



# JACK DROPPER POST SETUP GUIDE



## MANITOU

5800 W Donges Bay Rd  
Mequon, WI 53092

[manitoumtb.com](http://manitoumtb.com)

888.686.3472

Support: [manitoumtb.com/support](http://manitoumtb.com/support)

## WARRANTY

For full warranty information please  
visit [hayesbicycle.com/warranty](http://hayesbicycle.com/warranty)

HAYES

manitou

PROTAPER

REYNOLDS

SUN  
ringle

## INTRODUCTION

Thank you for purchasing one of the most innovative hydraulic dropper posts on the market - the Manitou Jack Dropper Seat Post. Your new seatpost is warranted for a period of two years from the date of purchase. The warranty is limited to the repair or replacement of the defective part and is the sole remedy of the warranty. The warranty applies only to the original owner and is not transferrable. Proof of purchase is required to validate warranty eligibility. The warranty does not cover normal wear and tear, routine maintenance, improper installation or improper use of the seatpost. Modification of the seatpost in any manor shall void the warranty. shall not be responsible for incidental or individual costs incurred by the warranty service provider that are not covered by this warranty. The user assumes the risk of any personal injury or property damage, including damage to the seatpost, and any other losses, if the seatpost is modified or improperly used at any time. This warranty gives the consumer specific legal rights and those rights vary from to This warranty does not affect the statutory rights of the consumer.

### ⚠ WARNING ⚠

This is a high performance product. It will give you reliable service if installed properly and regularly maintained by an authorized service center. Read through these instructions fully and follow them carefully before installing and/or using your new seatpost. Any questions about the servicing of this fork or the manual itself should be directed to Hayes Customer Support at:

<b>Hayes Bicycle USA</b>	5800 W Donges Bay Road Mequon WI 53092
	Phone: 888.686.3472
	Email: <a href="mailto:techsupport@hayesbicycle.com">techsupport@hayesbicycle.com</a>

<b>Hayes Bicycle Europe</b>	Dirnismaning 20 a 85748 Garching (b. Munich) Germany
	Phone: +49 89 203237450
	Email: <a href="mailto:techsupportEU@hayesbicycle.com">techsupportEU@hayesbicycle.com</a>

<b>Hayes Bicycle Asia</b>	16F, No. 37, Sec. 3 Mincyuan E. Rd. Zhongshan District Taipei City 10476 Taiwan ROC
	Phone: 886-2-2518-1108

## ⚠ WARNING ⚠

Your Jack Dropper Seatpost must be regularly maintained by a qualified service technician. If you need assistance locating a qualified service technician, more information can be found at [www.manitoumtb.com](http://www.manitoumtb.com). Do not disassemble your seatpost by yourself. Disassembly could cause damage and severe personal injury as some of the contents are under pressure. Always wear suitable safety gloves and safety glasses, when working on your seatpost!

## NOTICE

Please read the following instructions carefully and install your Jack Dropper Seatpost according to the steps detailed below. Your Jack Dropper Seatpost is a precision piece of cycling equipment that requires a specific understanding of bicycle maintenance and assembly to install. If you are not certain that you have the appropriate skills or tools to properly install or service this product, please contact your local bicycle dealer or service provider for assistance.

Jack Dropper Seatpost models use internal cable routing and are designed to be compatible with bicycle frames that feature such cable routing.

**DO NOT DRILL OR MODIFY YOUR FRAME IN ANY WAY. Doing so will void the Warranty of and in most cases void the warranty of your bicycle. Modification of your frame in any way may result in frame failure which could result in injury or death.**

If you are unsure whether your Jack Dropper Seatpost is compatible with your frame, contact your bicycle frame manufacturer or Manitou directly.

## TABLE OF CONTENTS

SECTION	PAGE NUMBER
<a href="#">Before Installing the Seatpost</a>	6
<a href="#">Installation</a>	7
<a href="#">Usage</a>	16
<a href="#">Service</a>	20
<a href="#">FAQ</a>	22
<a href="#">Troubleshooting</a>	24
<a href="#">Exploded View</a>	25

Thank you for choosing a Manitou dropper seatpost.

To ensure maximum and enduring performance with your Jack or Jack SL, please read and follow this manual carefully and keep it for future reference.

If you purchased your seatpost separately, you will find instructions on how to install it. Please note that your Jack requires regular maintenance and care - see the corresponding chapter in this manual.

You can also find many important and useful tips in our service app or on [www.manitoumtb.com](http://www.manitoumtb.com).

Happy trails  
Your Manitou team

# BEFORE INSTALLING THE SEATPOST

Please be sure that your new Jack Dropper Seatpost will fit in your frame. All Jack Dropper Seatpost models are designed to fit either 30.9mm or 31.6mm seat tube inner diameters in frames, originally designed for internal cable routing. Improper fit may cause slippage, faulty performance, injury or death and may result in void of warranty.

## ⚠ WARNING ⚠

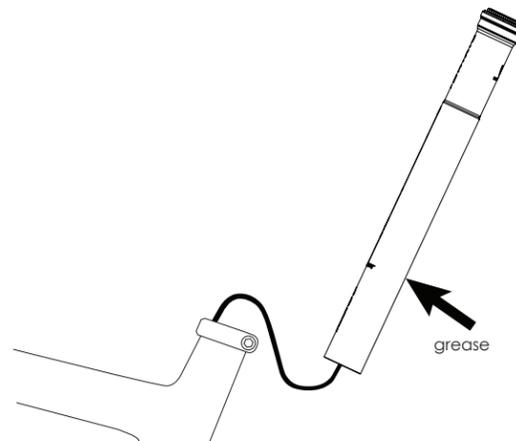
Manitou DOES NOT recommend modification or alteration of your frame in any way. Doing so may void your frame or bicycle's warranty and may result in frame failure which could lead to injury or death.

## ⚠ WARNING ⚠

Make sure that your seat tube is clean and free of debris and that the inside of your seat tube is smooth and free of any object that may score the seatpost!

