

XR Seatpost Retrofit Kit

Included Parts

- 1x XR Right Lower Link
- 1x XR Left Lower Link
- 1x 60mm Preload bolt
- 1x XR Lower Spring Guide Bushing
- 1x Lower Spring Adapter
- 1x 1.5" Purple Striped Spring
- 1x 1.5" Black Striped Spring
- 1x 2" Yellow Striped Spring
- 1x 2" Red Striped Spring

| XR | Spring Combination | | Rider Weight (lbs.) | |
|----|--------------------|--------|---------------------|---------|
| | Upper | Lower | Road/Gravel | E-bike |
| | Purple | White | 80-150 | 100-150 |
| | Black | White | 150-180 | 150-180 |
| | Purple | Yellow | 180-220 | 170-210 |
| | Black | Yellow | 200-240 | 190-230 |
| | Purple | Red | 240-280 | 220-260 |
| | Black | Red | 270-320 | 250-320 |

Required Tools

- 3mm hex key
- 4mm hex key
- Torque wrench (recommended)

Assembly Guide

1. Remove preload bolt (H), lower side link screws (A & B), lower spring guide bushing (G), lower spring (F), and side links (C & D). Note: The XR retrofit kit will replace all these parts EXCEPT the side link screws.
2. Refer to spring guide chart for recommended springs based on weight and application.
3. Install appropriate upper spring. If converting a Large seatpost, remove white nylon spacer and do not use orange striped upper spring.
4. Install Lower Spring adapter (E). Top with 2" lower spring (F) and XR lower spring guide bushing (G) and then lightly thread in the 60mm preload bolt (H). Put XR right lower link (D) and XR left lower link (C) into place and affix by inserting side link screws (A & B). Tighten side link screws until snug (2.4Nm).
5. Adjust preload bolt to desired tension. We recommend starting at setting 1.

