ONEUP DROPPER POST LENGTH CHART

Looking to upgrade your dropper post? Easily determine how much more drop you can fit with two simple measurements.

STEP 1 - Measure Dimension X on your current post. This is your current ride height. The distance should be from the top of the seatpost collar to the middle of your saddle rails.

STEP 2 - Measure Dimension Y by inserting a rigid post or tape measure into your frame until it hits an obstruction.

	A	B	C	D	E	F
DROP	Dropper Total Length (including actuator)	Extended Stack Length	Max Extension	Minimum Insertion	Effective Length (No actuator)	Insert Length (including actuator)
210mm	**540**	**243**	**375**	**150**	**525**	**297**
200 (210 shimmed)	530	233	365	150	515	297
190 (210 shimmed)	520	223	355	150	505	297
180mm	**480**	**213**	**345**	**120**	**465**	**267**
170 (180 shimmed)	470	203	335	120	455	267
160 (180 shimmed)	460	193	325	120	445	267
150mm	**420**	**183**	**315**	**90**	**405**	**237**
140 (150 shimmed)	410	173	305	90	395	237
130 (150 shimmed)	400	163	295	90	385	237
120mm	**360**	**153**	**255**	**90**	**345**	**207**
110 (120 shimmed)	350	143	245	90	335	207
100 (120 shimmed)	340	133	235	90	325	207

DROPPER POST INSTALLATION INSTRUCTIONS

Tools You Will Need

- Cable/Housing Cutters
- Torque wrench with 3mm hex bit
- 2mm and 4mm hex wrenches (Shimano I-spec II only)
- T25 torx wrench (Matchmaker X only)\

Assembly time, approximately 20 minutes. Difficulty: medium (depending on frame routing)

Torque Specs

- Seat collar to manufacturer recommend torque
- Cable clamping screw, 3mm hex to 3Nm
- Remote body to clamp 3mm hex to 3Nm
- 22.2 Handle bar clamp (if needed) 3mm hex snug to 1Nm max
- Matchmaker X bolt (if needed) 3mm hex to 3Nm
- Seat rail clamp bolts 8Nm

Pressure Spec

1. Return air spring pressure setting 250-300 PSI at full extension. (Valve access under rubber cover below seat rail clamps)

Step 1: Route new housing and cable

1. Route the new cable housing and into your frame. Avoid tight bends in your housing routing for smoothest remote action.

2. (V2.1 Actuator Only) Install the supplied cable barrel onto the cable.

3. Route the new cable into the housing, with the Cable stop at the dropper post end of the housing.

Step 2a: (V2.0 Actuator Only) Connect cable and housing to the Dropper Post

1. Slide the Actuator O-ring over the Barrel of the cable, push the Barrel into the Actuator window then slide the O-ring back over the cable and Actuator.

2. Snug the housing against the actuator by pulling the cable free end.

3. Install the dropper post to your ideal height in the frame and lightly secure the seat clamp.

Step 2b: (V2.1 Actuator Only) Connect cable and housing to the Dropper Post

1. Open the actuator by hand and place the cable barrel into the actuator cradle.

2. Snug the housing against the actuator by pulling the cable free end.

3. Install the dropper post to your ideal height in the frame and lightly secure the seat clamp.

Step 3: Install Remote

1. Install the Remote, without cable or housing attached on to your handlebar (See remote specific instructions below).

2. Screw the Barrel Adjuster fully into the Remote body, then loosen 2 full turns.

Step 4: Measure and cut cable housing to length

1. Mark the housing at the correct length to reach the barrel adjuster, making sure you have enough slack for full handlebar movement. DO NOT cut the housing yet.
2. Loosen the seat collar and slide the post/housing out of the frame.
3. Slide the post and cable 150mm away from the the housing so that when you cut the housing you don't cut required cable.
4. Cut the housing/cable and slide the housing back snug against the actuator. You should now have enough cable to connect the remote.
5. Make sure the cut end of the cable housing does is not squashed after cutting so the cable slides freely.
6. Install a housing ferrule onto the cut end of the housing

Step 5: Install cable and housing into the Remote

1. Route your cable into the barrel adjuster on your remote.
2. Feed the cable under the cable clamp bolt and washer on the underside of the lever.
3. Pull the cable tight and clamp the cable 3mm Hex to 3Nm.

Step 6: Adjust cable tension at the Remote

1. Remove any lever slack using the Barrel Adjuster.

2. Cut off any excess cable and install the provided cable end ferrule

Step 7: Go ride your bike.

DROPPER POST V2 SERVICE – CLEAN

QUICK CLEAN AND GREASE

Below are clean and regrease instructions for your OneUp V2 Dropper Post. This service should take less than 5 minutes and should be completed every **50-100hrs of riding** depending on the conditions in which to ride. Always check you air pressure after servicing. The pressure should be 250-300psi with the post **fully extended**.
Users are encouraged to perform regular maintenance earlier if required. If something seems rough or unusual after servicing please discontinue riding and contact info@oneupcomponents.com to avoid additional damage to the post.

Tools needed

- Waterproof grease (ie. Slickoleum, Slick Honey)
- Rubbing alcohol
- 2 mm hex
- 14 mm or 17mm wrench (or adjustable wrench)
- Toothbrush, and Lint-free Cloth

