

LR Seatpost Spring Change

This guide demonstrates how to replace the upper and lower springs on the Kinekt LR Seatpost. These steps also apply to the Bodyfloat and Kinekt 2.1/3.1 S/M/L seatposts.

LR Spring Selection Guide

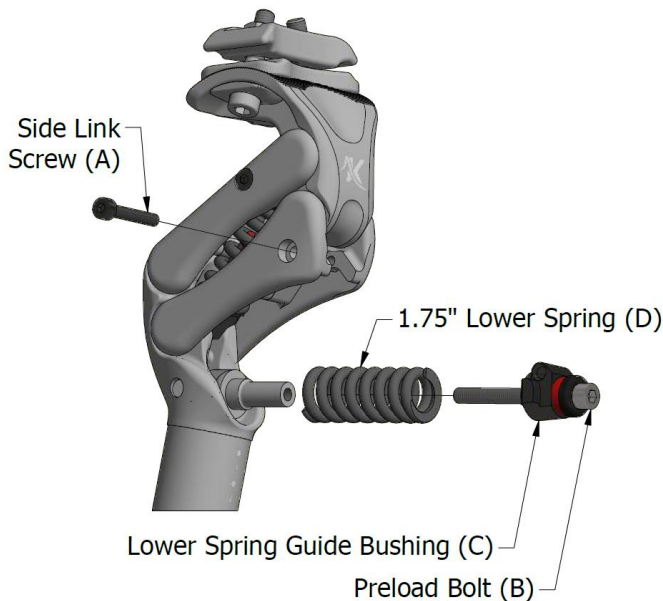
Spring Combination		Rider Weight (lbs)		Rider Weight (kgs)	
Upper	Lower	Road & Gravel	City & E-bike	Road & Gravel	City & E-bike
Purple	Purple	100-140	80-120	45-64	36-54
Black	Purple	130-170	110-150	59-77	50-68
Black	Black	150-190	140-170	68-86	64-77

Required Tools

- 3mm hex key
- 4mm hex key

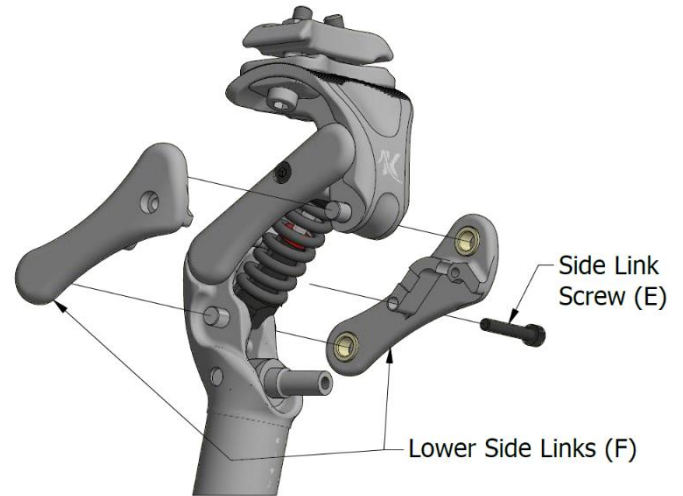
Lower Spring Removal

1. Remove lower side link screw (A) with a 3mm hex key.
2. Pivot lower spring assembly down and undo preload bolt (B) with 4mm hex key.
3. Remove preload bolt (B) with lower spring guide bushing (C) and 1.75" lower spring (D).

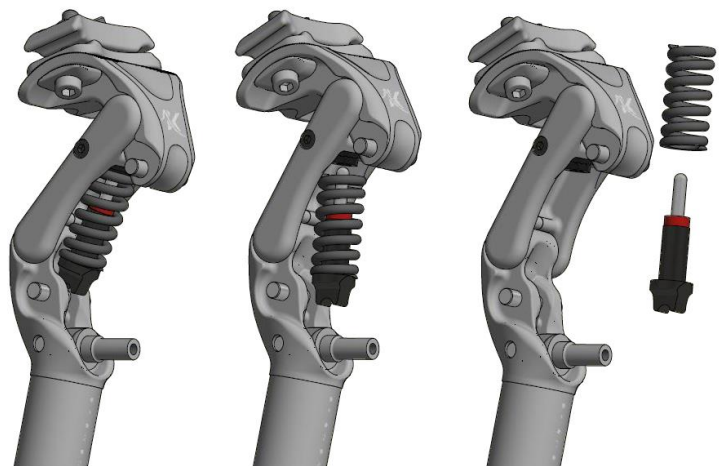


Upper Spring Removal

4. Remove lower side link screw (E) with a 3mm hex key.
5. Remove lower side links (F) by pulling outwards. *If these are hard to move, a plastic tire lever can be used for leverage.*



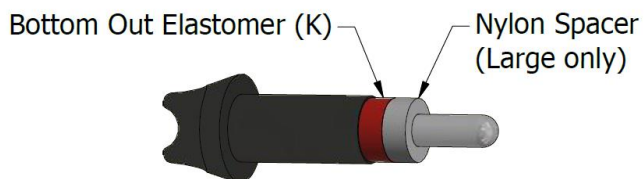
6. Pivot the upper links and rear link assembly forwards to access the upper spring assembly.



