

**STEP 5. Installing Profile Wedges**

Please consider your local BikeFit Pro for help with finding your saddle settings.



**a.** To install the wedges, remove the four bolts from the bottom of the saddle. NOTE: The REAR bolts are slightly longer than the front bolts.



**b.** Place the wedge on the saddle frame, ensuring that it is properly aligned. Press down so alignment knobs can engage frame.



**c.** Press down on rear of wedge to snap into frame.



**d.** The tabs will align to the groove in the cut out of the saddle frame.



**e.** Replace the bolts and washers. Use the longest set in the back and the mid length set on the front. Your shortest set will be left over when using wedges. Adjust as needed. MAX torque 25 in/lbs or 2.8 NM

There are no absolute rules that dictate who should use wedges. In general, people with good flexibility and forward hip rotation tend to prefer a flatter saddle. People who aren't as flexible and/or to struggle with saddle sores tend to prefer a more rounded saddle. We suggest you start with no wedges, and add them if you run in to a specific problem.

**STEP 6. Installing the Fully Adjusted BiSaddle on Your Bike**

Install the BiSaddle and lightly tighten your seatpost bolts, while still allowing for some movement and adjustments (do NOT sit on the saddle or ride the bike yet).



To set the fore-aft adjustment, replicate your old measurement from the widest point of the saddle to the center of the stem clamp:



To set the height, simply replicate the height you measured on your old saddle. You may also want to adjust the tilt of the saddle top. We suggest starting with the top of the saddle flat, or slightly tilted downwards.

**DOUBLE CHECK THAT ALL BOLTS ARE TIGHTENED PROPERLY BEFORE RIDING YOUR BIKE!**

Bring the necessary wrenches on your first few rides, as some small tweaks may be necessary to get the position 100% dialed in. Often times a small adjustment in height, tilt, or fore-aft can make a big difference in comfort. Also feel free to experiment with the saddle width, always making sure to carefully adjust it and properly tighten the bolts before riding again.

*Always let comfort be your guide!*

**BiSaddle ShapeShifter EXT - BikeFit Edition**

Part# 8050201-5  
Form# 0050201



*Instructions for Use*

**FIND INSTRUCTIONS ONLINE:**  
<https://blog.bikefit.com/instructions>



US Patent # 10,118,658, 6,209,954.  
Additional patents pending

Made in the USA

You can adjust the shape of BiSaddle to custom fit your body and riding style. And, if your riding style or body shape change, you can simply re-adjust for ultimate comfort.

BiSaddle Shapeshifter is the world's only adjustable shape saddle. (PATENTED)

All components are replaceable making it the last saddle you'll ever need to buy.

The split-saddle design can change it's width, angle and profile (flatness) to fit your unique body shape, riding position and riding style.

The perfect BiSaddle shape eliminates pain, numbness, discomfort and genital injury!

**FEATURES:**

- Adjustable Width 130 - 185mm
- Saddle weight varies from 275 g to 340 g based upon your frame selection
- UCI compliant race length (243mm long)
- Ultra sleek stealth black
- Takes pressure off your unmentionables
- Helps you ride faster, further



Register your saddle online at:  
**[bisaddle.com/register](http://bisaddle.com/register)**

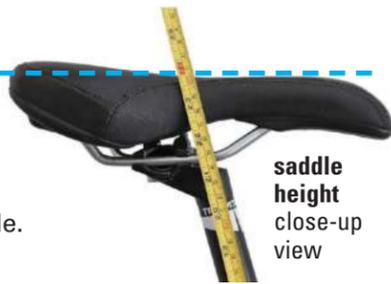
## Installing BiSaddle to Your Bike

**STEP 1.** Before removing your old saddle, be sure to record two measurements:

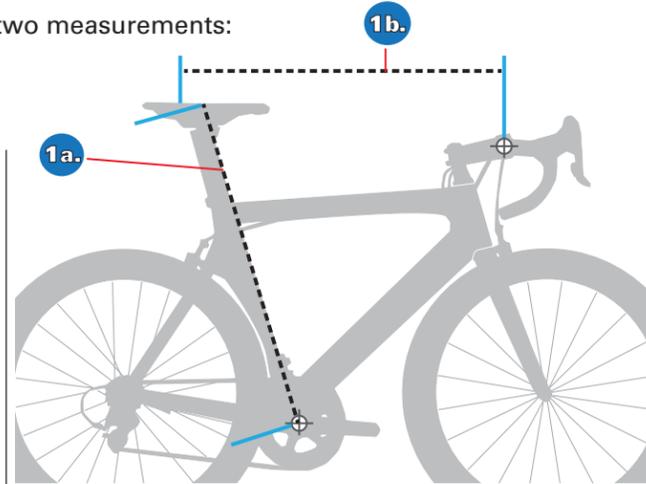
**1a.) saddle height**  
(from the top of the saddle to the center of the bottom bracket):

**1b.) saddle (widest portion) to the handlebars (center):**

Record these two measurements and remove your old saddle. These points will be used for installing the BiSaddle.



saddle height close-up view



Before installation ensure that your seat post is in good, safe condition, and is free of any grease on the clamp area that contacts the saddle rails. Follow all seat post manufacturers' instructions and bolt torque specifications.



