

ISM™ Adamo Racing/Road Saddle

Dear Consumer

Thank you for purchasing the *ISM™ Adamo Racing/Road Saddle*. We trust you will be fully satisfied with this revolutionary new design, allowing for comfortable and safe cycling without producing numbness long associated with many other bike seats. Following are some helpful tips for securing the saddle to your bicycle, and adjusting the saddle for optimum comfort.

Important Note: *The key to obtaining good comfort is in the setup of this saddle. Due to the radically different design from conventional seats, you may need to adjust both the ‘fore-and-aft’ position of the seat, and the ‘tilt-angle’ of the seat quite significantly from your previous standard seat setup. Please have some patience, and do not be afraid to tweak your settings over several rides, as the most comfortable position for you may not become apparent by just sitting in a stationary position on the bike! Make sure all nuts and bolts are tight and safely secured.*

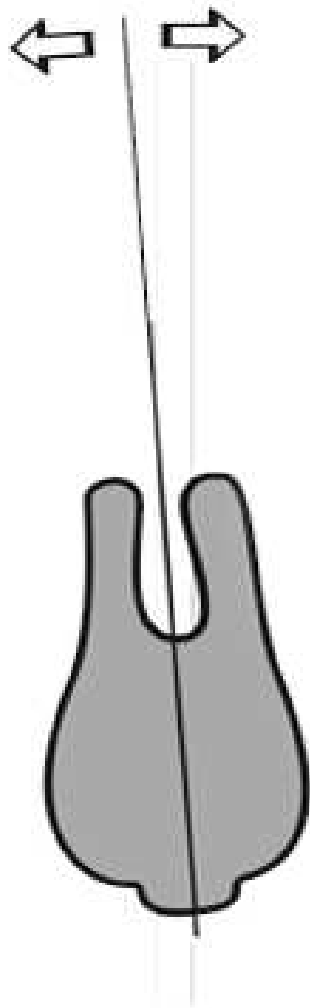
Installation and Setup

Details will be different for each individual’s preference, depending on the type of bicycle you ride, and body angle when holding the handlebars in your standard seated position. The following steps may help you:

1. Attach the ISM™ seat to the seat post placing the seat in the neutral position and tighten the bolts.
Suggestion: *You may want to slightly lower the height of the seat post, as your “sit-bones” will be on top of the ISM™ seat making you slightly higher than using a standard seat.*
2. Adjust the “fore-and-aft” position of the seat by sliding the rails through the mounting bracket.
Suggestion: *Don’t be afraid to make a change, and test with an extended ride. This is a very individual setting. Road cyclists may prefer to be further back, while triathletes (with aero-bars) may prefer to be further forward.*
3. **The Adamo Racing/Road Saddle was designed to be ridden in a flat position or even tilted downward anywhere between 1-7 degrees. This saddle was not intended to be ridden with the front of the saddle pointed up.** Using the tilt mechanism on the seat post adjust the tilt of the saddle for maximum comfort. Sitting up straight may warrant a flatter saddle position (although our tests suggest that you do want some forward tilt on the seat). Riding in a more aerodynamic position (with 30° - 60° body angle) may require further tilt forward for maximum comfort.
 - a. With the Adamo Racing/Road saddle the rider places their ischial tuberosities (sit bones) on the two gel pads positioned near the center of the saddle. Traditional saddles distribute the riders body weight between three points, the two sit bones and the perineal (soft tissue) area. Because of the unique design of the Adamo Racing/Road saddle we have eliminated the contact point of the soft tissue area and placed the entire weight of the riders body on the sit bones. Increased pressure on the sit bones is a direct result of this design change.

The sit bones are the main points of contact of the body to the seat. Some riders reported tenderness to the sit bones after the first few rides. After second and subsequent rides all riders noticed the tenderness was diminished and eventually totally gone. We consulted with several physicians including noted German urologist Dr Frank Sommer about this tenderness. They reported it was muscles in the buttocks (the gluteus maximus, medius and minimus) that were being worked and the muscles eventually became conditioned to being used. These muscles are usually not used to such a great extent by traditional saddles. The doctors compared the muscle soreness to the soreness a person experiences after a first time weight lifting workout. No damage to the body is occurring.
 - b. If you feel that you are about to slide forward off the seat, you may have the angle too steep. *Be careful not to tilt too far forward (angle too steep), as this will force you to take extra body weight on your legs or shoulders and arms producing fatigue on a long ride.*
 - c. Recheck the seat bolts and seat post bolt clamp for proper tightness and enjoy the ride.

The ISM™ Adamo Racing/Road Saddle
Tampa Bay Recreation, LLC
PO Box 271531
Tampa, Florida 33688 USA
www.ismseat.com



One of the most important and most overlooked steps in improving comfort from a bicycle seat is the rotation of the seat from side to side. In the new ISM Adamo Racing seat this is a very important step. The goal is to slightly turn the seat until you feel your nerve bundle align and “fall into” the trough. Hip socket location differences on your pelvis, leg length differences and spine curvatures all contribute to the need for this rotation. There is no magic formula to determine if the right or left is better. You will instantly feel the comfort difference when the correct alignment is achieved.

Side View of Proper Positioning