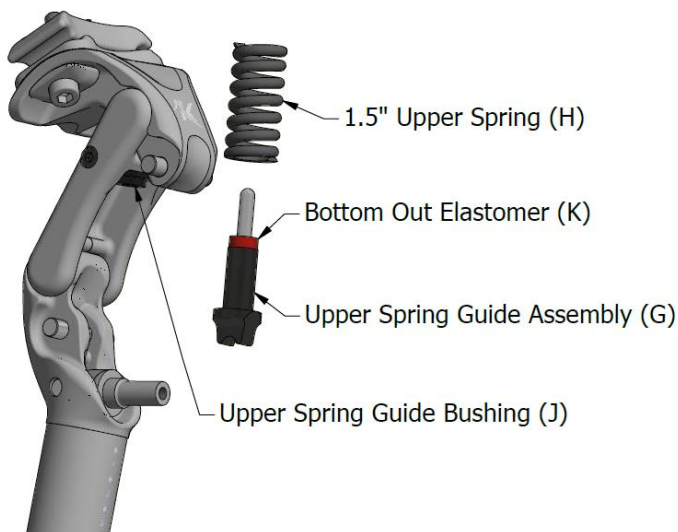
7. Remove the upper spring guide assembly (G) and 1.5" upper spring (H).

Upper Spring Installation

8. Ensure that upper spring guide bushing (J) is in place and that the bottom out elastomer (K) is installed on the upper spring guide assembly (G).
9. Note: for the "Large" model using the orange striped springs, a white nylon spacer is installed on the upper spring guide assembly (G) on top of the bottom out elastomer (K).

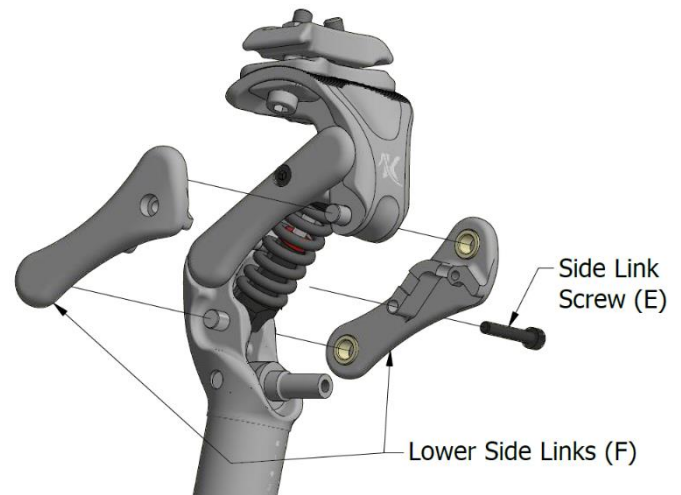


10. Place 1.5" upper spring (H) onto the upper spring guide assembly (G).



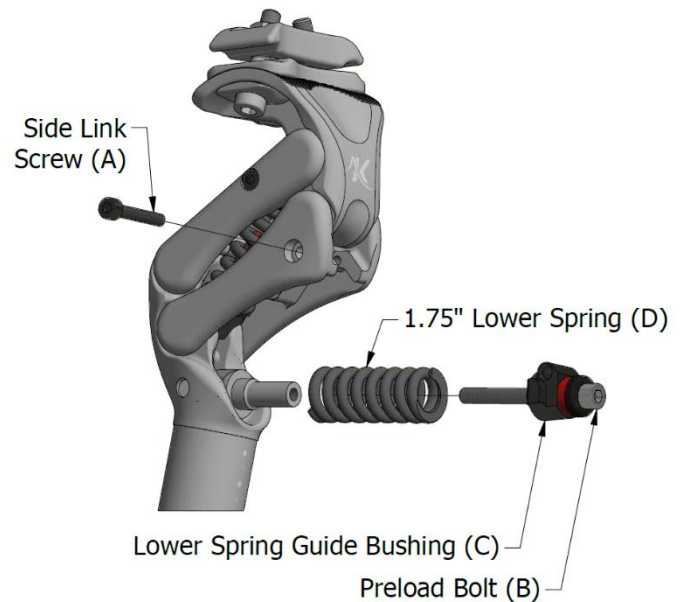
11. Install upper spring assembly by inserting the top first into the Upper Spring Guide Bushing (J), and then push the bottom into place over the stainless pivot pin.

12. Install lower side links (F).



Lower Spring Installation

13. Install 1.75" lower spring (D), lower spring guide bushing (D) and preload bolt (C).
14. Rotate lower spring assembly into place and install side link screws (A) and (E). Tighten to 2.4Nm (21in-lbs).



15. Tighten preload bolt (C) to desired value. We recommend starting at setting 1.

Customer Support

For assistance, please contact us via contact form

<https://bikeshore.com/contact/>