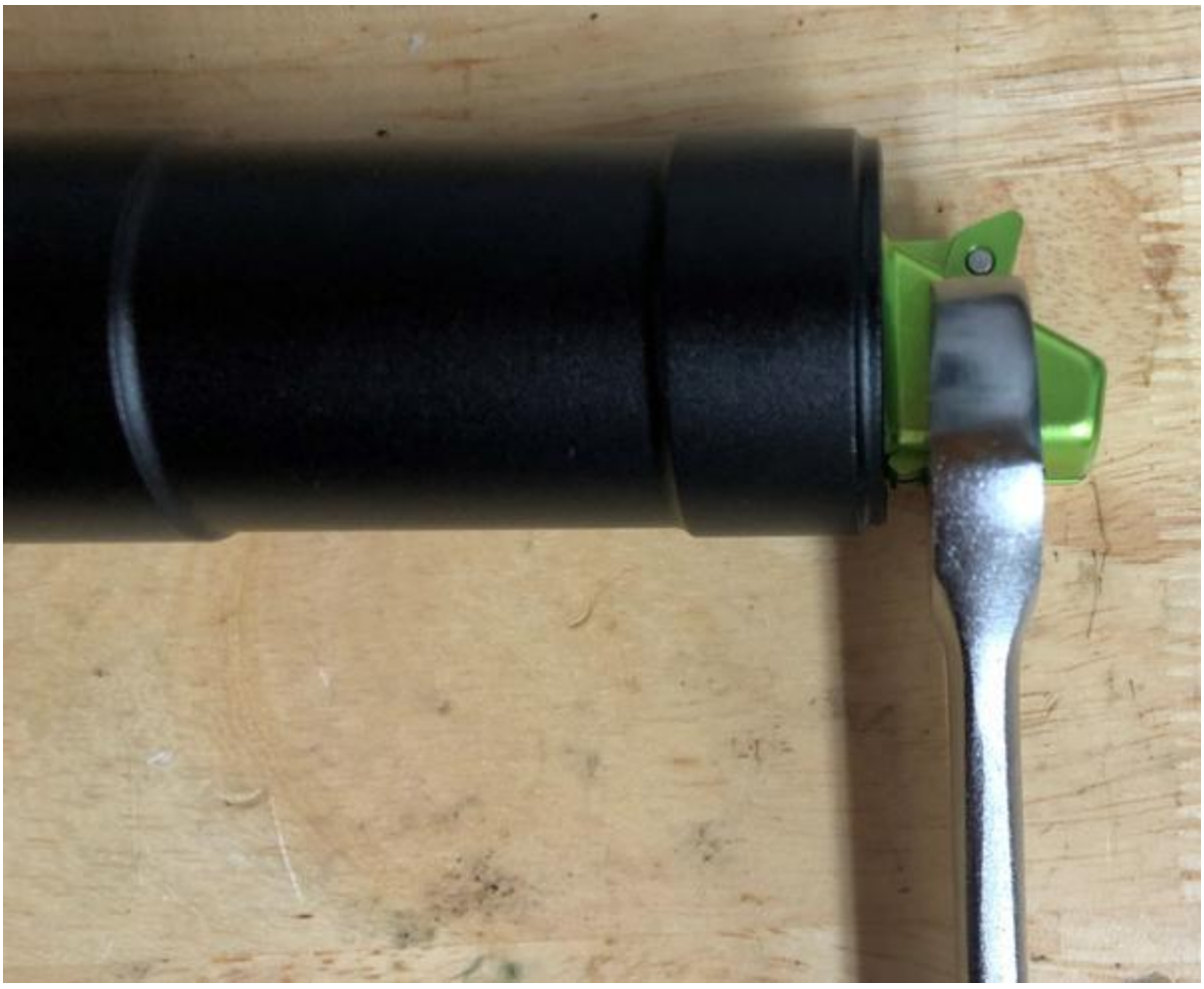
EXPLODED VIEW FOR REFERENCE

Step 1: Unscrew MID CAP ASSEMBLY (8)

- Move the dropper post into a mid travel position
- Unscrew the mid cap by hand or using a strap wrench and slide it up towards the seatpost head.

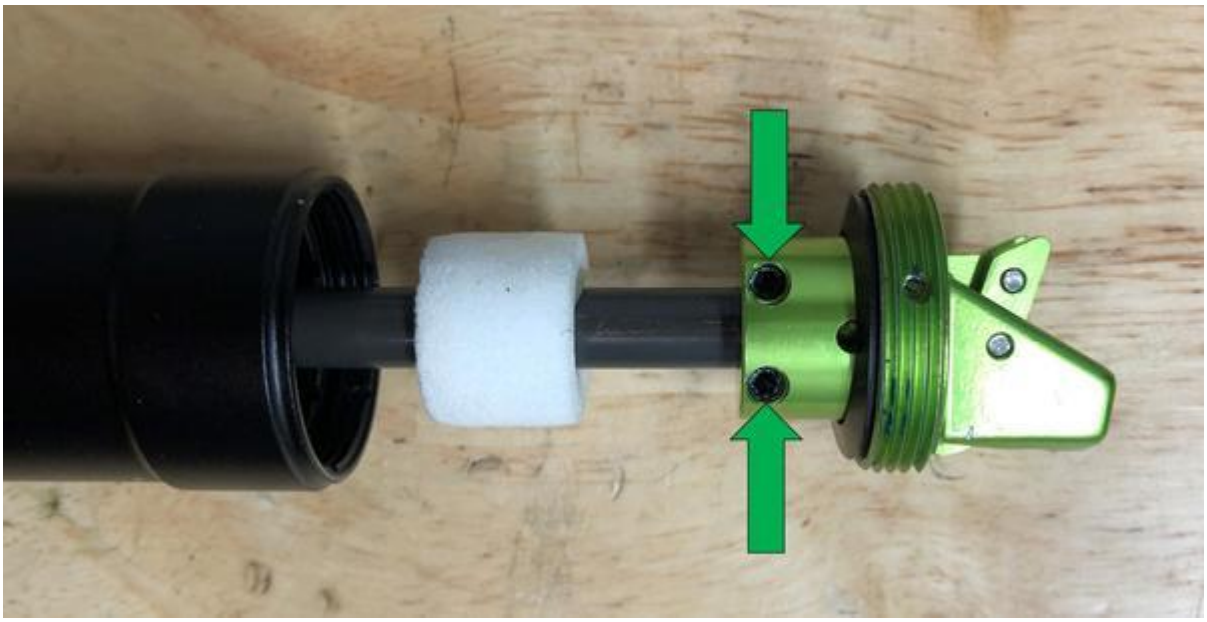
Step 2: Unscrew ACTUATOR (16) from LOWER TUBE (12)

- For V2.1 actuators use a 14mm (9/16") spanner or a adjustable wrench
- For V2.0 actuators use a 17mm spanner or a crescent wrench
- Unscrew the bottom green actuator using the wrench



Step 3: Remove LOCK BOLTS (17)

- Use a 2mm hex to completely remove the actuator lock bolts.

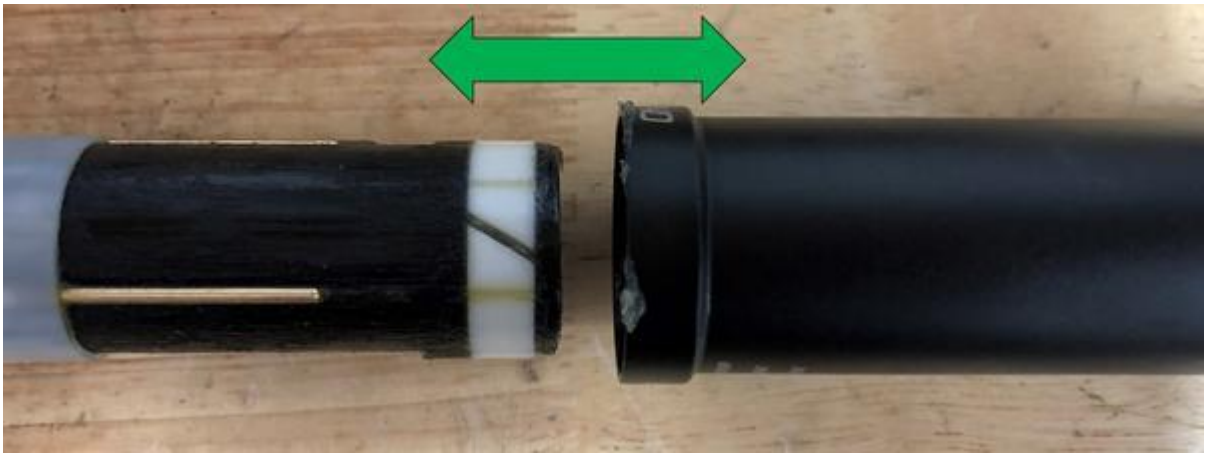


Step 4: Remove ACTUATOR (16) from CARTRIDGE (14)

- Slide the actuator and foam washer off of shaft.

