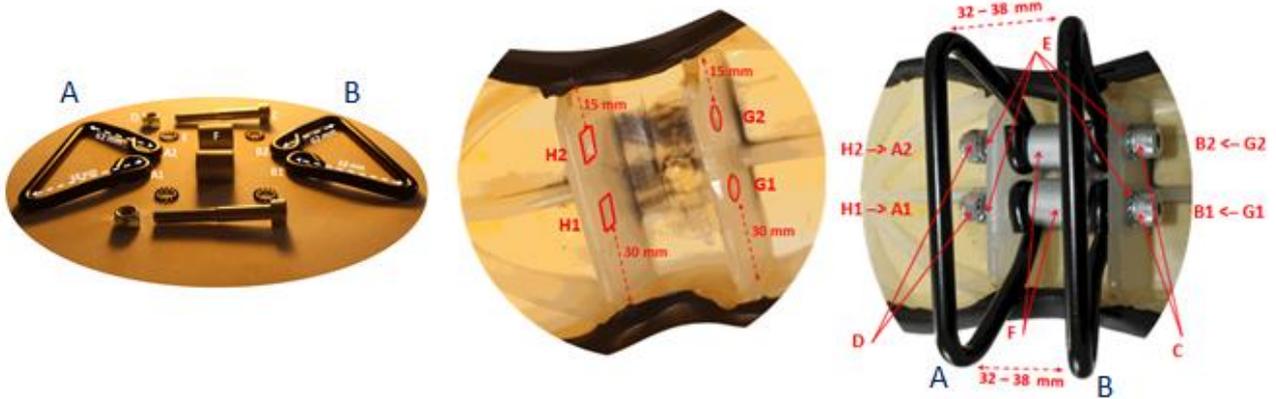


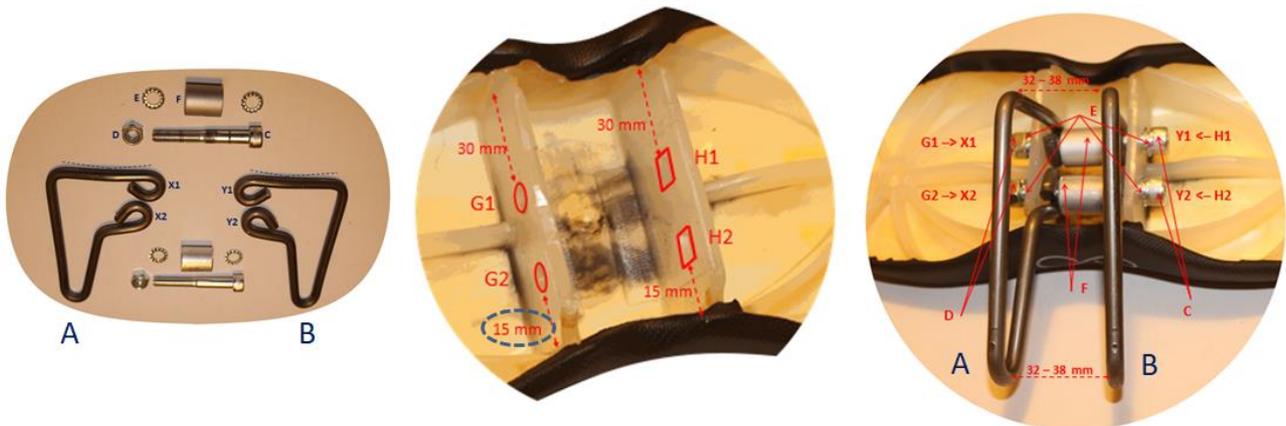
A. Assembly operative instructions (see also www.sellotto.it/it/support)

1. Preliminary assembly of rails (A – Left rails; B – Right rail with serigraphy “0-1-2-3”) – Rails NOT provided for the models sellotto-II-J14, sellotto-III-K12, sellotto-1AA, sellotto-1CA, sellotto-2AA, sellotto-2CA, sellotto-2EA, sellotto-3AA, sellotto-3CA, and sellotto-3EA

