

MEDICALLY RECOMMENDED

Ordinary bike seats put extremely harmful pressure on sensitive parts of the body. But bike lovers don't have to abandon cycling altogether. Many doctors suggest riders use a bike with a nose-less seat that allows riders to bear their weight on their sit bones, just as they do when sitting straight on a chair.

"Every day I'll see two or three people, men and women, with bicycle-related problems," says Boston urologist Irwin Goldstein.

BENEFITS

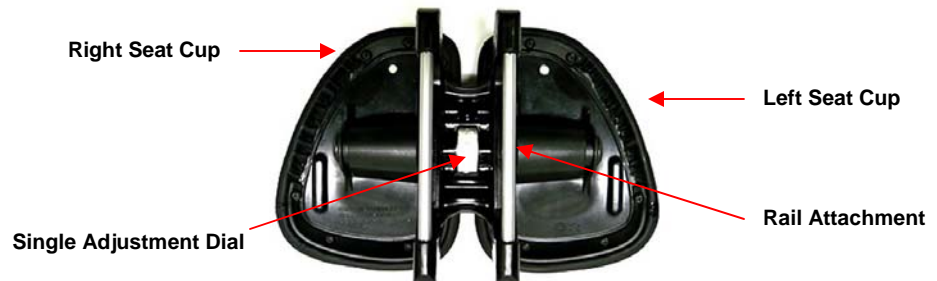
- No center horn which removes pressure on the perineal area
- A very stable and comfortable ride
- Strong nylon / glass base
- One dial synchronized seat pad adjustment
- Longer rails



covers available online!

EASYSEAT II® INSTRUCTIONS

Your new **EASYSEAT II** has a unique design and requires some break-in time to adapt to your anatomy. We suggest that you make several adjustments and take three or four long rides to assure that you have maximum comfort. The **EASYSEAT II** is medically approved and eliminates pressure on vital arteries.



INSTALLATION

Most bicycles have a single seat clamp or a seat clamp built into the seat-post. Refer to the 'Post Clamp Installation' for further instructions. Inexpensive seat clamps are available at most bicycle stores, or you can request a clamp from us free of charge. Most seat clamps are 7/8" diameter.

POST CLAMP INSTALLATION

1. Remove one nut from the long bolt and move the adjusting plates away from the post clamp slightly on both sides of the clamp.
2. Place the seat rails (the single wires attached to the undercarriage of the seat) between each adjusting plate and post clamp.
3. Return the nut and tighten; securing the seat rails between the adjusting plate and the seat clamp.
4. Once you get an idea of how the seat looks secured to your seat post, you can make the necessary adjustments for your riding requirements.

WIDTH ADJUSTMENT

Simply roll the dial in the middle of your seat to adjust the amount of space between the seat pads. This is done most effectively by using your thumb on top of the dial and placing your index finger on the bottom of the dial.

ANGLE ADJUSTMENT

The seat comfort range varies with each person. However, placing the seat angle too far back causes too much pressure on the hamstring muscle while angling the seat too far forward will cause you to slide off the seat.

LIMITED WARRANTY

The **EASYSEAT II** has a 30 day warranty against improper workmanship or defective materials.

www.HobsonSeats.com

"Healthy Cycling Without the Pain"

If you have any questions, contact us anytime.

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