Step 5: Remove LOWER TUBE (12) from UPPER TUBE (7)

- Slide the lower tube away from the upper tube to fully remove it
- Remove old grease from the upper tube and from inside the lower tube
- Clean the upper tube with rubbing alcohol

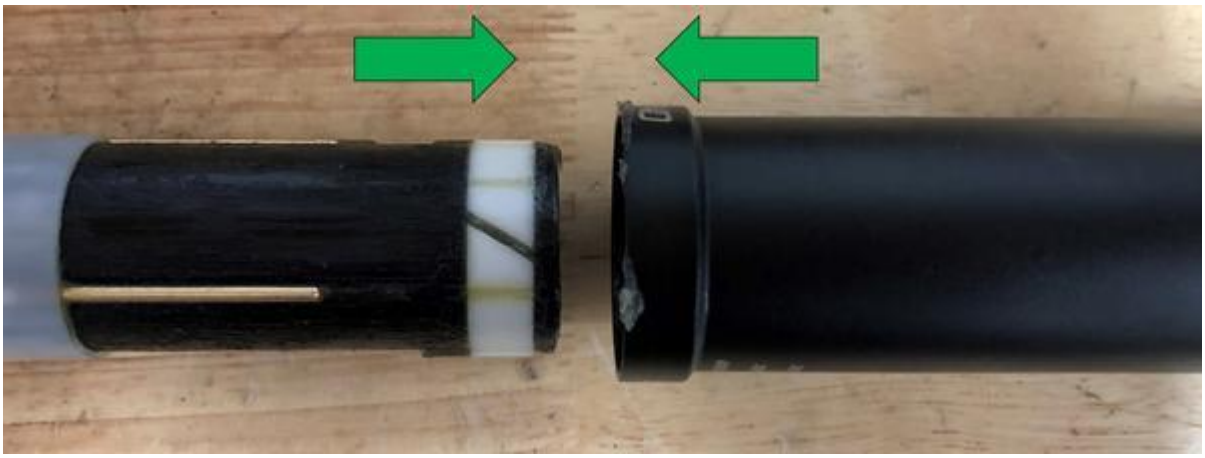


Step 6: Apply grease

- Using a toothbrush apply grease to the area around the brass pins, the bushings of the upper assembly and inside the outer post body.

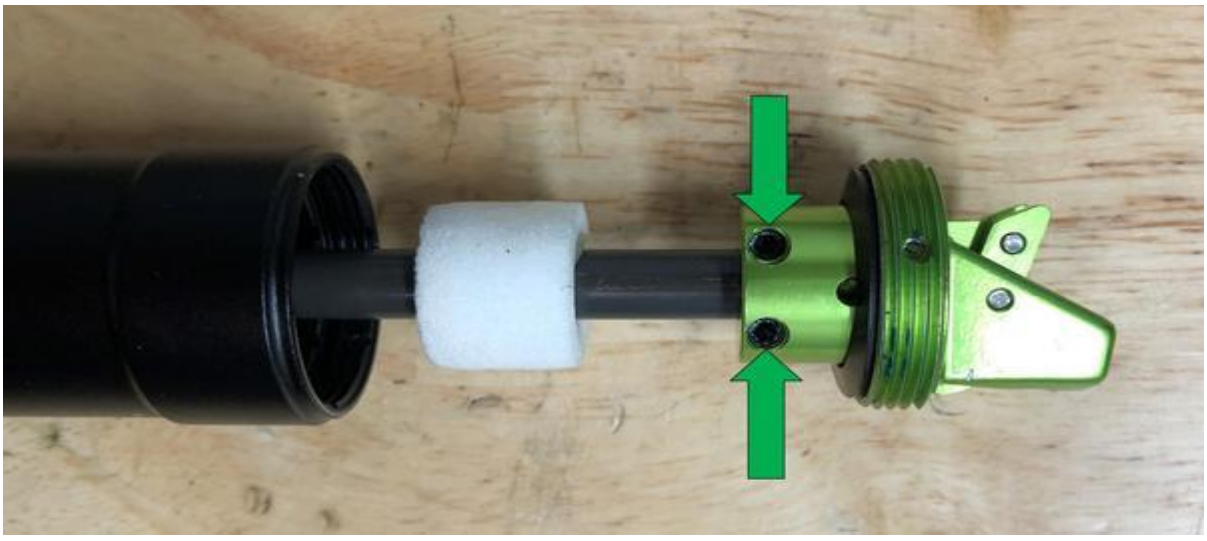
Step 7: Reassemble LOWER TUBE (12) and UPPER TUBE (7)

- Align the brass pins with machined grooves in the lower post. and the lower tube laser with the rear of the upper tube



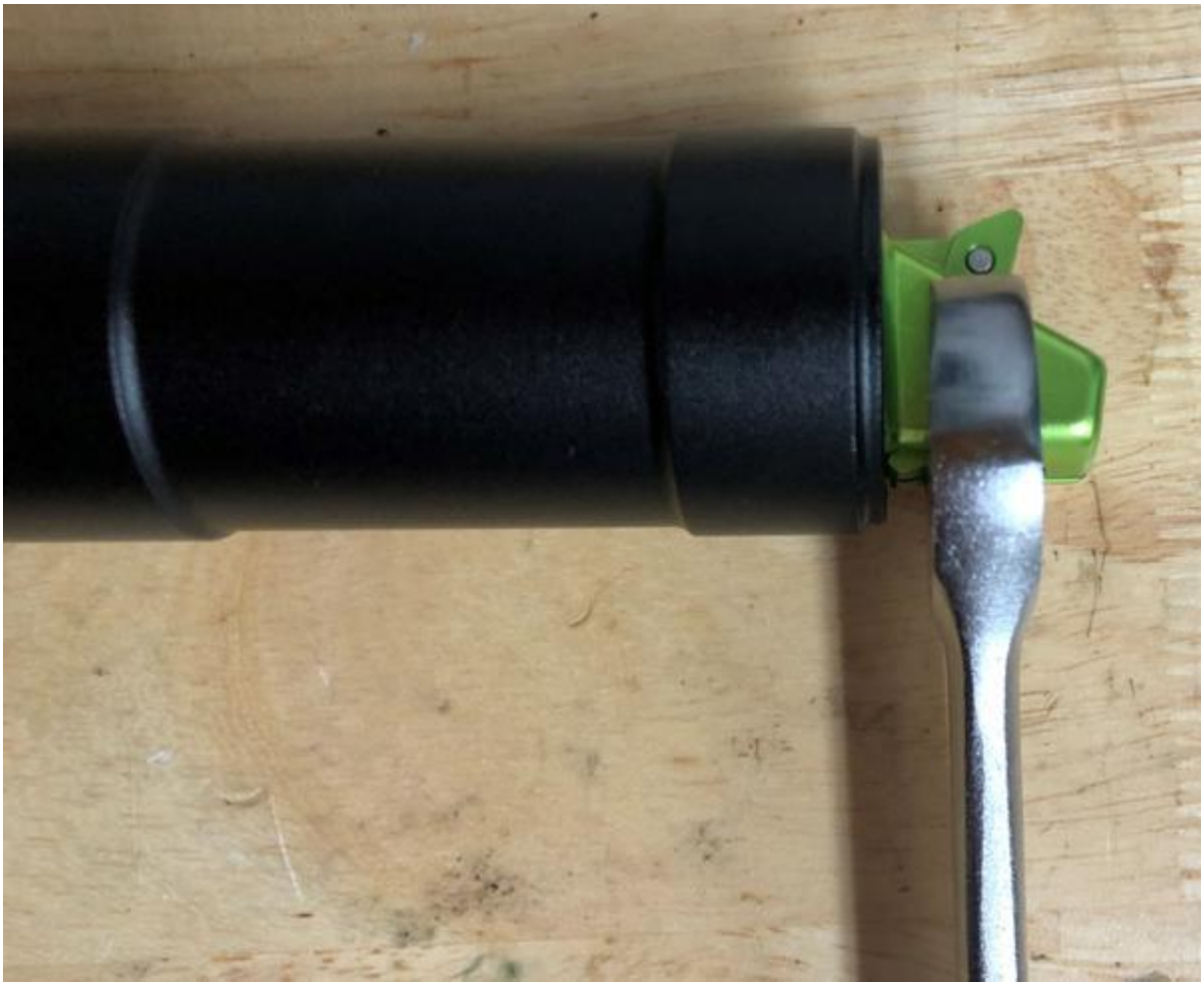
Step 8: Reassemble ACTUATOR (16)