## ⚠ WARNING ⚠

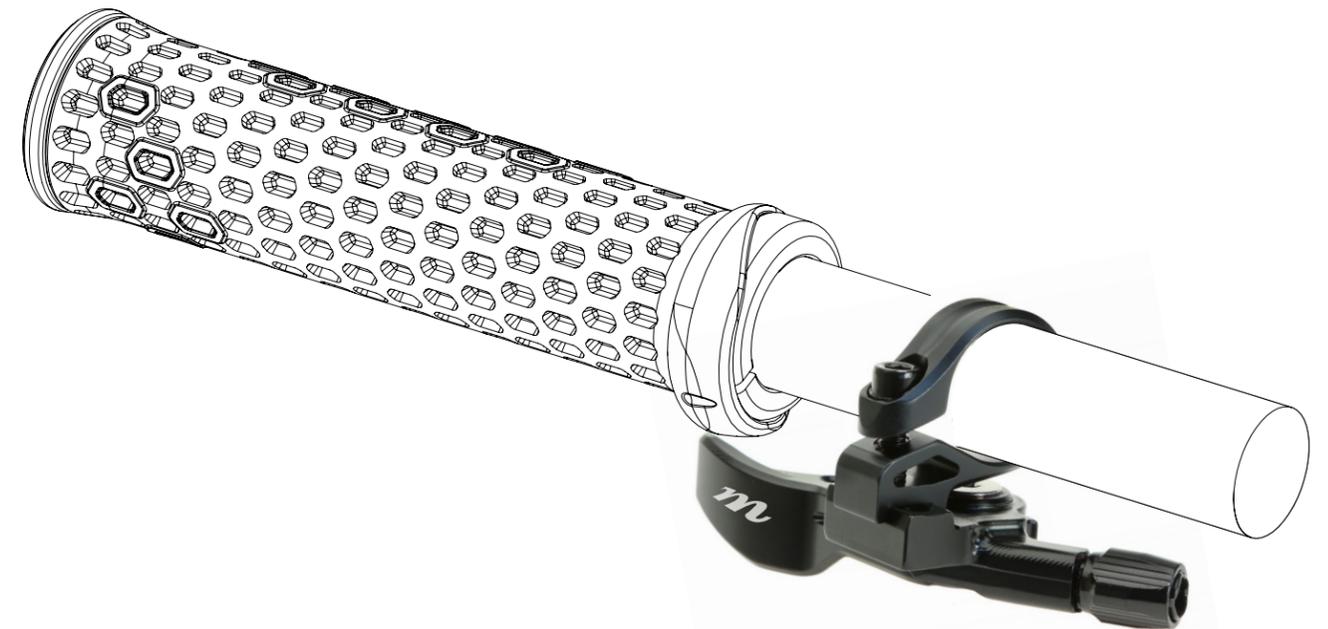
Apply a heavy suitable grease on the lower tube of the post to avoid galvanic corrosion inside the frame use friction paste instead of grease only if the post can not be clamped properly. Avoid using any paste, that could be aggressive towards frame and/or post.



# INSTALLATION

## 1 INSTALLING MANITOU UNDERBAR REMOTE LEVER

Manitou Underbar Lever remote can be installed with a stand alone clamp on your handlebar, or an adapter directly on your brake using the Hayes Peacemaker clamp. Use a maximum torque of 1.5 Nm on the pinch bolt on the clamp. Manitou Underbar Lever remotes can only be installed on the left side of the handlebar.



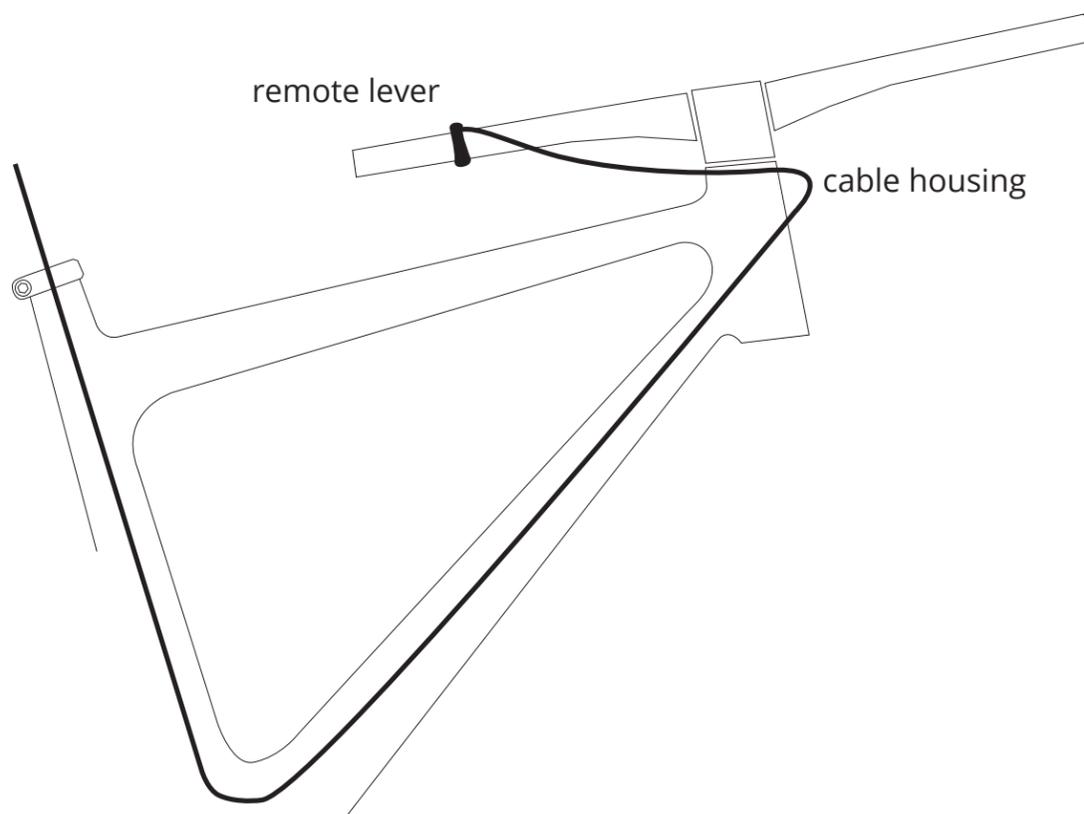
# INSTALLATION

## 2 DETERMINING CABLE HOUSE LENGTH

Route the housing through your bicycle frame per your bicycle frame manufacturer's specifications.

To determine the correct housing length, place the housing into the tension adjuster of your remote, and make sure your handlebar can turn a minimum of 90° without stretching the housing.

Do not permanently affix your housing in place. You will need it free to move in a later step.



