Trailsync
Trailsync Cable replacement
Trailsync

Trailsync Cable replacement

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1. Tools necessary:

- Work Stand:
- Allen Keys:
- Cable Cutter:
- Torque Wrench:
- Shifter Cable and Cable Housing:
- Grease:

20 – 30 Minutes
Trailsync

TRAILSYNC – Trailsync Cable replacement
2. Trailsync Seatpost to Shock cable replacement

1. Unscrew the M5 screw of the seatpost head.

2. Remove the seatpost head from the Trailsync seatpost; it’s not necessary to remove the saddle.

3. Lower the seatpost and lock it in the bottom position.

4. Loosen the screw on the shock.

**Warning:** Release all air out of the air chamber!
5 Loosen the upper and lower shock screws.

6 Remove the Trailsync cable connected to the shock.

**Tipp:**
Use a spoke to grab the derailleur cable.
7 Slide a new shifter cable through the cable guide.

**Tipp:**
Bend the derailleur cable slightly for easy installation.

8 Remove the shock.

9 Remove the old cable housing.

10 Cut a new casing to the length of 220mm.
11 Install the cable housing (including end caps) over the cable that comes from the slider.

12 Be sure to fit the cable housing into the seatpost slider.

13 Fit the cable housing in the cable stop of the rear shock.

14 Attach the cable to the shock's remote pulley. Use a plier to tighten the cable.

**Notice:**
Make sure the seatpost is in the lower position.
15 Make sure the seatpost is in the lower position.

Proceed to re-Install shock in the frame.
3. Trailsync Function Test

Center and Bottom position of the Trailsync seatpost:

Shock mode: Open

When in open mode the remote pulley rests on the end stop of the shock.

Top position of the Trailsync seatpost:

Shock mode: Firm
(commonly known as Trail)

In Firm mode, the remote pulley rests 7 mm away from the end stop of the shock.
4. Trailsync Remote to Seatpost cable replacement

1. Remove the cable housing.
2. Loosen the screws of the lockbody cover and remove it.
3. Loosen the three lock body screws.
4. Remove the Lockbody by pushing it slightly back.
5 Accurately clean the lockbody, the pin and the spring.

6 Grease and re-assemble the pin.

7 Assemble a derailleur cable with the pin and spring in the Lockbody. The parts need to be greased well.

8 Install a new derailleur casing in the top tube.

Install end caps.

The cable housing needs to be cut to length (depending on frame size) before installation.
Cable housing cut length:

<table>
<thead>
<tr>
<th>Size</th>
<th>Length (mm)</th>
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</thead>
<tbody>
<tr>
<td>Small 650b</td>
<td>860</td>
</tr>
<tr>
<td>Medium 650b</td>
<td>890</td>
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<td>Medium 29”</td>
<td>900</td>
</tr>
<tr>
<td>Large 29”</td>
<td>920</td>
</tr>
<tr>
<td>X-Large 29”</td>
<td>940</td>
</tr>
</tbody>
</table>

Push the inner cable in the casing. Don’t push it through completely yet.
11 Lower the seatpost 1-3 mm while bringing the Lockbody into position.

12 The Lockbody will latch into the nut of the seatpost.

13 Fix the Lockbody with the 3 screws (coat with threadlocker).

Gradually tighten the screws alternating: 2 Nm > 4 Nm > 6 Nm.

Final torque: 6Nm.

Notice:
The short screw is installed in the fore thread.
14 Pull cable through casing.
   Push the casing in the Lockbody.

15 Install the Lockbody cover.
   The screws need to be greased.

16 Push it to the rear while tightening the screws.
17 Pull on the cable while the lever base sits firm on the remote lever body.

Tighten the grub screw.

18 Cut off the cable ~10mm after the lever base.

19 Connect the lever with the base by sliding it over the cable.
Trailsync
Dust Wiper Cleaning
Contents

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3. Step by Step instructions ............................................. 5
1. Tools necessary:

- Work Stand:
- Allen Keys:
- Grease:
- Clean Rags:
- 5 Minutes
2. General Note

We recommend:

- fully cleaning the dust wiper seal at 50 hours intervals for the best functionality.

- a full seatpost service at every 200 hours of use, or approx. every 2 years (depending on rider mileage).

The Trailsync seatpost service must be performed by authorized BMC retailers.
3. Step by Step instructions

1. Unscrew the M5 screw of the seatpost head.

2. Remove the seatpost head from the Trailsync seatpost; it’s not necessary to remove the saddle.

3. Pull the seal head and remove it from the tube.

4. Thoroughly clean all the parts.
5  Grease the seal head.

6  Re-assemble the seal head.

Notice:
A clicking sound can be heard when the dust wiper is correctly locked into position.

