1) Install the activation lever mount on the handlebar in the location you will have it during riding.

2) Install shifter cable through activation lever and install the set screw into the end of the lever to hold the cable in place.

3) Install the activation lever and shifter cable through the handlebar lever mount and into housing.
4) Clean the inside of the bicycle’s seat tube with isopropyl alcohol and insert the Hilo seat post into the frame at the level you would have it during full height when riding. The distance from the top of the Hilo seat post outer (bigger) tube to the end of the housing inside the frame needs to be 250mm. Mark this location on the outside of the bike’s seat tube with a piece of tape.

5) Route the cable housing through the frame as you will during riding, and up the outside of the bicycle’s seat tube to the location where the tape is on the frame. This is your cut mark. IMPORTANT NOTE: Make sure you pull the shifter cable out of the housing before cutting or the shifter cable will be too short for proper installation.
6) Now, remove the activator lever assembly from the handlebar to give the housing slack so you can pull the housing up through the seat tube.

7) Remove seat post from the bike frame and pull the housing through the seat tube.

8) Loosen the set screws on the cable end assembly to remove holder from the bottom of the post. There are set screws on each side of the assembly.
9) Install the housing end cap, loosen the cable fixing screw that secures cable into cable holder assembly, and push the shifter cable through the activator arm.

10) Pull shifter cable taut to remove all slack and tighten the cable fixing bolt. This set screw must be very tight or cable can pull out.

11) Reinstall cable holder assembly back into bottom of post and evenly tighten set screws. Important note: Make sure to tighten the set screws evenly so entire assembly is centered.
12) Cut cable as short as possible and install cable end to avoid fraying.

13) If this is a carbon frame, insert friction grease/Finishline Fiber Grip into seat tube to keep post from slipping.

14) Insert post into frame while pulling housing back into position and onto where it mounts on the handlebar.

15) Remount activation lever on handlebar mount and remove slack from cable with barrel adjuster.

Congratulations! You have completed the set-up of your Hilo SL Strate seat post. Now get out on the trail and ride! Please remember to have fun and be safe.

For more information on the Hilo SL STRATE and other X-Fusion products visit our website at www.xfusionshox.com.