- Slide the foam washer onto the cartridge shaft
- Slide the actuator over the end of the cartridge shaft.
- Install the thru-bolts making sure they slide through the grooves of the cartridge shaft.
- Tighten the actuator securing pins using 2mm hex hand tight.



Step 9: Secure ACTUATOR (16) to LOWER TUBE (12)

- Thread the lower actuator assembly into the lower post body
- Tighten using the same wrench as was used for disassembly



Step 10: Secure MID CAP ASSEMBLY (8)

- Make sure the post is compressed at least 50mm (2") and then seat the bushing into the top of the post.
- Thread the Mid Cap Assembly into the lower tube and tighten by hand or with strap wrench
-

Step 11: Reinstall the post and go ride your bike.

DROPPER POST V2 SERVICE - REBUILD

FULL REBUILD

Below are full rebuild instructions for your OneUp V2 Dropper Post. This service should take less than 20 minutes and should be completed every **250-350hrs of riding** depending on the conditions in which to ride. Always check your air pressure after servicing. The pressure should be 250-300psi with the post **fully extended**.

Users are encouraged to perform regular maintenance earlier if required. If something seems rough or unusual after servicing please discontinue riding and contact info@oneupcomponents.com to avoid additional damage to the post.

Tools needed

- Waterproof grease (ie. Slickoleum, Slick Honey)
- Rubbing alcohol
- Needle-nose Pliers
- 2 mm hex
- 14 mm or 17mm wrench (or adjustable wrench)
- Toothbrush, and Lint-free Cloth

EXPLODED VIEW FOR REFERENCE

Step 1: Remove Seat and UPPER/LOWER CLAMP (2) and (3)

- Move the Dropper to about 50mm (2") below full travel
- *TIP* remove the rear clamp bolt fully and do not adjust the front clamp bolt. When you reinstall the seat, torque the rear bolt to 8Nm (70 in-lbs) and the seat angle will be correct.

Step 2: Remove the VALVE CAP/COVER (5)

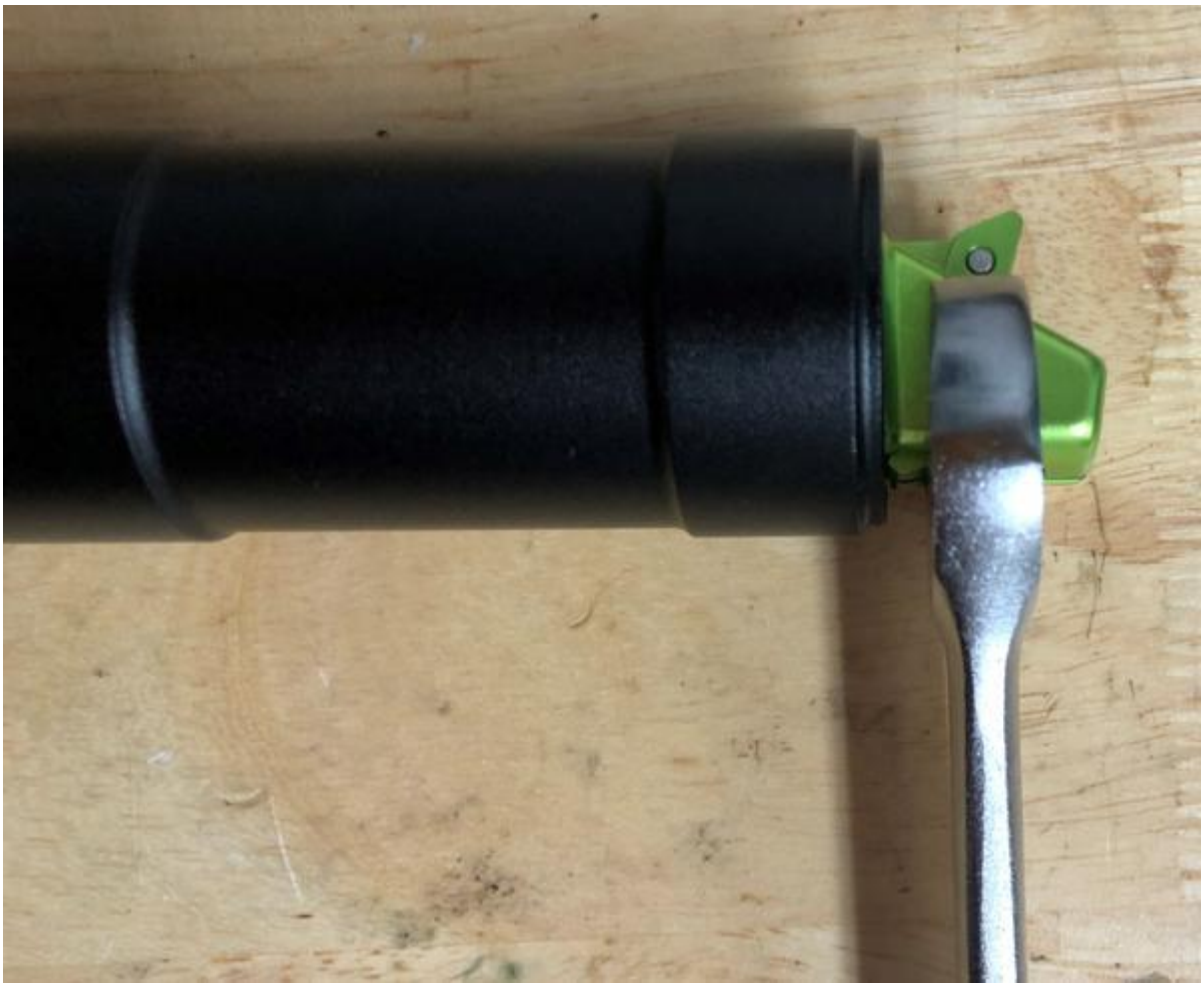
- This cap will either be a threaded cap (left) or a slide-on cap (right)

Step 3: Remove CARTRIDGE LOCKRING (6)

- Using a pair on needle-nose pliers unthread and remove the Cartridge Lockring.

