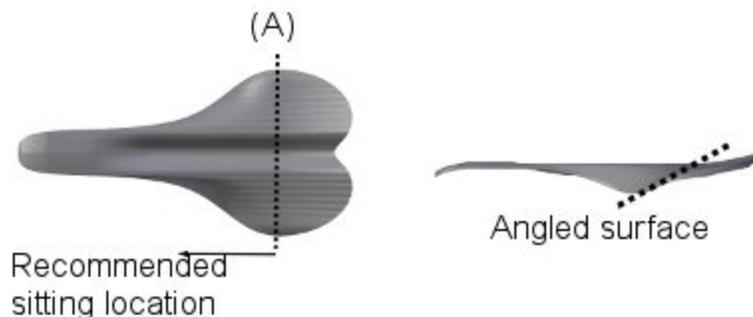


Guidelines on Meld Saddle Installation & Usage

Saddle fore/aft positioning



1. Start with a horizontal saddle. Note that if the saddle has a sloped rear, it is the mid-section that should be horizontal (a), not the entire length of the saddle (b).



2. The recommended sitting region begins around its widest section (A) and extends forward.
3. You should feel your sitbones supporting your weight when upright on the handlebar tops.
4. You should not feel the front edges of the saddle wings pressing into the back of your legs. If so, you are sitting too far back.
5. A suggested sitting location for initial fore/aft adjustment while on the tops is the angled surface slightly in front of (A). When not pedaling, you should be tipping forward slightly, requiring only minimal effort with your arms to stay in place. Exerting force during each pedal stroke should allow you to stay in place without any pressure on your arms.
6. When making fore/aft adjustments, move the saddle in increments of at most $\frac{1}{8}$ " (3 mm) at a time before testing again.

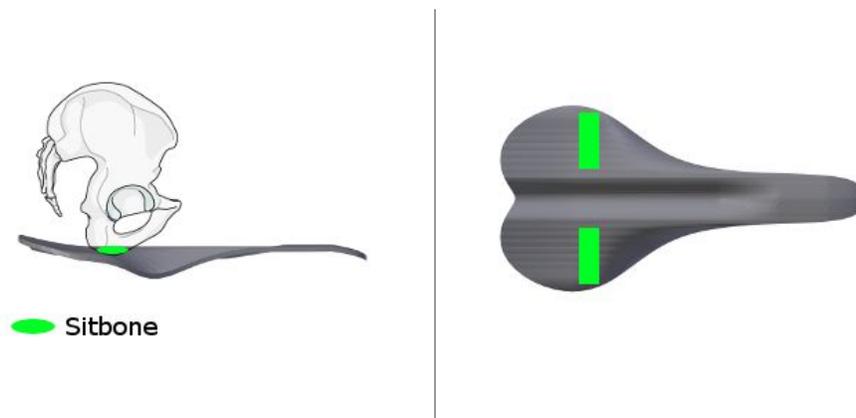
Saddle tilt

1. Saddle tilt should be adjusted after fore/aft adjustments.
2. The saddle should never be tilted upwards.
3. Saddle nose can be tilted downwards to compensate for backward sliding during normal pedaling on flat terrain. It should not be tilted to reduce perineum pressure: a channel or cutout should be used instead.
4. Excessive saddle tilt downwards should be avoided: this results in the body tipping forward more, placing more weight on the arms and potentially causing numbness in the hands.

Primary sitting positions

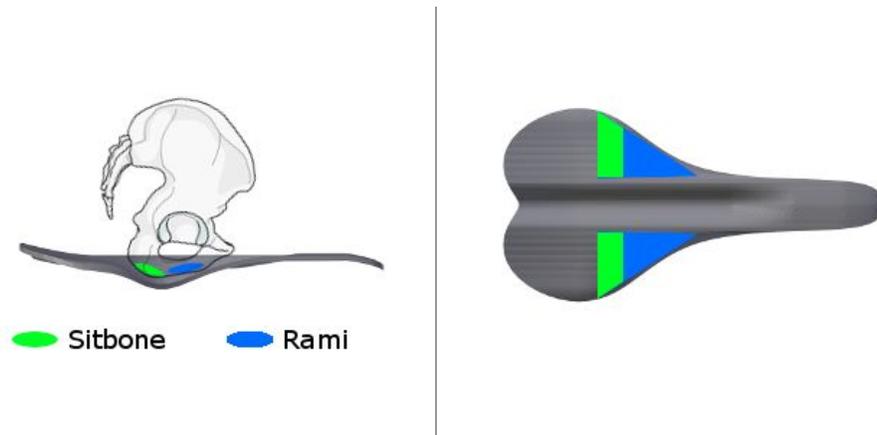
There are three representative, suggested sitting positions: upright, rotated-forward, and on-the-nose. The saddle supports a continuous range of positions with 'upright' at the rear and 'on-the-nose' at the front of the saddle, and you can rotate your hips to various extents in-between.

Upright



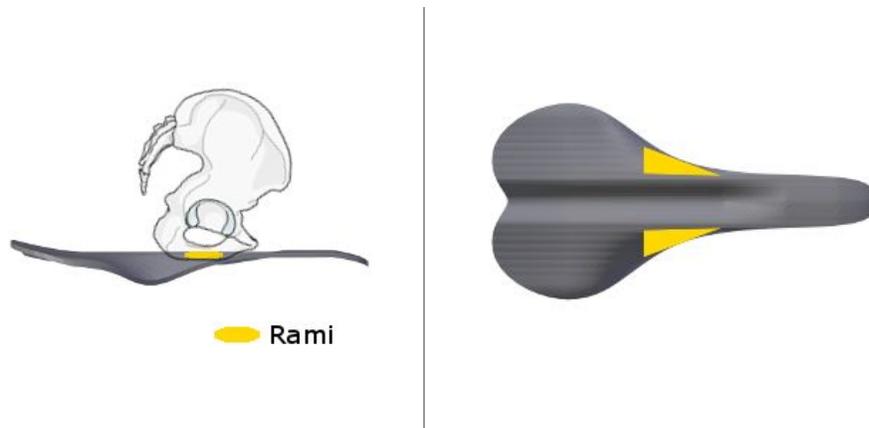
The upright position is suitable for initial saddle setup and climbing with hands on handlebar tops. Weight should noticeably be on the sitbones.

Rotated-forward



Having the hips rotated forward (to various extents) is suitable when riding on flat terrain, in the drops or on the hoods with elbows bent. Both the sitbone and rami are in contact with the saddle. This is the most comfortable position due to the contact/pressure distribution area being the largest. There should be minimal weight placed on the arms when pedaling.

On-the-nose



The most aggressive riding position is in a time-trial position with all weight placed on the rami. There would be little or no pressure on the sitbones as the hips are rotated even more forward. Furthermore, pressure should be placed on the bony part of the pelvis (rami), not the perineum.

Let us know if you have any questions/feedback/comments at info@meld3d.com.