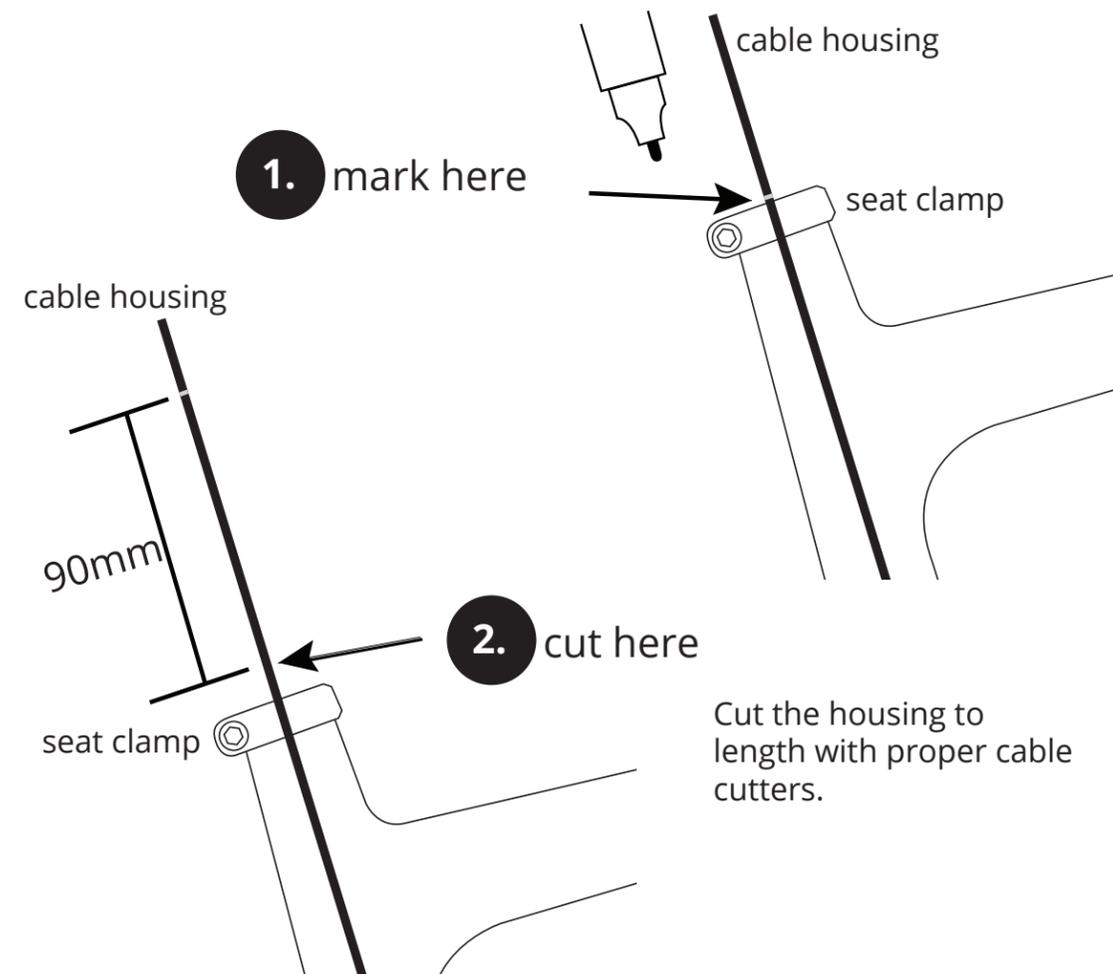
# INSTALLATION

## 2 DETERMINING CABLE HOUSE LENGTH (CONTINUED)

Mark the position of your cable housing at the seat clamp, as it protrudes from the seat tube.

Pull the cable housing out of the seat tube and make another mark 90 mm downwards. This will be your final housing length for minimum insertion.

If you insert your post deeper you can cut the housing shorter accordingly to avoid excessive slack of your housing.

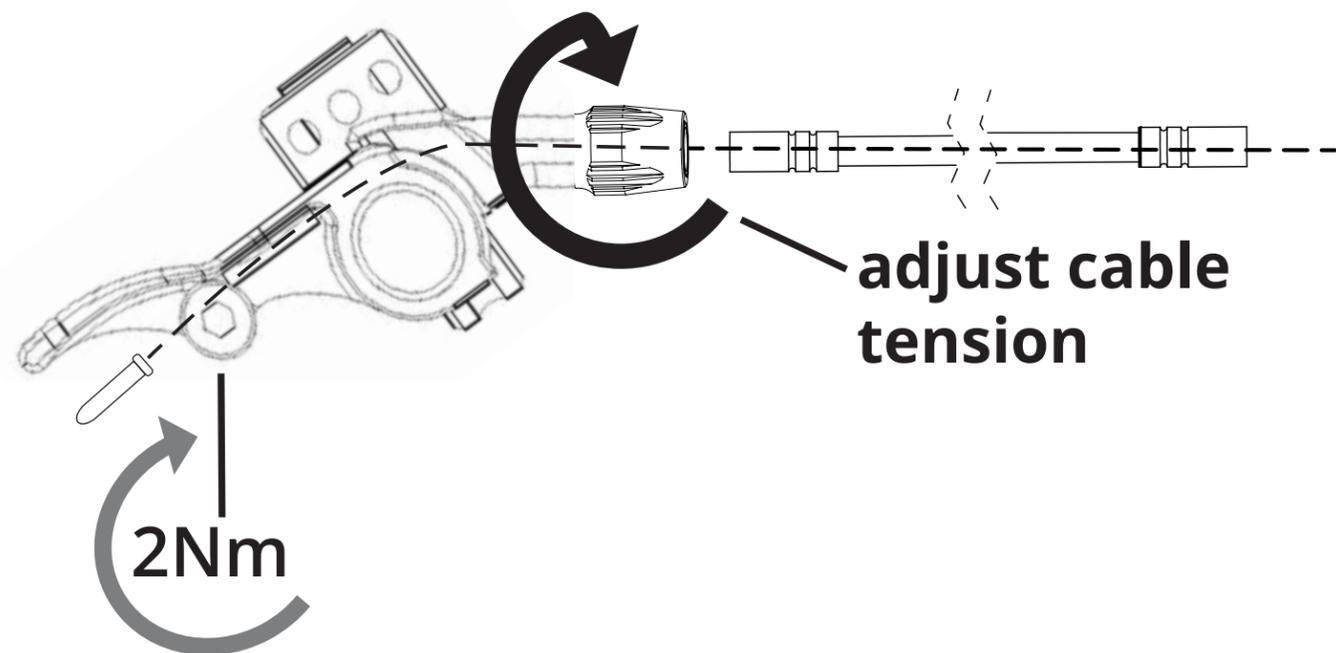


# INSTALLATION

## 3 PREPARING INNER CABLE

The Manitou Jack dropper post uses a specific lightweight dropper post cable and housing. The cable head replaced the cable end used by other brands to improve setup and function. If the user desires a standard cable and cable end can be used.

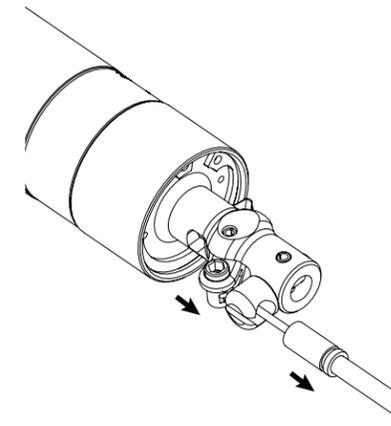
1. Push the ferrules onto both ends of the cable housing as far as possible.
2. Guide the inner cable through the cable housing from the seat tube towards the remote lever with the Manitou dropper cable head terminating on the post side.
3. Insert the inner cable through the remote lever and using the guide on the bottom side of the post allow 17mm of cable to protrude out of the housing. Tighten the pinch bolt on the lever too 2 Nm.