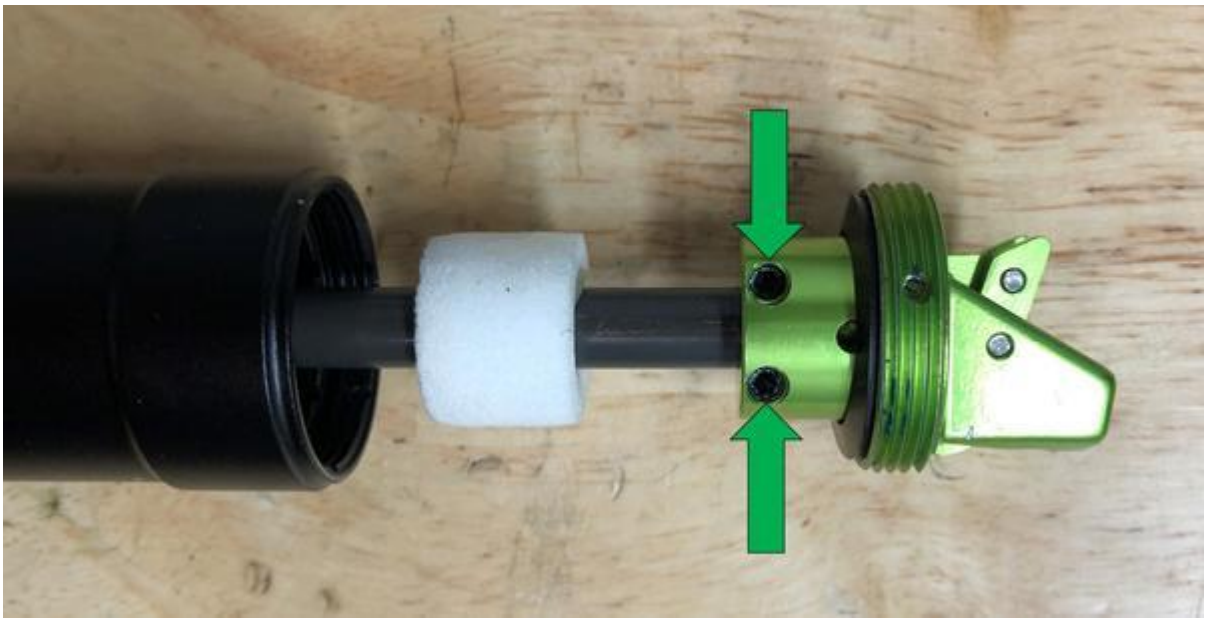
Step 4: Unscrew ACTUATOR (16) from LOWER TUBE (12)

- For V2.1 actuators use a 14mm (9/16") spanner or a adjustable wrench
- For V2.0 actuators use a 17mm spanner or a crescent wrench
- Unscrew the bottom green actuator using the wrench



Step 5: Remove LOCK BOLTS (17)

- Use a 2mm hex to completely remove the actuator lock bolts.



Step 6: Remove ACTUATOR (16) from CARTRIDGE (14)

- Slide the actuator and foam washer off of shaft.

Step 7: Remove CARTRIDGE (14) from Dropper Assembly

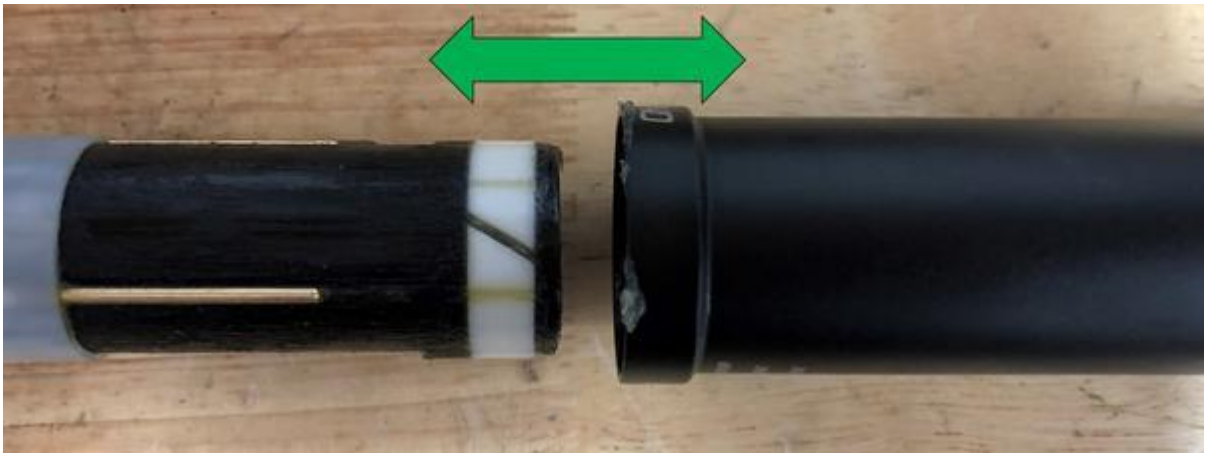
- Slide the cartridge out of the dropper assembly.
- Make sure to not lose Cartridge washer (13)
- If you are only completing a cartridge swap, stop here and complete steps 1-6 in reverse order.

Step 8: Unscrew MID CAP ASSEMBLY (8)

- Unscrew the mid cap assembly by hand or using a strap wrench and slide it up towards the seatpost head.

Step 9: Remove LOWER TUBE (12) from UPPER TUBE (7)

- Slide the lower tube away from the upper tube to fully remove it
- Remove old grease from inside the lower tube

