tension on the cable will cause the seat post to failure.



MERIDA INDUSTRY CO., LTD.  
P.O. Box 56  
Yuanlin Taiwan R.O.C.  
Phone: +886-4-8526171  
Fax: +886-4-8527881

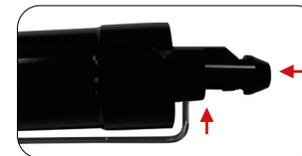


1. The dropper post uses internal cable routing end is designed to be compatible with bicycle frames that provide for such cable routing.

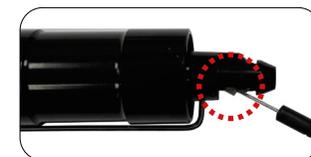
### DO NOT DRILL OR MODIFY YOUR FRAME IN ANY WAY.

Doing so will void the Warranty. Modification of your frame in any way may result in frame failure which could result in injury or death.

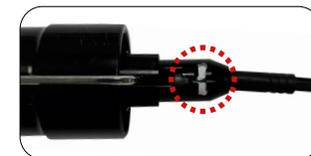
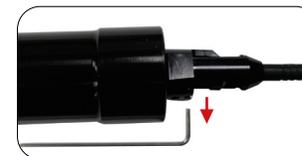
2. Run cable through the hole in your frame.



3. Press the bottom actuator and use a 2mm allen key to insert to the hole to hold it.



4. Fix the cable stopper to the bottom actuator as shown below and release the allen key.



- According to your lever options, please follow the instruction below for Standard, Shifter and FL Multi position shifter lever assembly.

### • Standard lever assembly:



5. Run the cable through the rotary ferrules to the lever.



6. Put the nut into the lever with screw set at the left side of lever.

⚠ The nut should be positioned on the curve part of the center blade.



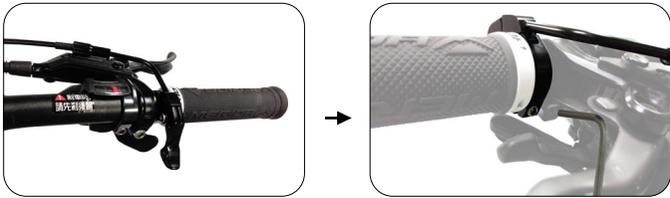
7. Pull the cable until it is tight and fix the screw with 2mm allen key.



8. Push the lever for 5-10 times to eliminate possible cable loose.

9. Loosen the screw and pull the cable once again until it is tight, fix the screw with 2 mm allen key.

10. Slide the cable into the guide under the lever, cut the cable in appropriate length and fix the cable end.



11. Use 3mm hex allen key to fix the clamp lever on the handlebar. Note: If the clamp size is 31.8 mm, it is meant to be fixed at the bar bore area of Road bar.

**• Shifter lever assembly:**

Follow step 6 without the rotary ferrule till step 11 to fix the cable end cap under the lever.



Install lever only at the left handlebar side (rider's left hand). Use 3 mm hex allen key to fix the clamp lever onto handlebar.

**• FL Multi position shifter lever assembly:**

Follow step 6 to 11 and fix the cable with a small screw as showed below left picture. Install lever at the left handlebar side (rider's left hand). Use 3 mm hex allen key to fix the clamp onto handlebar.

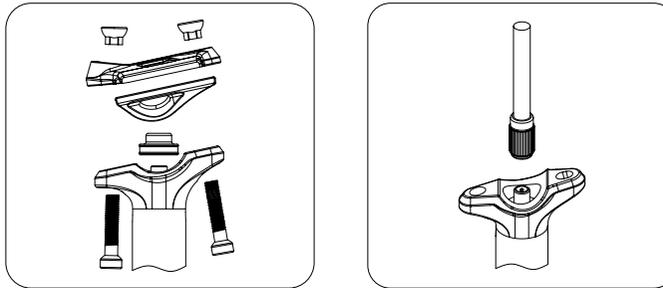


• FL Multi position shifter with I-Spec II mount:  
Follow step 6 to 11 and fix the cable with a small screw as showed below left picture. Loosen the brake clamp, slot the mount inside the clamp and tighten back to fix the lever.