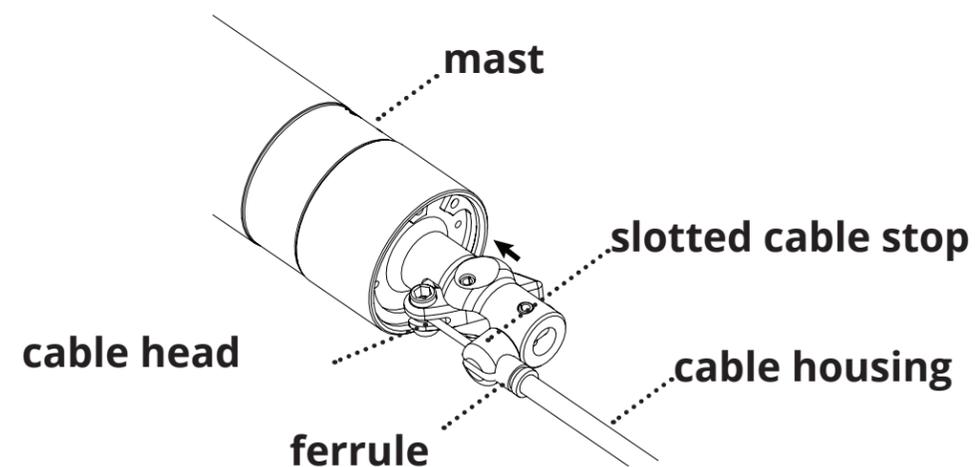
# INSTALLATION

## 4 CONNECTING CABLE TO SEATPOST

1. Insert the cable head end into the actuation lever. Gently pull on the outer housing and move the lever down to pass the cable end stop with the ferrule.



2. Guide the inner cable through the slotted cable end stop and push the ferrule firmly into the cable end stop by hand.

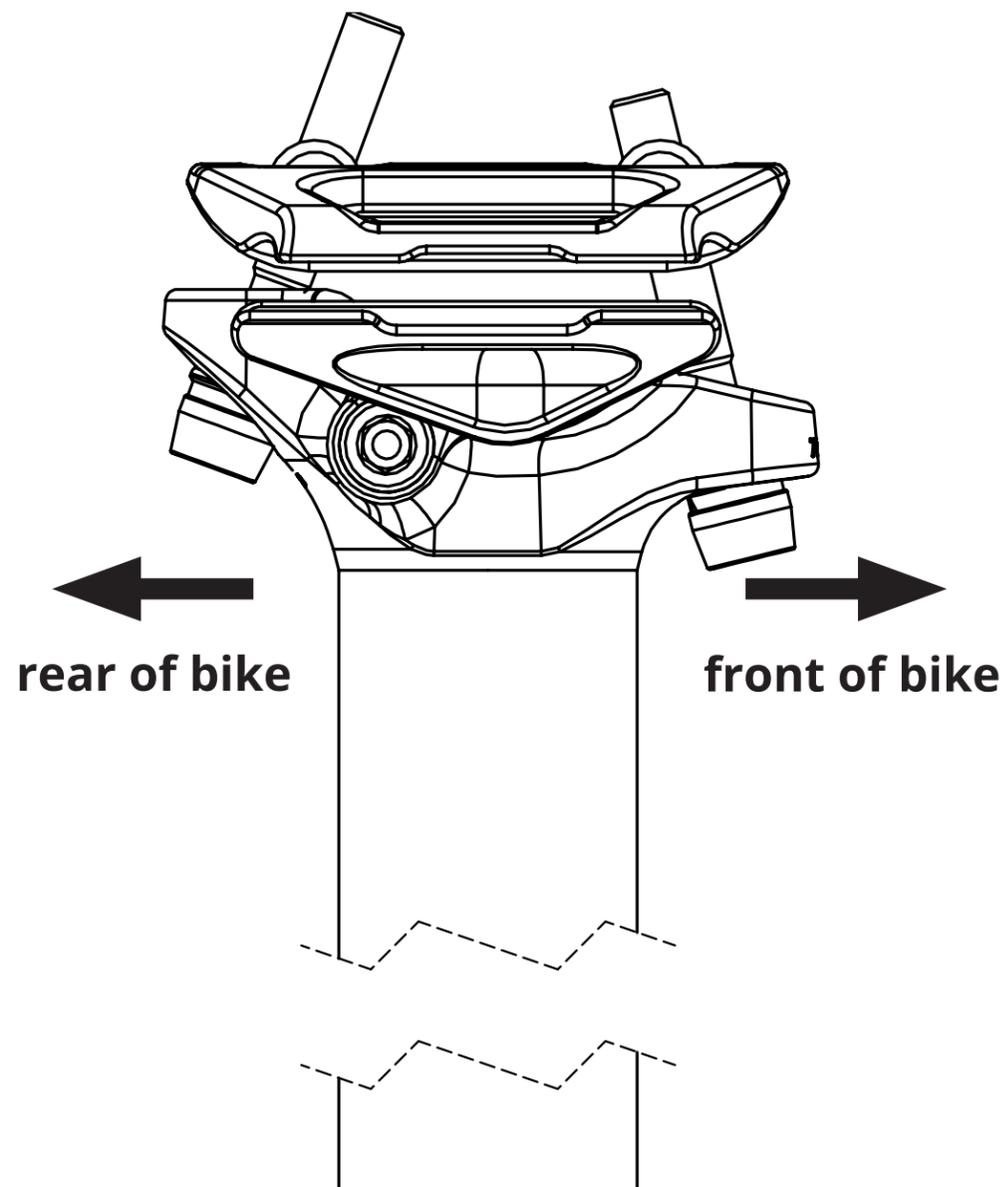


3. Adjust the tension with the cable tensioner on the lever, so there is no play in the cable. If the tension is too high, it will permanently activate the post. A low tension will cause cable play, and the post will not reach its full speed.
4. Cut the inner cable and secure it with an end cap.

# INSTALLATION

## 5 INSERTING SEATPOST

There is only one position for seatpost direction, saddle and saddle clamp orientation.



# INSTALLATION

## 5 INSERTING SEATPOST (CONTINUED)

Insert the seatpost into your seat tube. When inserting or extending, make sure you do not pull too hard on the outer housing, as doing so may pull the ferrule out of the cable stop.

### ⚠ WARNING ⚠

Insert slowly and carefully! When inserting, make sure there are no such things as pivot points, bent tubes, etc inside your seat tube that can interfere with the seatpost.

