

VeloCore 22: Why won't my seat stay in place?

ID: 11862.2

Common issue descriptions:

- Seat slides down the post
- Seat doesn't stay in place
- Seat slips or drops down during workout

Tools used in this guide: Isopropyl alcohol wipes, 32mm open-ended or adjustable wrench, flathead screwdriver

Estimated time to complete: 5 to 15 minutes

Let's get started! We will check each of the components below (in order) to determine which is causing the issue.

1. [Seat adjustment handles](#)
 - o Seat assembly
 - o Seat post
2. [Seat post and seat post sleeve](#)

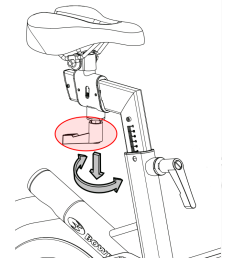
Check the seat adjustment handles

<i>Tools Required:</i>	<i>Estimated Time to Complete:</i>	<i>Service Manual Procedure:</i>
None	Less than 5 minutes	Adjustments

Tighten the seat assembly adjustment handle

1. Check the seat adjustment handle below the seat to see if it is fully tightened.
2. If needed, tighten the adjustment handle:
 - a. Rotate the handle counterclockwise to tighten the seat on the seat post.
 - b. Once fully tightened, pull down on the adjustment handle and rotate the handle to point behind the bike.
 - c. Release the handle.
 - d. Test if the issue persists [\[11862.A\]](#).
3. If the issue persists, check the next component in the section below.

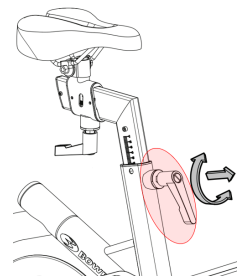
Steps 1 & 2



Tighten the seat post adjustment handle

1. Check the seat post adjustment handle on the front of the seat post to see if it is fully tightened.
2. If needed, tighten the adjustment handle:
 - a. Rotate the handle counterclockwise to tighten the seat post in the frame.
 - b. Once fully tightened, pull the adjustment handle out (away from the seat post) and rotate the handle to point downward.
 - c. Release the handle.
 - d. Test if the issue persists [\[11862.B\]](#).
3. If the issue persists, check the next component in the section below.

Steps 1 & 2



Check the seat post and seat post sleeve

<i>Tools Required:</i>	<i>Estimated Time to Complete:</i>	<i>Service Manual Procedure:</i>
Isopropyl alcohol wipes 32mm open-ended or adjustable wrench Flathead screwdriver	5 to 10 minutes	Adjustments

1. Sometimes, the seat sleeve that rests between the seat post and frame can become slick from residue or debris. This may cause the seat to slide, even when it is fully tightened on the seat post.

2. To resolve this, we will start by removing the seat post from the frame:

- Fully loosen and remove the seat post adjustment handle.
- Use a 32mm open-ended wrench to carefully loosen and remove the threaded plug behind the adjustment handle, then use a flathead screwdriver to carefully remove the friction insert (*Note: while this step is optional, it prevents small parts from falling inside the frame during troubleshooting*)
- Lift the seat post to remove it from the mount on the frame.

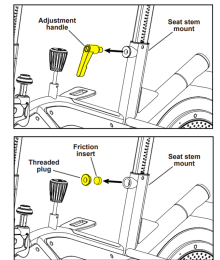
3. With the seat post removed, we will use an alcohol wipe to wipe the inside of the seat post bushing (plastic sleeve inside of the seat mount on the frame) to help remove any residue that may be present.

4. Next, we will reinstall the seat post back onto your bike and test it to make sure the issue is fixed:

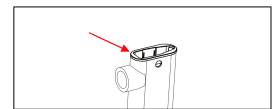
- Insert the seat post back into the seat mount on the frame
- Press the friction insert into the opening for the adjustment handle, followed by the threaded plug, then tighten the plug with a 32mm open-ended wrench.
- Install the adjustment handle back onto the seat post and tighten it completely using the steps from the previous section.
- Once all parts are installed and fully tightened, test to see if the issue persists [\[11862.C\]](#).

5. If the issue persists after all troubleshooting has been completed, [order a Seat Post Bushing \[11862.D\]](#).

Step 2



Step 3



Need to order replacement parts?

1 Parts Reference Table

<i>Part Description</i>	<i>Part SKU</i>
Seat Post Bushing	8026595

2 Contact Tech Team / Advanced Troubleshooting

If the issue was not resolved in the steps listed, contact the Tech Team or send an Advanced Troubleshooting case.

Submit a Case with case type Advanced Troubleshooting