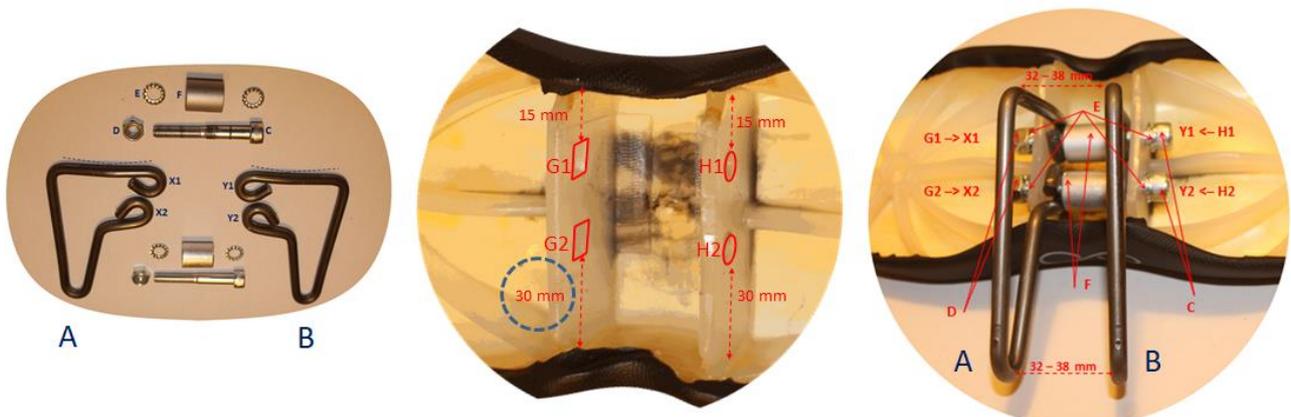
a. sellOttO models – short rails



b. sellOttO models – long rails (forward assembly)



c. sellOttO models – long rails (backward assembly)



2. Final assembly of rails (rails NOT provided for the models sellotto-II-J14, sellotto-III-K12, sellotto-1AA, sellotto-1CA, sellotto-2AA, sellotto-2CA, sellotto-2EA, sellotto-3AA, sellotto-3CA, and sellotto-3EA)

SellOttO assembly on the new seatpost (1/2)

SELLOTTO

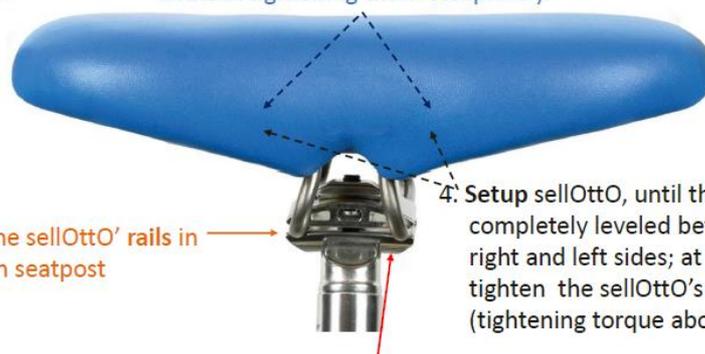
1. Verify that the rails A and B have been mounted correctly:
 - mutual distance 32 – 38 mm
 - possible serigraphy - S "0-1-2-3" to the right of the "logo - L»
2. In case the rails have been mounted incorrectly, with mutual distance 0 – 20 mm, it is sufficient to dismount them and to exchange the left rail with the right one



SellOttO assembly on the new seatpost (2/2)