### ⚠ WARNING ⚠

You should always use a good quality grease on contacting faces between seatpost and seat tube in order to prevent corrosion. Use friction paste only if proper clamping is impossible with greased components. Contact us before applying friction paste.

### ⚠ WARNING ⚠

Make sure your post does not slip inside the seat tube when sitting on it, before going out for a real ride.

### ⚠ WARNING ⚠

Over-tightening your frame's seat clamp might lead to a stuck post and/or increased wear. Use only as much torque as you need to keep the post in place during normal riding. It is appropriate for the post to rotate or slip under higher input forces to prevent overload. **Never exceed 5 Nm of torque!**

# INSTALLATION

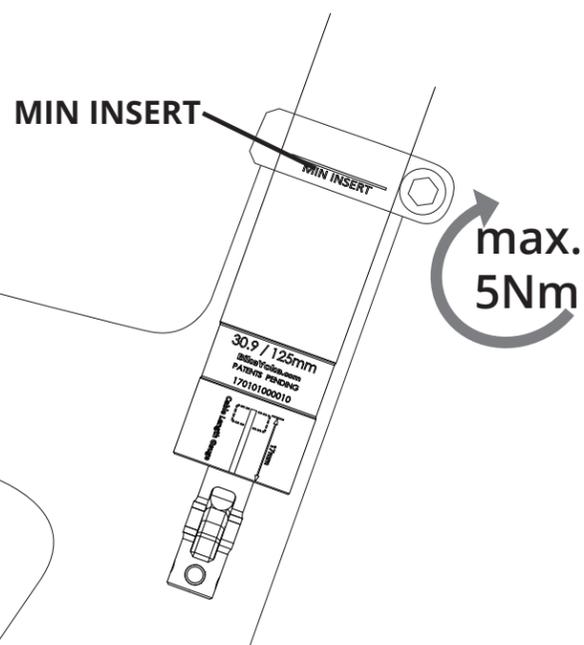
## 5 INSERTING SEATPOST (CONTINUED)

All seatpost models must be inserted into the bicycle's seat tube, so that the minimum insert line is covered by the seat tube at all times or deeper.

### ⚠ WARNING ⚠

Insufficient seatpost insertion into the bicycle frame's seat tube could result in damage to the seatpost and/or bicycle, causing loss of control, which could lead to serious injury or death. In case your frame requires more minimum insertion depth than the post, follow the frame specification.

**SEAT CLAMP TORQUE:**  
Tighten your frame's seat collar to a **maximum torque of 5 Nm.**

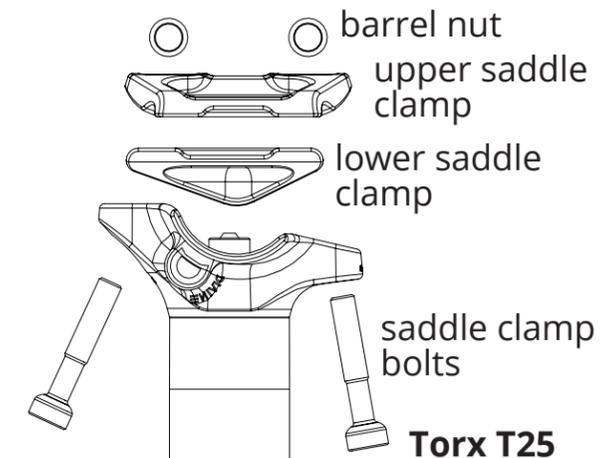


# INSTALLATION

## 6 SADDLE INSTALLATION

Remove the saddle clamp bolts, barrel nuts, and upper and lower saddle clamps with a T25 Torx wrench.

To install the saddle, replace the two saddle clamp bolts, barrel nuts, upper and lower saddle clamps in the order they were removed. Ensure that the rails of your saddle rest in the channel provided by the upper and lower saddle clamps before tightening.



Adjust the saddle angle by tightening the two saddle clamp bolts. Tighten both bolts evenly and alternately to the maximum torque specified on the seatpost. Ensure that the shaft or thread of the bolts does not contact the post and cause the bolts to bend.

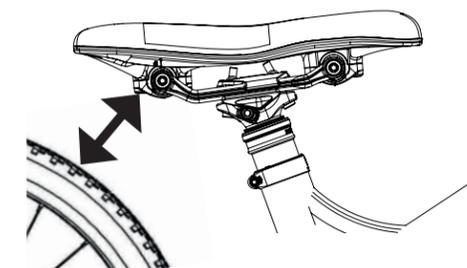
**Jack saddle clamp works with standard rails, oval rails and carbon rails.**

### ⚠ WARNING ⚠

GREASE SHOULD NOT BE USED ON THE THREADED CONNECTIONS!

### ⚠ WARNING ⚠

With seatpost fully dropped and rear suspension fully compressed, make sure there is sufficient clearance between the saddle and the tire



# USAGE

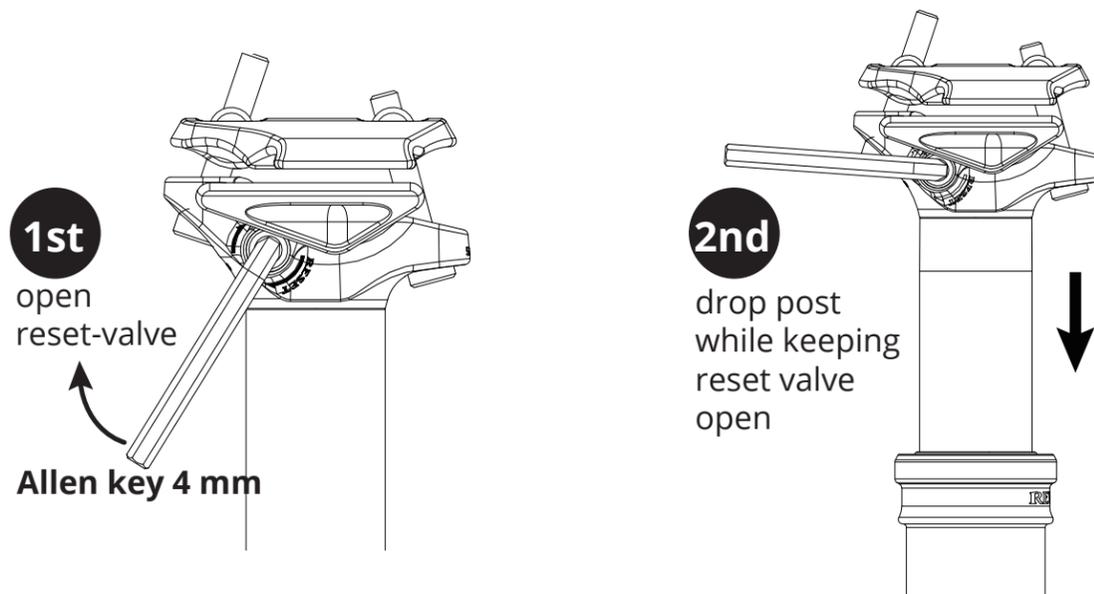
## BEFORE FIRST RIDE

When you receive your post, it will have travelled a long way to reach you. Do a hydraulic reset using the Jack's patented reset feature after installing the post

1. **Extend the post completely by pushing the remote.**
2. Use the included reset lever or a 4 mm Allen key to turn the reset valve clockwise until you feel a stop.
3. Drop the post by hand completely, while keeping the reset valve open.
4. Release the reset valve, remove hand from saddle.
5. To extend the post, push the remote.