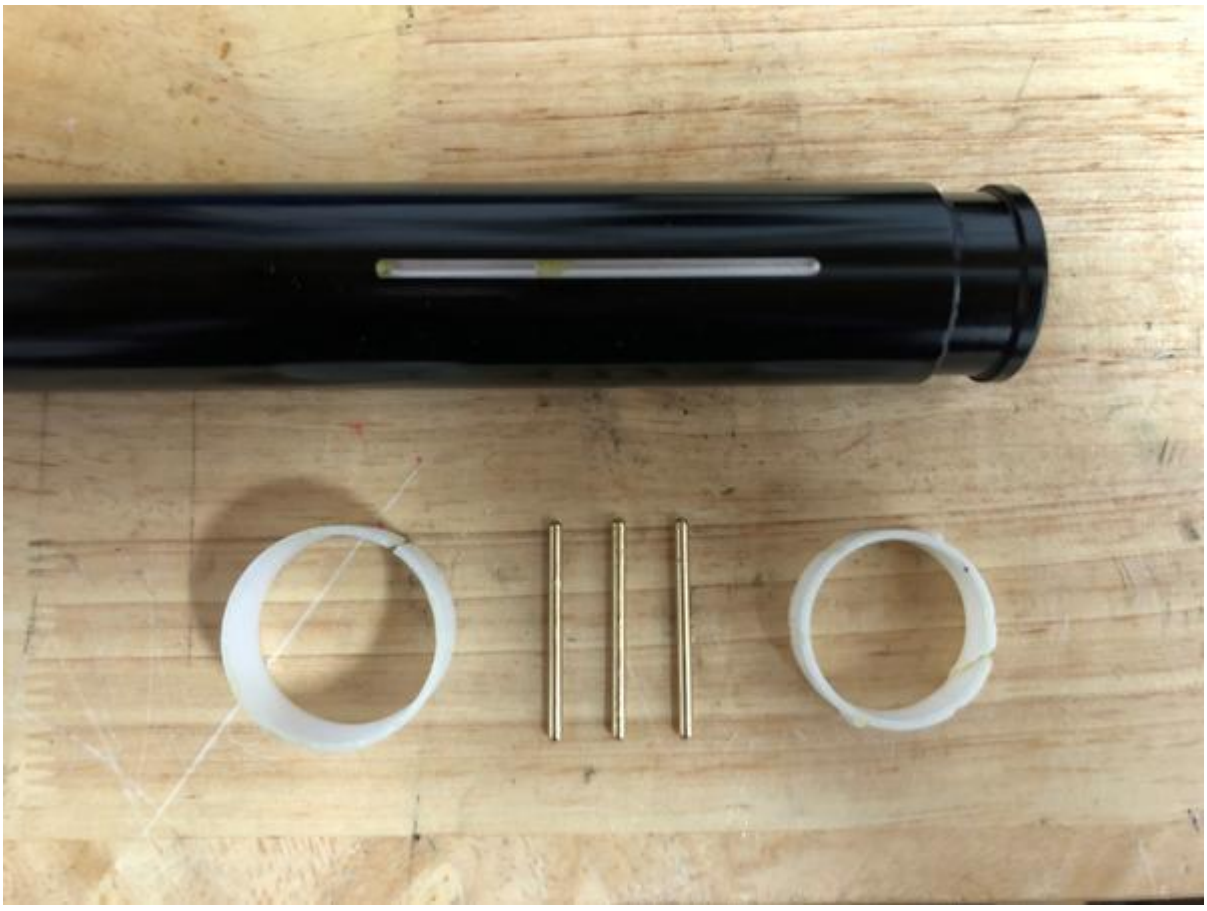


Step 10: Remove GUIDE PINS (10)

- Using a small pick or the tip of a ziptie remove the three guide pins

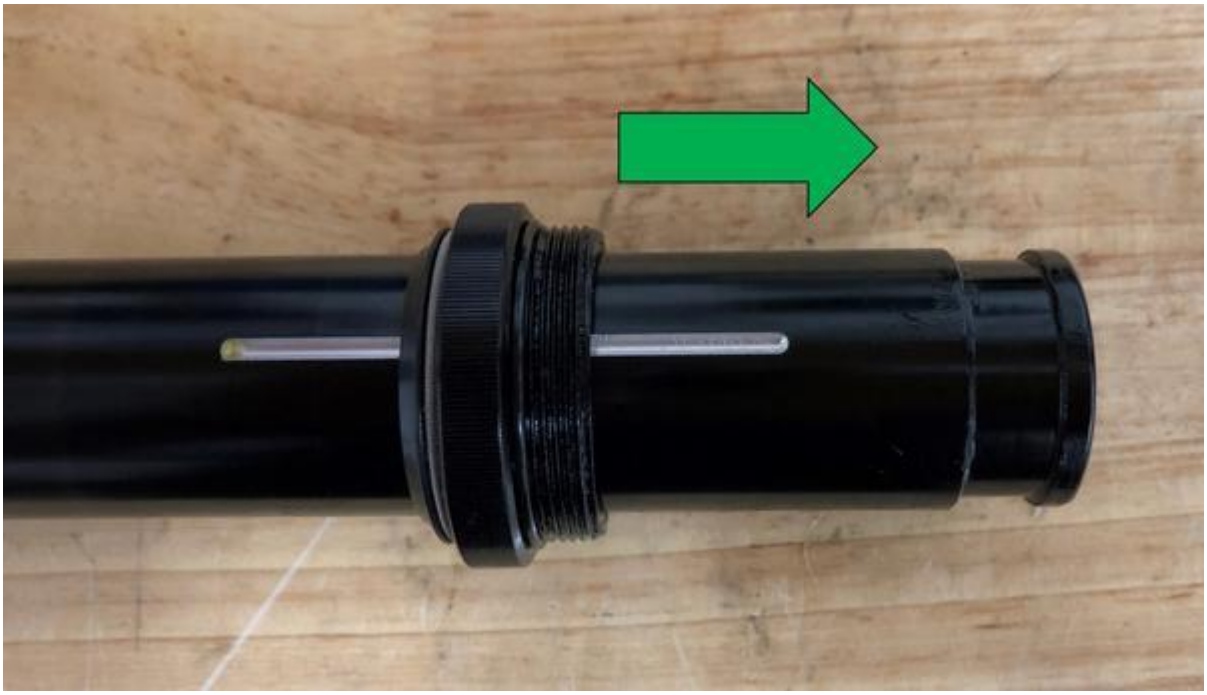
Step 11: Remove BUSHINGS (9) and (11)

- Remove the upper and lower bushings by hand



Step 12: Remove MID CAP ASSEMBLY (8)

- Slide the Mid Cap Assemby off of the Upper Tube
- Remove old grease from the Upper Tube
- Clean the upper tube with rubbing alcohol



Step 13: Assess parts that need replacement

- Parts 8a-11 are included in SP1C0053
- Oversized pins 19 & 20 are included in SP1C0061

Step 14: Reinstall MID CAP ASSEMBLY (8), GUIDE PINS (10) and BUSHINGS (9) and (11)

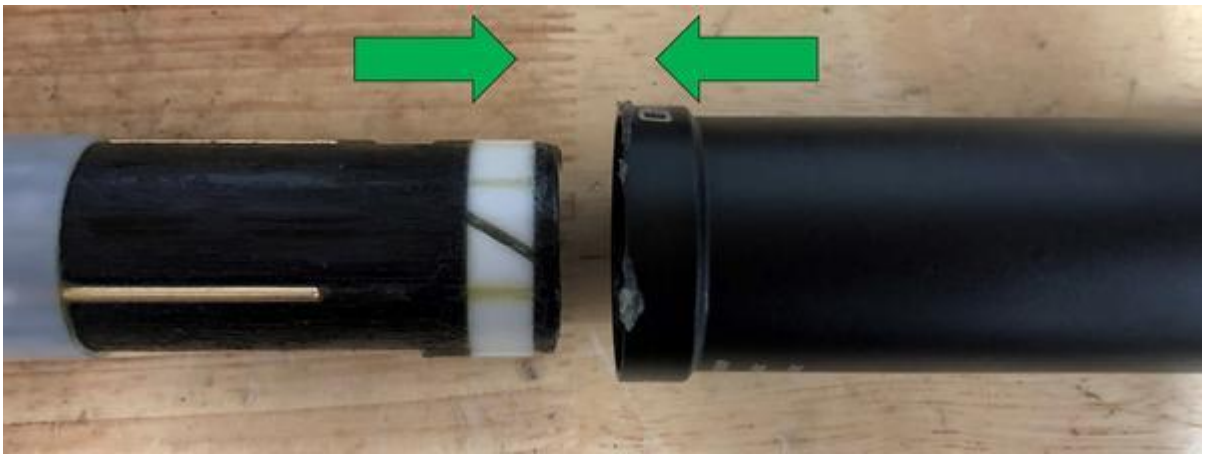
- With Parts 8a-8e assembled slide Mid Cap Assembly onto the Upper Tube
- Reinstall Upper and Lower bushings
- Reinstall Guide Pins or install oversized guide pins

Step 15: Apply grease

- Using a toothbrush apply grease to the area around the brass pins, the bushings of the upper assembly and inside the outer post body.