• Adjusting the return speed: (if available)  
MERIDA Dropper Posts are all preset with the suitable air pressure for optimal return speed, however air pressure check is required and adjustment could be made from time to time. Please note that you will need a high pressure pump to perform the following operations.

In case to adjust the air pressure:



1. Disassemble all of the clamps from the top head of the post.

2. Use a compatible shock pump and adjust to your desired pressure.

**⚠ WARNING**

Recommended operating pressures is 280-300 psi.

• Adjusting suspension stiffness: (if available)

In the case of suspension dropper model post, the suspension stiffness is adjustable based on your preference through the valve as shown below picture. The recommended adjustable range is from 200-300 psi.

Based on different rider's weight, the recommended pressure (suspension stiffness) can refer to right chart. However you can adjust it according to your preference within 200-300 psi.

**OPERATION**

**To lower seat post** – Press and hold the lever, un-weight seat and then push down or sit on the saddle to the desired height and then release the lever immediately.

**To raise seat post** – Remove weight from the saddle and press and hold the lever until the desired height is achieved. Release the lever.

**Notes:**

If the seat post is lifted while in the lowered position, the inner tube will extend from outer tube. This is normal and it will return to proper position once weight is applied to the saddle. Picking up the bike by the saddle can also cause a temporary, spongy feel.

**⚠ WARNING**

Do not attempt aggressive riding until you are totally familiar with the operation and function of the seat post. Note: You will become familiar with this simple procedure quickly with practice.

**MAINTENANCE**

Routine maintenance of the post will provide years of trouble-free performance. Before every ride: clean the exposed part of the post with a cloth.

**⚠ WARNING**

- Incorrect sizing interface can result in the post slippage or failure, causing serious personal injury or death.
- Press the lever downward when post is in the down position will cause it to rise up quickly. Do not operate until the saddle is installed on the seat post and the post installed on the bike. Always make sure nothing is in the way of post as it goes from DOWN to UP position. This can cause serious injury.
- Do not adjust the height of the post while riding, as it may result in loss of control.
- Keep away mud and water. When storing for extended periods, keep post in the UP position.
- Do not disassemble or cut the seat post, this could cause severe personal injury and void of warranty.

• Do not loosen the main cap. Ensure the main cap is fully tightened at all the time.

- Always use lower torque recommendation by the manufacturer when installing this seat post.
- If you are not an experienced bicycle mechanic, or do not have the correct tools for this installation, please take the seat post with instructions to your local bike shop and let them handle the installation.



**WARRANTY**

The statutory warranty applies for the first two years. In addition to this, we provide a two-year manufacturer's guarantee on all MERIDA parts (to the original purchaser, from the date of purchase). This regulation only applies to states that have ratified the EU directive. The components are subject to natural wear, depending on use and external conditions. In case of defects, please contact your MERIDA dealer. In the event of a warranty claim, MERIDA & CENTURION Germany GmbH reserves the right to supply the current successor model in the available colorway should the respective higher quality model be unavailable.

Assembly and/or modification costs as well as any accessories (resulting from modified dimensions) are not reimbursed in the event of a warranty claim. The manufacturer's warranty is only valid for the original purchaser upon presentation of the customer's proof of purchase, which must show the purchase date, dealer's address, and model number.

Proper usage is a prerequisite for the warranty. The warranty does not cover labor and transportation costs, or subsequent costs caused by defects. Competition use in the scope of road or triathlon racing as well as the MTB parts of cross-country races are covered by the warranty. The warranty becomes void if damage is caused by jumping or overstressing of any other kind as well as the visible consequences of falls. Damage due to wear and tear, neglect, falling, overstressing due to overloading, improper assembly and handling, and modification of components are excluded.

In the interest of a long service life and the durability of the components, the manufacturer's assembly instructions and the prescribed maintenance intervals must be strictly observed. Failure to observe the assembly instructions and inspection intervals will void the warranty.



Rider's weight	Recommended pressure
50-75 kgs	200-230 psi
75-100 kgs	230-260 psi
100-125 kgs	260-300 psi