After this procedure, the correct function should be restored completely. Reset, if necessary, after a few minutes to give the oil a chance to settle down if it still feels springy.

When your post begins to feel springy, use the reset function. „Springyness“ can be caused by storing your bike upside down or lying on its side. Whenever possible, store or park your bike upright to avoid having to reset it.



18

# USAGE

## DROP AND EXTEND

The saddle can be dropped by

- (1) Unweighting it
- (2) Pushing the trigger
- (3) Sitting on the saddle firmly

Ensure smooth action and reduce wear on pins and bushings inside the post by applying force only in the direction of the seat tube axis.



To raise the saddle, push the trigger with unweighted saddle. Once the desired position is reached, release the trigger. You can set the saddle height infinitely in any position within the post's travel range.

Your post might need to be manually broken loose if it hasn't been used or adjusted for a long time, since the seals tend to stick to the contacting surfaces.

For this initial „break-away“ just push the remote and then gently push or pull the saddle until the post starts moving.

**TIP:** Always store the bike with the dropper not fully extended. This will prevent the remote from stiffening up due to temperature changes (hydro-lock). Dropping the post about 1/2"-1" is plenty enough.

# USAGE

## ADJUSTING RETURN SPEED

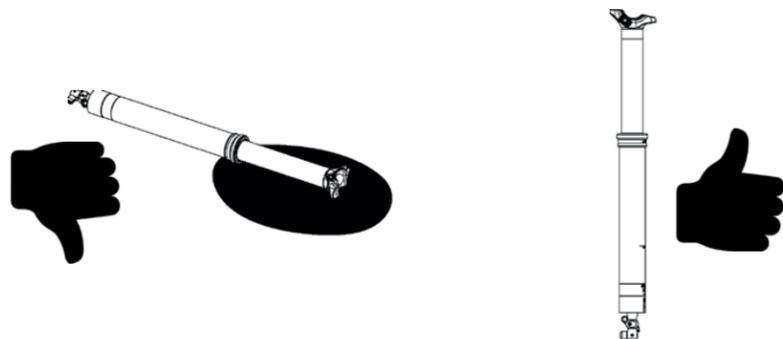
Your Jack SL comes with a factory setting of 240~250 psi in air pressure. This pressure will provide a good balance between return speed and lever force. However, if you feel your return speed is too slow, you can make your post faster by increasing air pressure up to a maximum of 290 psi.

### CAUTION

Safety glasses and gloves must always be worn when adjusting the air pressure, since the dropper post contains high pressures and suspension fluid

### WARNING

Keep your post right side up and fully extended, when adjusting air pressure. Never operate the air valve, while the post is laying horizontally or upside down or you will cause suspension fluid to leak out of the post under high pressure! This can cause severe injuries!



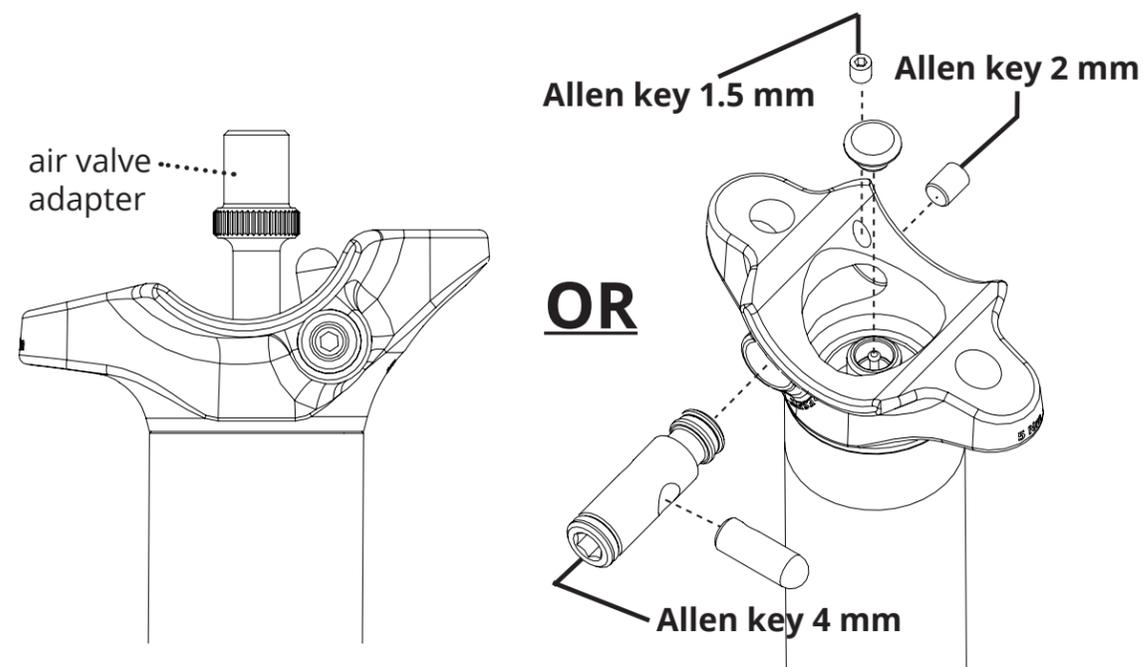
1. Reset the post and then fully extend to maximum length before adjusting air pressure. Let the post rest for 30 seconds.
2. Remove the saddle clamps.
3. Move the reset lever to upward position using a 4 mm Allen key or the reset lever.

# USAGE

## ADJUSTING RETURN SPEED (CONTINUED)

4. Remove the valve cap from the valve housing. Do not lose this small plug since it is essential for proper reset function.
5. Attach the air valve adapter and then attach the shock pump onto the adapter. Make sure not to overtighten the shock connection.
6. Pump the post to desired pressure. We do not recommend pressures lower than 210 psi, since it can make the post become very slow. Maximum pressure is 290 psi. We recommend to use a high quality shock pump with a 2-step valve to avoid air loss, when detaching the pump.
7. Remove pump and adapter from the post.
8. Clean your post from any excessive suspension fluid.
9. Reinstall all previously removed parts in the order they were removed.