Step 16: Reassemble LOWER TUBE (12) and UPPER TUBE (7)

- Align the brass pins with machined grooves in the lower post. and the lower tube laser with the rear of the upper tube



Step 17: Secure MID CAP ASSEMBLY (8)

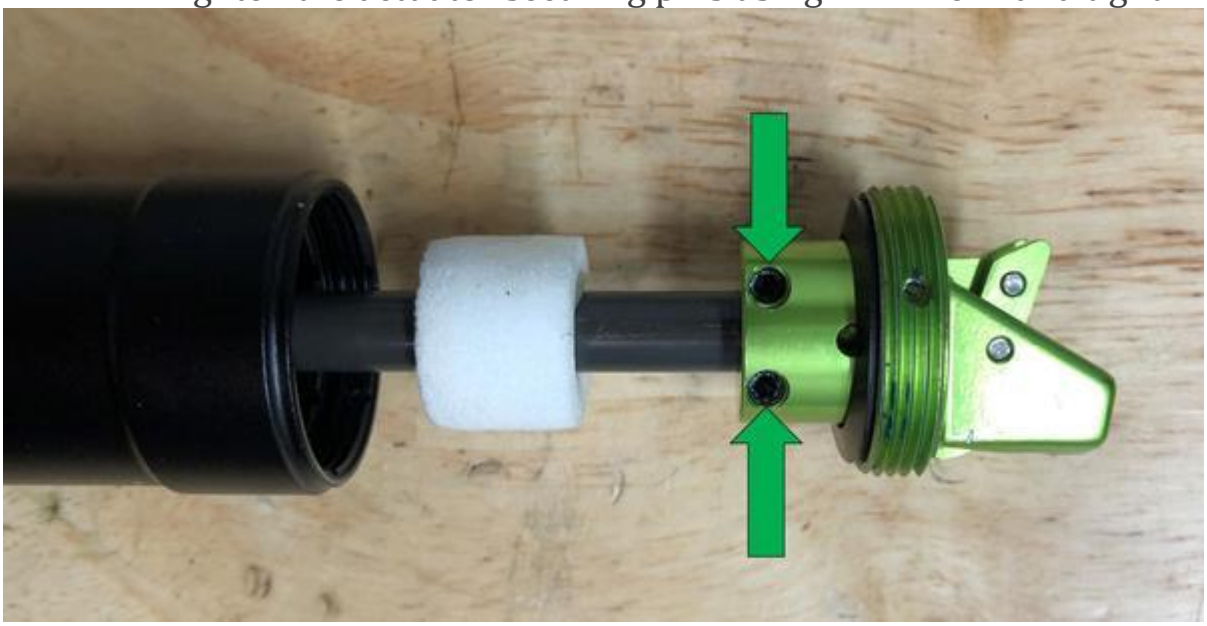
- Thread the Mid Cap Assembly into the lower tube and tighten by hand or with strap wrench

Step 18: Reinstall CARTRIDGE (14) into Dropper Assembly

- Slide the cartridge into the dropper assembly.
- Make sure Cartridge washer (13) is properly in place
- Reinstall Cartridge Lockring (6) and Valve Cap/Cover (5)

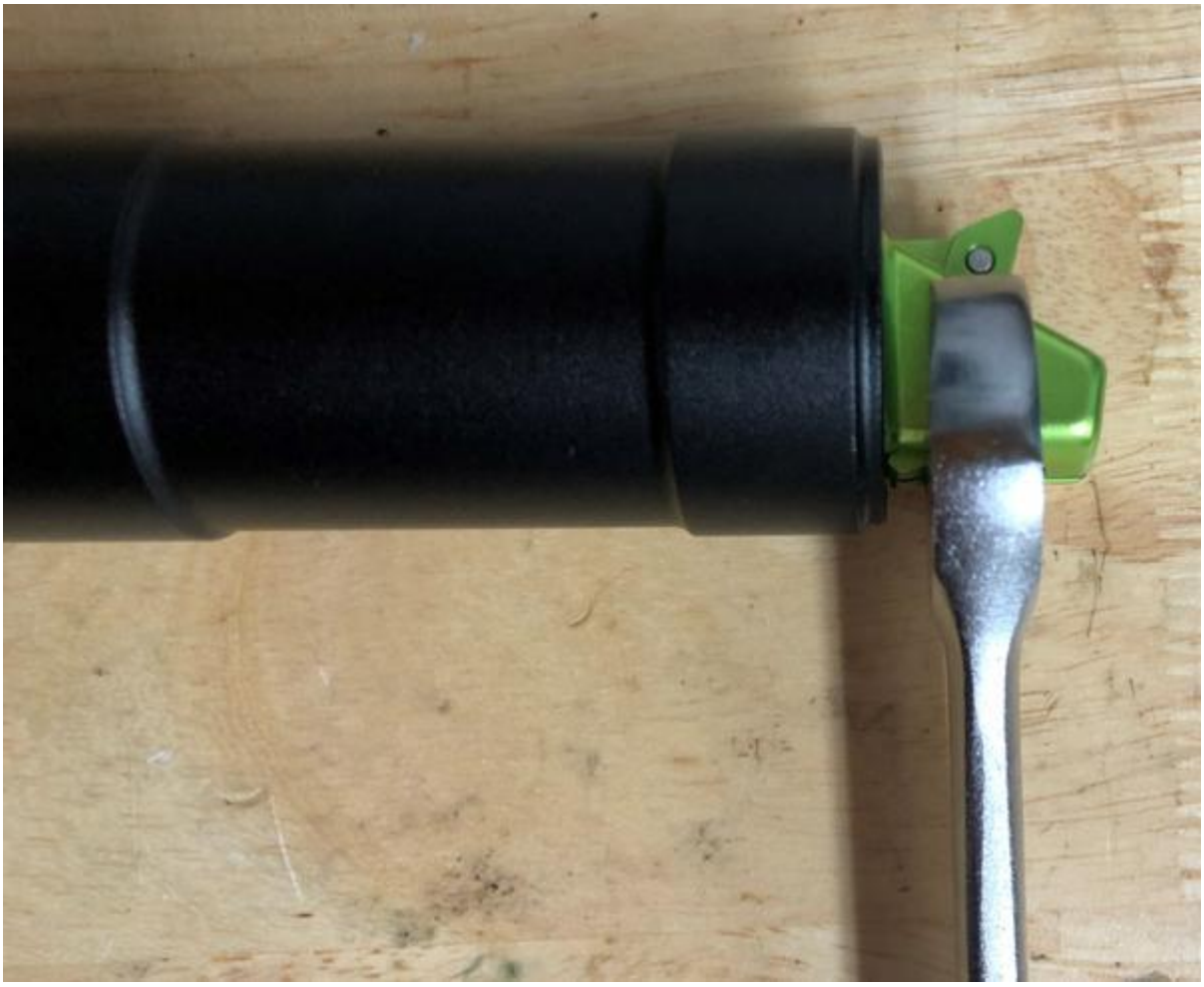
Step 19: Reassemble ACTUATOR (16)