7  Reassemble the Saddle head.

8  Align the saddle and tighten the seatpost head with the recommended torque.

Notice:
Recommended Torque is 6 Nm.
Trailsync
Lockbody replacement
Trailsync
Lockbody replacement

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1. Tools necessary:

- Work Stand:
- Allen Keys:
- Cable Cutter:
- Shifter Cable:
- Torque Wrench:

10 – 20 Minutes
2. Replacement part kit

Part N°301221 – Trailsync lockbody kit

1. Pin
2. Spring
3. Lockbody
4. M5x14
5. M5x12
1. Don't release air pressure in the dropper post, the lockbody replacement will be easier.

2. Loosen the grub screw on the Trailsync lever and remove lever.

3. Pull back the cable housing 2 - 3 cm.

4. Loosen the screws on the lockbody cover and remove it.
5. Loosen the three lock body screws.

6. Remove the Lockbody by pushing it slightly back.

Remove inner wire.

7. Replace old Lockbody with new version.

8. Grease and reassemble the pin & spring.
9 Assemble a new derailleur cable with the pin and spring in the Lockbody. The parts need to be greased well.

10 Push the inner cable in the casing. Don’t push it through completely yet.
11 Lower the seatpost 1-3 mm while bringing the Lockbody into position.

12 The Lockbody will latch into the notch of the seatpost.

13 Fix the Lockbody with the 3 screws (coat with threadlocker).

   Gradually tighten the screws alternating: 2 Nm > 4 Nm > 6 Nm.

   Final torque: 6 Nm.
14 Pull cable through casing.
Push the casing in the Lockbody.

Notice: The screws must be coated with threadlocker.

15 Install the Lockbody cover.

Notice: The screws need to be greased.

16 Push it to the rear while tightening the screws.
17 Pull on the cable while the lever base sits firm on the remote lever body.

Tighten the grub screw.

18 Cut off the cable ~10mm after the lever base.

19 Connect the lever with the base by sliding it over the cable.

20 Check function.

Increase tension if needed.
Trailsync

Seatpost Cut Instructions

Contents

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2. Step by Step instructions 5
1. General Note

This manual provides specific instructions on how to cut the Trailsync seatpost's main tube, if necessary.

A longer head is available as a replacement part, which extends the adjustment range by 30mm.
Tools necessary:

- Work Stand:
- Shock Pump:
- Allen Keys:
- Torque Wrench:
- Tube Cutter:
- Clean Rags:
- Deburring Tool or File:
- 10–15 Minutes
2. Step by Step instructions

1. Loosen the M5 screw on the seatpost head.

2. Remove the seatpost head, together with the saddle, from the tube.

3. Remove the valve cover.

4. Using a small tool, release all air.

5. Loosen the bolts.

Attention: Be sure to release all air from the air chamber!
6 Mount the frame on a bike stand.

Ensure the frame is held in a stable position.

**Attention:**
*Do not clamp the carbon frame!*

Take note of the frame size and the saddle height, the measurement should be taken from center of BB to top of the saddle (middle point):

*In the next page cutting instructions are provided based on saddle height and frame size.*
**Standard Head (35mm adjustment range)**

Trailsync Seat Height Calculation

<table>
<thead>
<tr>
<th>Cut Line</th>
<th>Small 27.5&quot;</th>
<th>Small 29&quot;</th>
<th>Medium 27.5&quot;</th>
<th>Medium 29&quot;</th>
<th>Large 29&quot;</th>
<th>XLarge 29&quot;</th>
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</thead>
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<tr>
<td>2 min</td>
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<tr>
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</table>

Choose your frame size and your desired seat height (center of B/B to top of Saddle).

On the left side of the table you will find the matching cut position.

**Example:**

for a frame size 29" Medium, a saddle height of 740mm would have to be cut on cut line 2.

Based on 45mm saddle height (thickness)
## Long Head (65mm adjustment range)

### Trailsync Seat Height Calculation

<table>
<thead>
<tr>
<th>Cut Line</th>
<th>Small 27.5”</th>
<th>Small 29”</th>
<th>Medium 27.5”</th>
<th>Medium 29”</th>
<th>Large 29”</th>
<th>XLarge 29”</th>
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<td>min</td>
<td>665</td>
<td>675</td>
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</tr>
</tbody>
</table>

*Based on 45mm saddle height (thickness)*
7 Push the valve inwards to protect it while cutting the tube.

8 Place it slightly deeper than the cut line you have chosen.
9 Be sure to cut at the correct cut line.

**Attention:**
*Do not cut further than the max. cut line as indicated in the picture!*

10 Use a proper tube cutter or saw to cut the tube.
11  Remove the sharp edges (burr) using a deburring tool or a file.

**Attention:**
Ensure that the inner and outer edges are very clean!

12  Clean the tube.
13 Position the valve flush with the tube.

14 We recommend using a shock pump to place the valve flush with the tube as shown in the picture right.

15 Tighten the bolts, alternating step by step, to 2.5 Nm

Attention: Ensure screws are tightened to 2.5 Nm.
16 Fill the air chamber with 150psi.

**Attention:**
*max. pressure is 180psi!*

17 Replace the valve cover.

18 Re-assemble the saddle head and set the seat height.

19 Align the saddle and tighten the seatpost head with the recommended torque.