saddle width close-up view

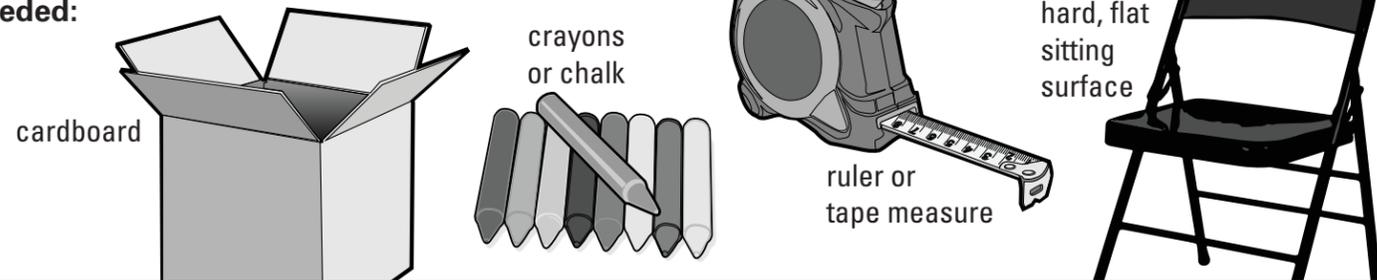


center of handlebar close-up view

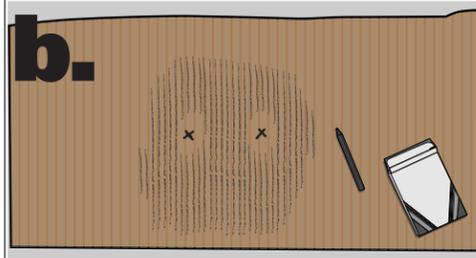
## STEP 2. Measure Your Sit Bones

Obtaining a width measurement for your sit bones (ischial tuberosities) can be useful for establishing a rear saddle width. Most bicycle shops have tools to measure your sit bones, but you can also get a measurement at home using very simple tools and just a few minutes of your time.

### Tools Needed:



Place a piece of clean cardboard on to a hard surface. While sitting pull yourself firmly down on to it. This will leave impressions of your sit bones in the cardboard. Be sure to sit upright and do not wear thick padded clothing.



Use a dark colored crayon to rub across the surface of the cardboard (using the side of the crayon with paper sleeve removed) – this will reveal your sit bone indentations. Mark the center of each indentation.

Mark the center of each indentation.



Use a ruler or tape measure to determine the distance (in millimeters) between the center of the sit bones.

Most people add 1 to 4 cm (10 – 40mm) to this width to set the rear saddle width.

## STEP 3. Setting Up Saddle Width

Every BiSaddle ShapeShifter leaves our factory with a neutral position that works well for a variety of people (approximately 53mm front width, 145mm rear width). If you're new to BiSaddle and not sure what you want or need, try this setting first. If you have experience with another saddle and know of specific measurements that you'd like, feel free to adjust to those settings.

In general, most people prefer a rear width of the saddle that's equal or slightly greater (1cm – 4cm) than their sit bones for comfort and support. **Rear width adjustment range: 130 – 185mm.**

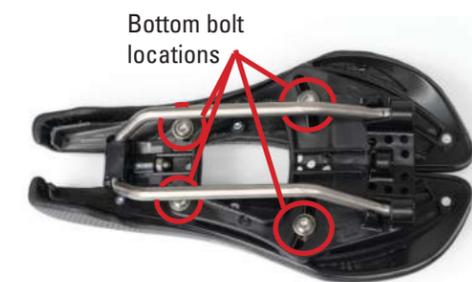
The front width of your BiSaddle is largely up to personal preference. A wider front typically results in better blood flow and/or reduction of genital numbness. If it's too wide, however, it can cause rubbing or chafing of your inner thighs. We suggest that you set the front of the seat as wide as possible without chafing. You can check the width of your saddle using a tape measure or Vernier caliper. **Front width adjustment range: 40 – 75mm.**

Please consider your local BikeFit Pro for help with finding your saddle settings.

To adjust the BiSaddle width, simply loosen (but don't remove) the bottom bolts using the supplied Allen wrench. Adjust the seating pads to your desired width, and begin to tighten the bolts. We encourage you to double check that both sides are adjusted correctly several times before fully tightening the bolts.

**MAX bolt torque is 25 inch/lb or 2.8NM.**

**TORQUE SPECS:** Carbon Rails: 6-10 Nm, 6-8 for 2-bolt, 9-10 for single bolt



Bottom bolt locations



Rear width adjustment



Front width adjustment

## STEP 4. Using Profile Wedges

Your BiSaddle ShapeShifter includes two sets of angled profile wedges. These can be installed between the base of the saddle and the two seating pads, to change the shape across the saddle top – making it either more flat, or more rounded.



No Wedge

Flattening Wedge

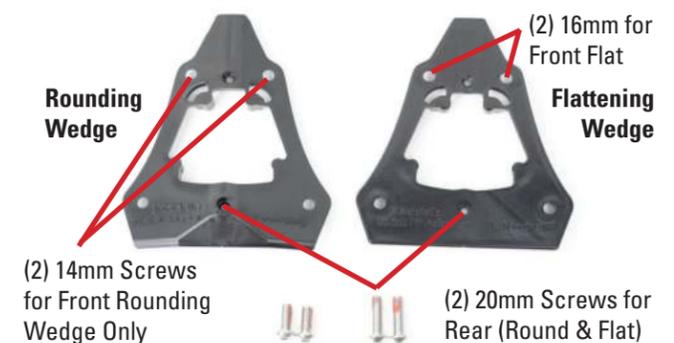
Rounding Wedge

Longer screws are required for the wedges and are included in the wedge kit.

The Flattening and Rounding Wedge will require (2) 20mm rear screws. The Flattening Wedge will use (2) 16mm screws (original rear screws) for front and the Rounding wedge will use (2) 14mm screws for the front.

\*Wedges will slightly reduce the amount of front adjustability.

See the next step for Wedge Installation.



Rounding Wedge

Flattening Wedge

(2) 14mm Screws for Front Rounding Wedge Only

(2) 16mm for Front Flat  
(2) 20mm Screws for Rear (Round & Flat)