

# SHARK INSTALLATION GUIDE



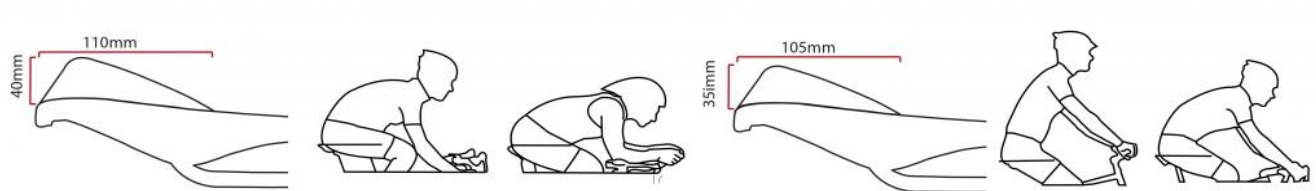
The Shark saddle is designed to help cyclists to sit correctly on their bicycle, both sideways and in the plane anteroposterior. This way we can improve pedaling performance, avoid or minimize hip rotations, also known as the perineal pressure inconvenience, groin discomfort and other inguinal discomfort known as the cycling discomforts.

The key feature is its saddle Fin, a bump that sends a positional signal to the triangle formed by the base of the ischial tuberosity so that the rider feels through a light contact with the Fin where to sit on the saddle.

The Shark comes in 2 sizes, a Medium Fin, M:35x35x115mm and a Small Fin, S:30x30x95mm, the size of the Fin to use depends on the forward flexion of the trunk and cycling discipline.. The more flexion angle the rider has on the bike the higher the Fin needs to be (size Medium) and the higher fin signal we need, scheduled for severe hip rotations in positions of triathlon performance or high level route cycling.

We recommend the small fin for regular road riding where the rider spends most of his/her time in and out of the saddle with hands located on the hoods and the medium fin for track and time trialing where the rider spends most of his/her time seated.

In the disciplines of MTB or recreational cycling, due to the lower trunk flexion angle, the height of the Fin is lower, but also its positioning effect is less.



Shark width is determined in relation to the ischial width (distance between your sit bones) or the anterior superior iliac spine.

## Keys to the Positioning:

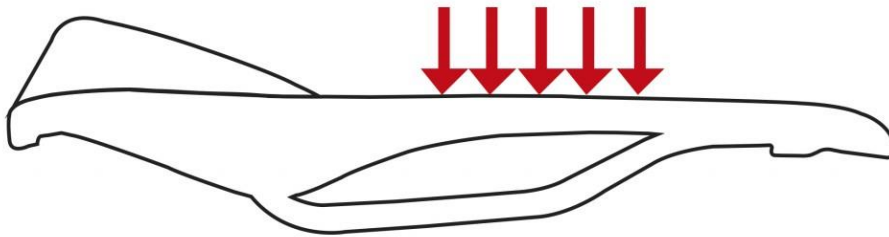
- The Shark is a saddle that requires professional installation, both in mechanical and ergonomic aspects.
- Sometimes you have to advance the existing position and sometimes put it back, depending to a great extent on the previous situation and the correction needed.
- Also, if the source of this current rotation is a result of a limb loss or an imbalance of the main muscles, the Shark may be insufficient.

The recommendation is to work with a person trained in Bicycle biomechanics or Bike Fitting for the installation.

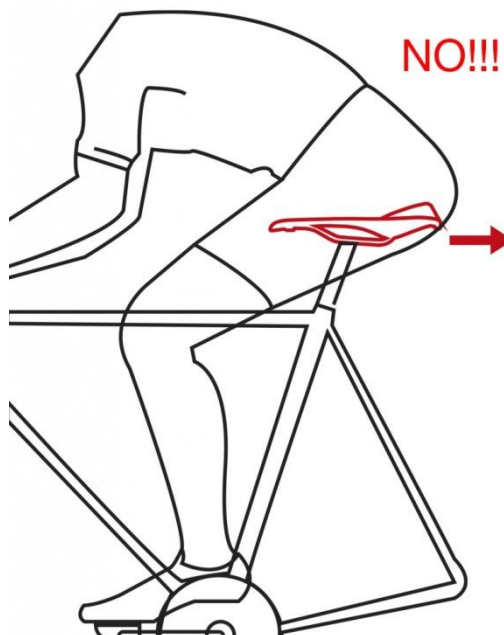
The end result is a saddle that provides a lot of pelvic stability, resulting in a much more efficient pedaling performance.

## FAQS and troubleshooting .....

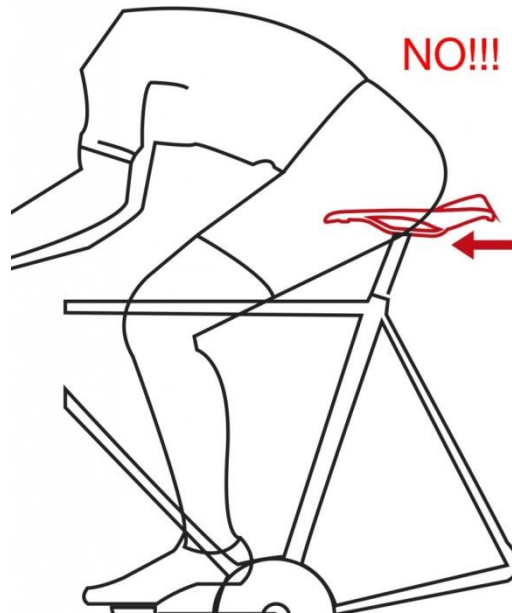
- It must be flat in the front area of the saddle, the rear area being set somewhat higher.



- If the Fin aggravates or is noticed too strongly, perhaps it can be set slightly (1-2 cm) backwards to take away pressure.



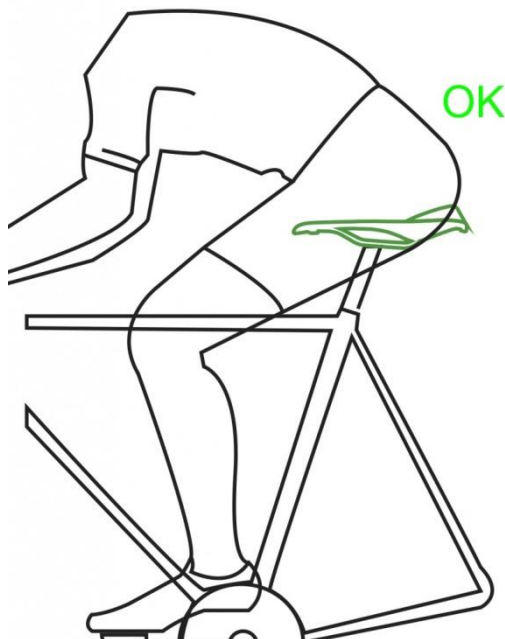
-If the fin is not felt or noticed at all, it must be positioned (0,5 – 2 cm) slightly forwards.



- If you feel pelvic pressure, the Shark is not doing its function and has probably not been installed correctly or the origin of the rotation is still in place.

- If the 2 Ischia (sitbones) are aggravated or uncomfortable the fin needs to be slightly higher.

- If only 1 ischium is aggravated the Shark does not work, please check with a bike fitter



# Advices

The Shark saddle works with all cycling shorts.

The lesser the protection of your bike pants in the area of the chamois, the better the shark works.

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