

Saddle Adjustment Advice

Saddle height

Standard saddle



SQLab Step saddle

1.5 – 3 cm higher sitting position



SQLab ERGOWAVE®

0.5 – 1 cm higher sitting position



Please note: Due to the special design SQLab saddles are built up a little higher at the back of the saddle.

MTB and Road Step saddle: 1.5 – 2 cm

Trekking- and City Step saddle: 2 – 3 cm

ERGOWAVE® Models: 0.5 – 1 cm

Saddle slope

recommended inclination



comfort inclination



Begin by positioning the saddle nose horizontally or pointing slightly upward. The nose can be sloped slightly upwards for increased comfort.

Saddle fore & aft positioning

Standard saddle

Sitting position



SQLab Step saddle

Sitting position



SQLab ERGOWAVE®

Sitting position



We recommend to mount SQLab saddles slightly forward in the seatpost clamp compared to conventional saddles. Proper fore & aft positioning is critical to make sure the sit bones on step saddles are positioned on the rear, wide area. ERGOWAVE® models should be positioned a few mm forward of that point so the rear curvature cradles the rear of your sit bones.

Saddle clamp



The saddle must never be pushed completely back or completely forward in the saddle clamp as increased leverage can damage the saddle rails. Please observe the specified torque setting provided by the seat-post manufacturer. In addition, the clamping area should be at least 35 mm long. Important: Carbon rails saddles must have seatpost clamp suitable for ovalized seat rails. This means that the rails should completely fit in the groove of the clamp.