Instead of using the air adapter, you can also remove the reset axle and attach the pump directly.



# SERVICE

## MAINTENANCE

You can expect reliable service from this high-performance product if properly installed and regularly maintained by an authorized Manitou service center or a qualified service technician.

For assistance locating a qualified service technician, visit [www.manitoumtb.com](http://www.manitoumtb.com).

### ⚠ WARNING ⚠

Do not disassemble your seatpost by yourself unless you are a skilled and authorized technician! Failure to follow these warnings and instructions will immediately void your warranty!

### CAUTION

When working on the seatpost, gloves and safety glasses must always be worn! As some of the components are under high pressure, disassembling the seatpost may cause damage and severe personal injury.

Besides routine maintenance, the operator must check the seatpost every time it is used to ensure proper operation.

Your new seatpost is warranted for a period of two years from the date of purchase. The warranty is expressly limited to the repair or replacement of the defective part and is the sole remedy of the warranty.

# SERVICE

## MAINTENANCE

SERVICE INTERVALS	
<b>BEFORE EVERY RIDE</b>	<ul style="list-style-type: none"><li>• CHECK SADDLE CLAMPS FOR PROPER FIT</li><li>• INSPECT THE POST FOR DAMAGE</li><li>• CHECK FUNCTION</li></ul>
<b>AFTER EVERY RIDE</b>	<ul style="list-style-type: none"><li>• GENTLY WIPE OFF DIRT &amp; WATER (NO POWER WASH!)</li><li>• MAKE SURE NO WATER ENTERS THE FRAME DURING WASHING (HUMIDITY CAN CAUSE CORROSION)</li><li>• STORE BIKE IN A DRY PLACE</li></ul>
<b>MINIMUM EVERY 12 MONTHS OR AFTER 100 HOURS OF OPERATION*</b>	<ul style="list-style-type: none"><li>• LOWER TUBE SERVICE**</li></ul>
<b>UPON NEED</b>	<ul style="list-style-type: none"><li>• FULL CARTRIDGE SERVICE**</li></ul>

\*whichever comes first

**\*\* Complete maintenance plan, instructions and video tutorials can be found on [www.bikeyoke.com](http://www.bikeyoke.com)!**

Before longer periods of non-use (>1 month), be sure to carry out a service on the lower tube unit to prevent corrosion damage due to humidity.

Depending on the amount of use and riding conditions, a shorter maintenance interval may be necessary in order to ensure a smooth function of your Manitou seatpost!

## FAQ

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### **IS THERE A WEIGHT LIMIT ON THE JACK DROPPER POST?**

Our Jack / Jack SL has a maximum rider weight of 115kg (253lbs).

### **CAN I USE OTHER REMOTES THAN MANITOU?**

We support all commonly available cable dropper remotes. To provide full return speed and smooth drop feel, your remote should have a least 10 mm of cable pull for Jack and at least 5 mm of cable pull for Jack SL.

### **CAN I MOUNT SADDLES THAT HAVE CARBON RAILS AND/OR HIGH-OVAL RAILS TO MY POST?**

Our Jack droppers are compatible with standard 7x7 mm and oval rails 7x9 or 7x10 mm made from carbon or alloy.

### **CAN I CLAMP MY MANITOU SEATPOST IN THE ASSEMBLY STAND?**

We recommend to clamp only the lower tube unit with care.

### **CAN I GET SPARE PARTS FOR MY JACK?**

We have all important spare parts available in our online shop, at our distributors and listed Manitou dealers. Other parts are available on demand.

### **IS THERE ANYTHING I NEED TO CONSIDER WHEN LOWERING MY POST?**

Before pushing the remote lever, slightly unweight your saddle. Always apply the drop force along the seat tube direction!

## FAQ

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### **MY POST SLIGHTLY COMPRESSES UNDER LOAD. IS THAT NORMAL?**

A small amount of compression movement is absolutely normal and harmless, and can be up to 1-2 mm.

### **WHAT DO I HAVE TO CONSIDER WHEN INSTALLING THE SADDLE?**

Alternately tighten the clamping bolts to the torque specified on the dropper post. **IMPORTANT:** Do not grease the saddle clamp bolts.

### **CAN I LIFT MY BIKE ON THE SADDLE?**

It is acceptable for Manitou droppers to carefully lift the bike on the saddle.

### **IS IT OKAY TO USE T-BAR LIFTS WITH MY MANITOU SEATPOST?**

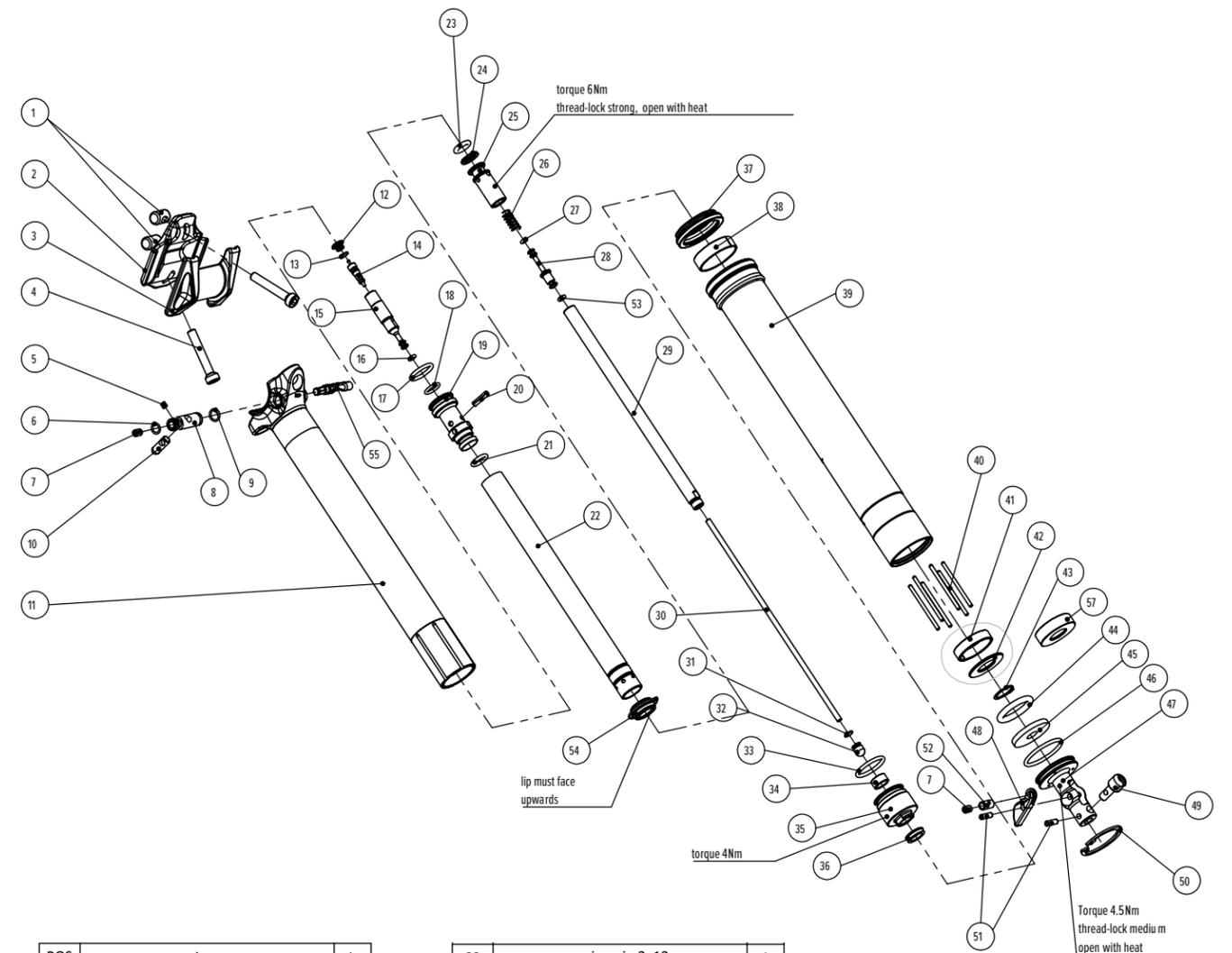
Manitou generally advises against using t-bar lifts. In addition to the obvious risk of scratching the post's coating, the multitude of lift variants result in incalculable loads on the post, which can lead to possible late effects. Any use of our seatposts on t-bar lifts is expressly at the user's own risk and voids the warranty.