- Slide the foam washer onto the cartridge shaft
- Slide the actuator over the end of the cartridge shaft.
- Install the thru-bolts making sure they slide through the grooves of the cartridge shaft.
- Tighten the actuator securing pins using 2mm hex hand tight.



Step 20: Secure ACTUATOR (16) to LOWER TUBE (12)

- Thread the lower actuator assembly into the lower post body
- Tighten using the same wrench as was used for disassembly

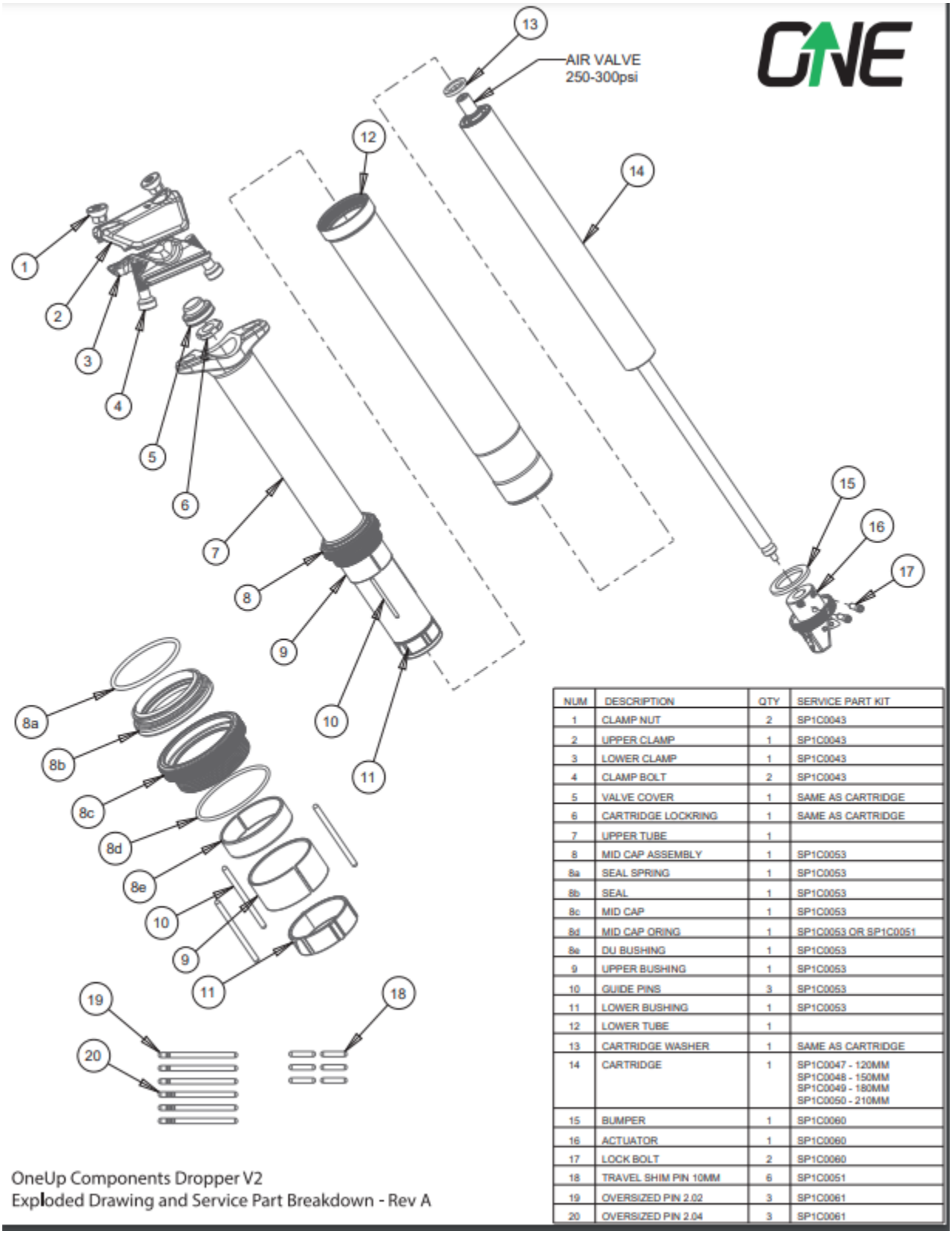


Step 21: Reinstall Seat and UPPER/LOWER CLAMP (2) and (3)

- Remember the tip from Step 1

Step 22: Reinstall the post and go ride your bike.

SMALL PARTS EXPLODED VIEW



NUM	DESCRIPTION	QTY	SERVICE PART KIT
1	CLAMP NUT	2	SP1C0043
2	UPPER CLAMP	1	SP1C0043
3	LOWER CLAMP	1	SP1C0043
4	CLAMP BOLT	2	SP1C0043
5	VALVE COVER	1	SAME AS CARTRIDGE
6	CARTRIDGE LOCKRING	1	SAME AS CARTRIDGE
7	UPPER TUBE	1	
8	MID CAP ASSEMBLY	1	SP1C0053
8a	SEAL SPRING	1	SP1C0053
8b	SEAL	1	SP1C0053
8c	MID CAP	1	SP1C0053
8d	MID CAP ORING	1	SP1C0053 OR SP1C0051
8e	DU BUSHING	1	SP1C0053
9	UPPER BUSHING	1	SP1C0053
10	GUIDE PINS	3	SP1C0053
11	LOWER BUSHING	1	SP1C0053
12	LOWER TUBE	1	
13	CARTRIDGE WASHER	1	SAME AS CARTRIDGE
14	CARTRIDGE	1	SP1C0047 - 120MM SP1C0048 - 150MM SP1C0049 - 180MM SP1C0050 - 210MM
15	BUMPER	1	SP1C0060
16	ACTUATOR	1	SP1C0060
17	LOCK BOLT	2	SP1C0060
18	TRAVEL SHIM PIN 10MM	6	SP1C0051
19	OVERSIZED PIN 2.02	3	SP1C0061
20	OVERSIZED PIN 2.04	3	SP1C0061

OneUp Components Dropper V2
Exploded Drawing and Service Part Breakdown - Rev A