SELLOTTO

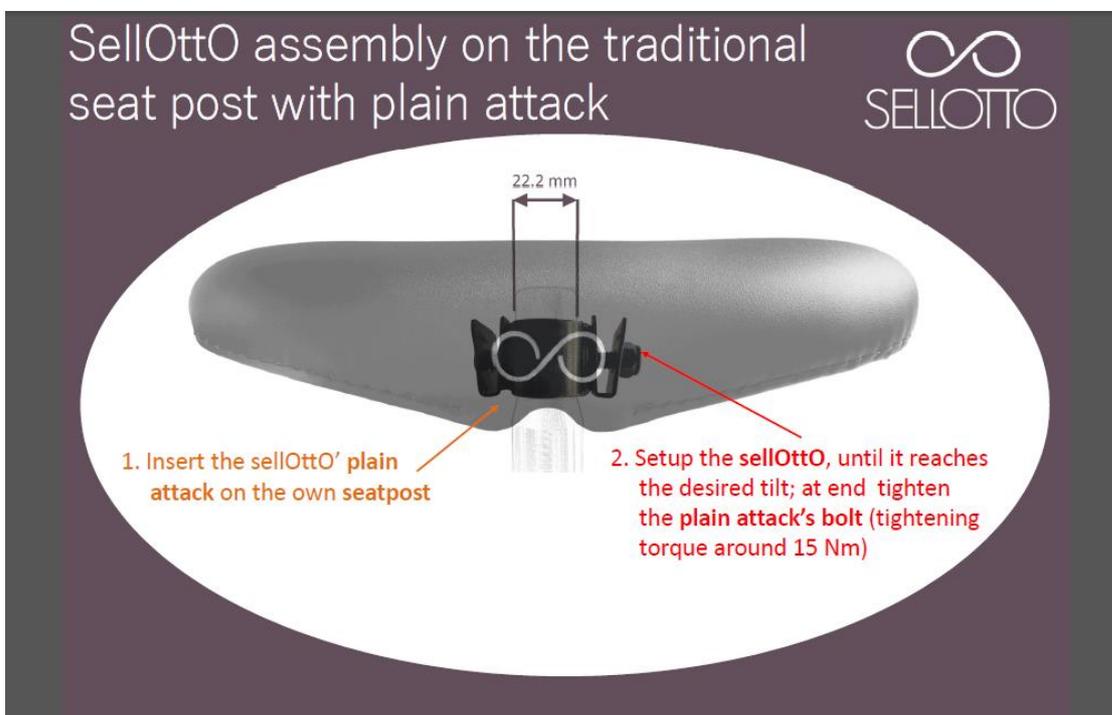
1. Tighten the sellOttO 's bolts slightly, without tightening them completely.
2. Insert the sellOttO' rails in the own seatpost
3. Setup the own seat post, until the saddle reach the desired tilt; at end tighten the seatpost's bolts (tightening torque about 15 Nm)
4. Setup sellOttO, until the saddle is completely leveled between the right and left sides; at end tighten the sellOttO's bolts (tightening torque about 10 Nm)



3. Assembly rails adapter (provided only with model sellotto-I-A02)



4. Assembly simple attack (provided only with models sellotto-II-J14 and sellotto-III-K12)



B. Operating instructions for initial adaption (see also www.sellotto.it/it/presentation)

Thanking for your trust in our sellOttO, here are some operating instructions for initial adaption (**from 2 to 4 weeks of patience and determination**), then really **enjoy its benefits**



5. First 5 - 10 hours of use

The first 5 – 10 hours of sellOttO's use should be focused only to accustom our pelvis to the new saddle type, following the next guidelines (see the attached assembly instructions, also with video on YouTube: <https://youtu.be/ilbdtxu3D4c>):

- sellOttO must be adjusted horizontally on the seatpost, then initially without any tilt backward or forward
- sellOttO must be adjusted longitudinally with the center of the saddle aligned with the center of the seatpost, then initially in a position not too advanced and not too backward
- the seatpost must be adjusted initially not at the maximum height, then when seated on the saddle the feet continue to touch the ground comfortably.

In these first 5 - 10 hours it is necessary to pedal more quietly than usual and not more than 1 - 2 hours each time. Don't worry about the normal initial feelings of:

- slip forward – bearing in mind the above suggestion to initially adjust the saddle in a horizontal position, the initial feeling of slipping forward is normal, since we instinctively continue to look for the 3rd point of support of our anterior perineal area on the saddle's "nose" (nose that existed on the previous traditional triangular saddle and no longer exists on sellOttO)
- saddle hardness – the initial feeling of hardness forward is normal, since we are now supporting new areas of the muscles of our pelvis (new areas that we did not support on the traditional triangular saddle). It should also be remembered that "Softness" does not mean "Comfort": on a "soft sofa" you sleep more uncomfortable than an "ergonomic semi-hard mattress".