### **FOR MORE ANSWERS AND QUESTIONS CHECK OUT OUR WEBSITE.**

# TROUBLESHOOTING

ISSUE	POTENTIAL CAUSE	SOLUTION
<b>Remote lever does not return</b>	Actuator lever (#48) or plunger (#32) are seized	Properly clean and grease actuator lever and plunger (use thick grease, not suspension grease)
	Seized inner cable due to corrosion	Replace inner and outer cable
<b>Remote lever is hard to push</b>	Riding in low temps, then going back inside will let oil expand and cause extensive pressure inside inner chamber	Use 4mm Allen Key to engage reset function -> pressure will equalize. Advise to drop the post before storing the bike after coming back from rides in cold temps to avoid this happening again
	Oil between piston shaft (#29) and push rod (#30) -> defective seal (#53)?	Full rebuild and replacement of defective seal
<b>Sticky or ow movement</b>	Water or dirt or corrosion inside lower tube or lack of grease	Lower tube service
	Foam ring (#45) clogs breathing holes at bottom of post	Clean or replace foam ring, if necessary perform lower tube service
	Pressure is too low	Reset pressure to 260 psi
	Cable tension too low	Increase cable tension
	Seat collar torque too high	Check seat collar (max 5Nm)
	Post clamped too close to collar	Move post out of seattube by 2mm
	Outside temperature too low	Post should normally work fine until as low as -10° C (with original oil)
<b>Air leakage</b>	Schrader valve or O-rings (#17 or #18) not tightened or defective	Tighten or replace schrader valve and/or full cartridge rebuild with replacement of defective parts
<b>Oil leakage</b>	Defective O-ring #53 or defective lower seal head assembly	Full rebuild with replacement of defective parts
<b>Post sinks owly under load</b>	Defective O-rings #16, #21, #24 or #27	Full rebuild with replacement of defective parts
	Cable tension too high	Reduce cable tension
<b>Post owly extends by itself</b>	Outer housing endcap is diocated (after post adjustment in frame)	Relocate the outer housing endcap in ist seat
	Defective O-rings #16, #21, #24 or #27	Full rebuild with replacement of defective parts
<b>Post requires frequent resets</b>	Cable tension too high	Reduce cable tension
	Outer housing endcap is diocated (after post adjustment in frame)	Relocate the outer housing endcap
<b>Reset lever does not return</b>	Post is early version without microvalve (#54)	This is normal, if the post is stored and/or actuated upside down Upgrading with new inner tube (#22) and microvalve will make the post less prone to air ingestion
	Reset axle (#8) is seized	Make sure set screw (#5) is not clamping the axle, remove, clean and grease reset axle
<b>Reset lever does not return</b>	Pressure is too low	Set pressure to 260 psi

# EXPLODED VIEW



POS	part name	qty.
1	barrel nut M5	2
2	REVIVE upper saddle clamp	1
3	REVIVE lower saddle clamp	1
4	saddle clamp bolt M5x30	2
5	set screw M3x0.5x3	1
6	o-ring 5x1	1
7	set screw M4x0.7x5	2
8	REVIVE lever axle	1
9	o-ring 6x1	1
10	REVIVE lever	1
11	REVIVE upper tube	1
12	valve plug	1
13	o-ring 3.5x1	1
14	valve core	1
15	REVIVE valve	1
16	o-ring 2x1.5	1
17	o-ring 13x2/11.5x2	1
18	o-ring 8x1.5	1
19	REVIVE seal head	1

20	spring pin 3x12	1
21	o-ring 8x2	1
22	inner tube	1
23	o-ring 7x2.5	1
24	backup-ring	1
25	main piston	1
26	valve spring	1
27	o-ring 2x1.5 NBR90	1
28	main valve	1
29	piston shaft	1
30	push rod	1
31	o-ring 4x1	1
32	shaft cap	1
33	o-ring 17x2	1
34	shaft bushing	1
35	lower seal head	1
36	u-cup	1
37	wiper /spring loaded wiper	1
38	upper stanchion bushing	1
39	lower tube	1

39	lower tube	1
40	guiding pin	6
41	lower stanchion bushing	1
42	lower stanchion bushing washer	1
43	lower sealhead circlip	1
44	o-ring 18.64x3.53	1
45	foam cover	1
46	o-ring 24x2	1
47	actuator housing	1
48	actuator lever	1
49	cable stop	1
50	actuator circlip	1
51	spring pin 3x10	2
52	barrel nut	1
53	o-ring 2.5x1.5	1
54	Microvalve	1
55	reset lever	1
56	air adapter (not pictured)	1
57	lower bushing (IGUS)	1

## GLOBAL HEADQUARTERS & HAYES BICYCLE GROUP USA

5800 W. Donges Bay Rd.  
Mequon, WI 53092

## HAYES BICYCLE GROUP EU

Dirnismaning 20 a  
85748 Garching (b. Munich)  
Germany

## HAYES BICYCLE GROUP ASIA

16F, No. 37, Sec. 3  
Mincyuan E. Rd.  
Zhongshan District

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