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## M-Wave SP110-ADJ

# M-Wave SP110-ADJ Adjustable Seatpost User Manual

Model: SP110-ADJ | Brand: M-Wave

## INTRODUCTION

Thank you for choosing the M-Wave SP110-ADJ Adjustable Seatpost. This product is designed to provide quick and convenient saddle height adjustments on your bicycle, enhancing your riding experience across various terrains and conditions. Made from durable aluminum, it offers reliable performance and ease of use. Please read this manual thoroughly before installation and operation to ensure proper use and longevity of your seatpost.



Figure 1: M-Wave SP110-ADJ Adjustable Seatpost, showing the main body and saddle clamp mechanism.

## PRODUCT FEATURES

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- **Diameter:** 31.6 mm, **Length:** 445 mm.
- **Quick Height Adjustment:** Features a remote lever for on-the-fly saddle height changes.
- **Multiple Height Levels:** Offers 3 distinct height positions: 0mm (fully extended), 45mm (mid-position), and 110mm (fully dropped) from the top of the travel.
- **Material:** Constructed from high-quality aluminum for durability and lightweight performance.
- **Integrated Scale:** Includes a printed scale on the lower tube for precise insertion depth measurement.

## PACKAGE CONTENTS

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Please verify that all components are present in the package before proceeding with installation.

- 1 x M-Wave SP110-ADJ Adjustable Seatpost (with integrated cable and remote lever)



Figure 2: The M-Wave SP110-ADJ Adjustable Seatpost as it appears in its retail packaging.

## SETUP AND INSTALLATION

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1. **Prepare Your Bicycle:** Ensure your bicycle frame's seat tube is clean and free of debris. Apply a thin layer of grease to the inside of the seat tube if recommended by your bicycle manufacturer.

2. **Insert Seatpost:** Carefully slide the M-Wave SP110-ADJ seatpost into the bicycle's seat tube. Ensure the minimum insertion mark (MIN INSERT) on the seatpost is always inside the frame. Failure to do so can result in damage to the frame or seatpost, and potential injury.
3. **Secure Seatpost:** Tighten your bicycle's seatpost clamp to the manufacturer's recommended torque specifications. Do not overtighten.
4. **Install Saddle:** Attach your bicycle saddle to the seatpost's clamp mechanism. Adjust the saddle angle and fore-aft position as desired, then tighten the saddle clamp bolts securely.
5. **Route Remote Cable:** Route the remote cable from the seatpost along your bicycle frame to your handlebars. Use cable ties or frame guides to secure the cable neatly and prevent interference with moving parts.
6. **Mount Remote Lever:** Mount the remote lever on your handlebar in a comfortable and accessible position. Tighten the lever clamp bolt securely, but do not overtighten.
7. **Connect Cable to Lever:** Follow the instructions provided with the remote lever to properly connect and tension the cable. Ensure there is no slack in the cable when the lever is not actuated.



Figure 3: The seatpost showing the remote cable and lever assembly, ready for installation and routing.



Figure 4: Close-up of the seatpost's lower tube, highlighting the "MIN INSERT" mark and measurement scale for proper installation depth.

## OPERATING INSTRUCTIONS

The M-Wave SP110-ADJ seatpost features a remote lever for convenient height adjustment while riding.

- To Lower the Saddle:** While seated on the saddle, press and hold the remote lever on your handlebar. The seatpost will compress under your weight to the next available height level (110mm or 45mm drop). Release the lever once the desired height is reached.
- To Raise the Saddle:** With the remote lever pressed, unweight the saddle (stand up slightly). The seatpost will extend upwards. Release the lever when the saddle reaches the desired height (45mm or 0mm drop).
- Height Levels:** The seatpost has three distinct height levels:

- **0mm Drop:** Fully extended position, ideal for climbing or flat terrain.
- **45mm Drop:** Mid-position, suitable for technical riding or light descents.
- **110mm Drop:** Fully dropped position, best for steep descents or aggressive trail riding.



Figure 5: Detailed view of the handlebar-mounted remote lever used to control the seatpost's height.

## MAINTENANCE

Regular maintenance will ensure the longevity and optimal performance of your M-Wave SP110-ADJ seatpost.

- **Cleaning:** After each ride, especially in wet or muddy conditions, wipe down the exposed parts of the seatpost with a clean, damp cloth. Avoid using high-pressure washers directly on the seatpost seals.
- **Lubrication:** Periodically check the cable and housing for smooth operation. If the lever action feels stiff, consider lubricating the cable or replacing the housing. Do not apply grease or oil directly to the exposed stanchion of the seatpost, as this can attract dirt and damage seals.
- **Bolt Check:** Regularly inspect all bolts (saddle clamp, seatpost clamp, remote lever clamp) for proper tightness. Refer to your bicycle and component manufacturer's torque specifications.
- **Cable Inspection:** Check the remote cable for fraying, kinks, or corrosion. Replace the cable and housing if any damage is observed to ensure smooth operation.
- **Seal Inspection:** Periodically inspect the dust seal at the top of the lower tube for cracks or damage. While user-serviceable parts are limited, a damaged seal can lead to internal contamination.

## TROUBLESHOOTING

Problem	Possible Cause	Solution
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Problem	Possible Cause	Solution
Seatpost does not extend or retract smoothly.	<ul style="list-style-type: none"> <li>• Cable tension incorrect.</li> <li>• Cable or housing is dirty, kinked, or corroded.</li> <li>• Seatpost clamp overtightened.</li> <li>• Internal mechanism issue.</li> </ul>	<ul style="list-style-type: none"> <li>• Adjust cable tension at the remote lever or seatpost.</li> <li>• Inspect and clean/lubricate cable and housing. Replace if damaged.</li> <li>• Loosen seatpost clamp slightly and re-tighten to correct torque.</li> <li>• Contact M-Wave support or a professional bike mechanic.</li> </ul>
Seatpost does not lock into desired height level.	<ul style="list-style-type: none"> <li>• Insufficient cable tension.</li> <li>• Internal locking mechanism issue.</li> </ul>	<ul style="list-style-type: none"> <li>• Ensure cable tension is correct, allowing the mechanism to fully engage.</li> <li>• Contact M-Wave support or a professional bike mechanic.</li> </ul>
Sleeve/boot is torn or damaged.	<ul style="list-style-type: none"> <li>• Wear and tear.</li> <li>• External damage.</li> </ul>	<ul style="list-style-type: none"> <li>• While a torn sleeve may not immediately affect function, it can lead to internal contamination. Contact M-Wave support for replacement parts or advice.</li> </ul>

## SPECIFICATIONS

Attribute	Detail
Model Name	SP110-ADJ
Part Number	252155
Brand	M-Wave
Diameter	31.6 mm
Length	445 mm (Item Dimensions H: 17.52 inches)
Height Levels	3 (0mm, 45mm, 110mm drop)
Material	Aluminum
Color	Black
Package Weight	0.7 Kilograms
Suggested Users	Unisex – Adults
UPC	887539028077

## WARRANTY AND SUPPORT

For warranty information or technical support regarding your M-Wave SP110-ADJ Adjustable Seatpost, please contact the retailer where you purchased the product or visit the official M-Wave website. Keep your proof of purchase for warranty claims.

**M-Wave Store:** [Visit the M-Wave Store on Amazon](#)

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