In these first 5-10 hours then it needs to "let oneself go" (as when we were children and we started to just ride on the two wheels of the bike, without "side support wheels"), trying day after day:

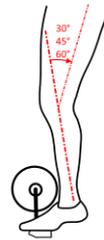
- in general to naturally back the center of gravity of the support perimeter (see also the previous figure)
- in particular to gain greater sensitivity with the two support concavities (Q)", where to place their own ischiatic bones (O)" (also moving from from time to time side - forward - backwards, as long as it is perceived that the ischiatic bones are actually laid down in the two support concavities). This greater sensitivity it will be easy to acquire on the less soft models - S1 (where the support concavities are also visible on the padding), it will be a little less simple on the soft models - S2 / S3 / S4 (where the support concavities are hidden under the uniform padding), it will take a little more time on the softer models S5 (given the presence of a thicker padding).



c. **Following 10 - 20 hours of use**

In the next 10 to 20 hours of sellOttO's use, we can proceed in the "gradual" setting of sellOttO (see also the attached assembly instructions) more adherent to our bike, posture, and pedal, following the next guidelines:

- a. consolidate the previous goals of:
 - naturally back the center of gravity of the support perimeter
 - greater sensitivity with the two support concavities, where to place their own ischiatic bones
 - adjust the height of the seatpost, increasing it every time to a maximum of 1.5 cm (where necessary up to the extreme positions allowed by your seatpost and sellOttO). Based on the experience gained in the laboratory and on the field, it is suggested a maximum seatpost height that does not exceed the following angles between the tibia axis and the femoral axis at the bottom pedal point: softer models (S5) - 60 °, soft models (S2 / S3 / S4) - 45 °, less soft models (S1) - 30 °
- b. adjust the tilt of sellOttO, increasing or decreasing it at most 5 degrees each time (where necessary up to the extreme positions allowed by your seatpost and sellOttO). Based on the experience gained in the laboratory and on the field, it is suggested a tilt that compared to your own pedal:
 - it reduces the interference between the back of the femoral biceps muscle and the front edge of sellOttO
 - it increases the inclination of the pelvis support surface, especially uphill
 - it ensures the friction between your clothing and the sellOttO's leather, depending on the chosen type (normal faux leather – reduced friction, real leather – normal friction, antislip faux leather – great friction)
- c. adjust the longitudinal position of sellOttO, moving forward or backward it at most 1 cm each time (where necessary up to the extreme positions allowed by your seatpost and sellOttO). Based on the experience gained in the laboratory and on the field, it is suggested longitudinal position that compared to the body posture it keeps a little bit of "workload" even on the arms.
- d. adjust the above parameters of seatpost height, sellOttO tilt and sellOttO longitudinal position one at time; after having experienced the new setting in the next bicycle tour, then proceed with a further single adjustment (to experience in the follow bicycle tour). In case of one or more of seatpost's extreme positions or the cushioning they don't satisfy, it is suggested to use a different seatpost (higher – H, and/or rails' connections most backward – B, and/or with greater tilt – T, and/or most amortized - A).
- e. remember that the sellOttO's peculiar shape:
 - it can cause some white points in the lower part of the printed faux leather lining
 - it does not allow the control of the bike's direction through the saddle, given the absence of the "front nose of the saddle" (present on the traditional triangular saddles)
 - it supports very well the city and touring cycling uses of the bike, a bit less the energetic sporty cycling use of the bike (due to the greater interference between the biceps femoris / sciatic nerve with saddle, compared to the traditional triangular saddle). However, since it is a sport activity, it is suggested to check with your doctor the impact on your health of the use of the bike in general and of the sellOttO in particular



- it reduces some of the pains often complained by cyclists of both sexes on the traditional triangular saddles (contact dermatitis, folliculitis, furunculosis, lymphedema, crotch pressure, genital numbness, erectile dysfunction, prostate inflammation, ecc... - see also https://en.wikipedia.org/wiki/Bicycle_saddle#Issues)

f. it is also suggested:

- in case of rain, do not leave the saddle uncovered; the water could penetrate the padding through the upper seam, where it is present
- cover any J parts of your bike or seatpost, which could damage your clothing or your body

