

How to Install a Bicycle Seat

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In the realm of bicycles, there are just as many bicycle seats as there are frames, tires, pedals and other accessories. After you've purchased a new bicycle seat from your dealer, you can have them install it or you can do it yourself. Installing the seat yourself means you'll have complete control over how it fits your body. It's easier than you think!

Difficulty: Easy

Instructions

things you'll need:

- Bicycle seat
- Set of Allen wrenches
- Pencil or permanent marker
- Metal tape measure

Installing the Seat and Seat Post

- 1 Determine whether you need to replace the seat post along with the bicycle seat. Seats often come mounted on seat posts.
- 2 Loosen the quick-release lever or nut that secures the seat post to the bike frame. Some models of bikes use Allen nuts instead of traditional nuts.
- 3 Twist the seat post back and forth while pulling up on the seat until the entire seat post is free from the frame. If necessary, remove the seat from the seat post, following the instructions in the second section of this article.
- 4 Push the new seat post and seat into the bike frame, twisting it back and forth. Adjust the seat height according to your height. When sitting on the seat, with your foot on the left pedal in the down position, your knee should bend approximately 5 degrees.

Installing the Seat Without Replacing the Seat Post

- 1 Measure the rails from the rear of the seat and note where the seat is mounted, fore or aft. This will help you align the new seat after it's installed.
- 2 Loosen the four Allen nuts on the platform that secures the seat rails to the seat post. The platform is located directly underneath the seat. Different platforms use different size Allen nuts, so be sure to have a variety of sizes of Allen wrenches.
- 3 Twist the top half of the mounting platform sideways until the seat rails are exposed. Remove the old seat.
- 4 Mount the new seat rails onto the lower half of the mounting platform and twist the top of the mounting platform to align the Allen nuts. Move the seat fore or aft so that it's in the same position as the old seat.
- 5 Tighten the Allen nuts on the bottom of the mounting platform enough to secure the seat to the seat post. Do not completely tighten until after checking the position on your bike post.

- 6 Sit on the bike with your feet on the pedals and your hands on the handlebars. Make the necessary adjustments to the seat position and tighten the Allen nuts.

Tips & Warnings

- Make sure you have a variety of Allen wrenches before you start. It's often easier to change the seat with the seat post off of the bike.
- Do not overtighten the Allen nuts. Never assume the new seat will use the same position as the old seat.