



Trailsync

Trailsync Cable replacement

Trailsync

Trailsync Cable replacement

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1. Tools necessary:

Work Stand:



Shifter Cable and Cable Housing:



Grease:



Allen Keys:



Torque Wrench:



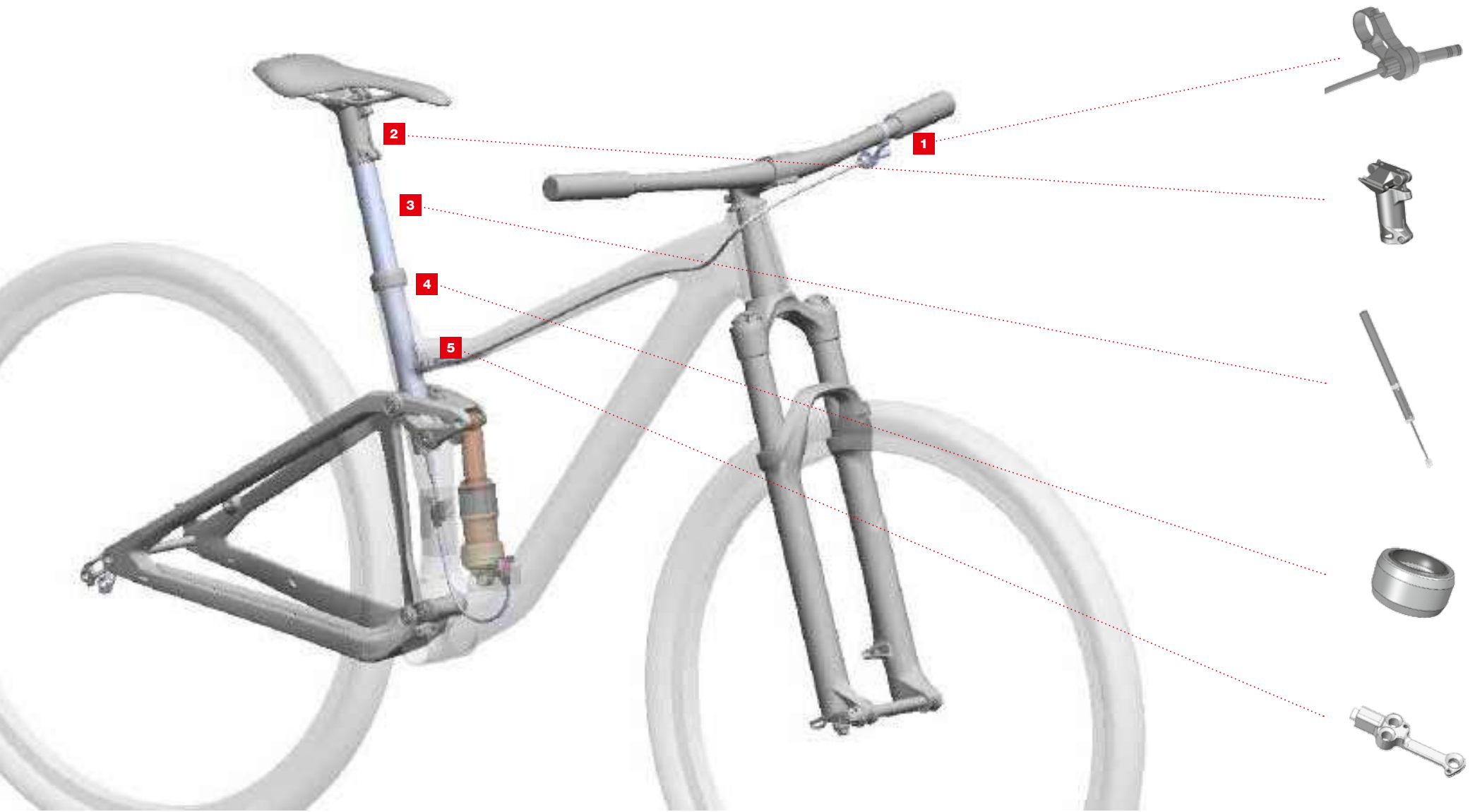
Cable Cutter:



20 – 30 Minutes



Trailsync



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 that is connected to the shock.

Tipp:
Use a spoke to grab the derailleur cable.



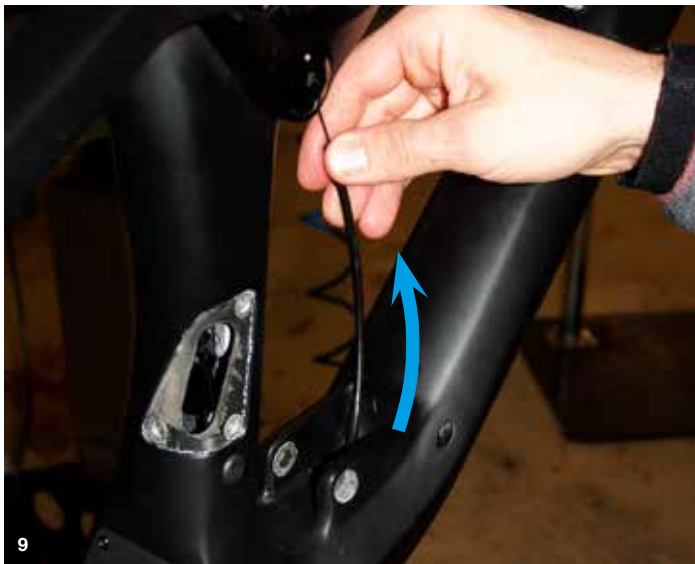
7 Slide a new shifter cable through the cable guide.

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.



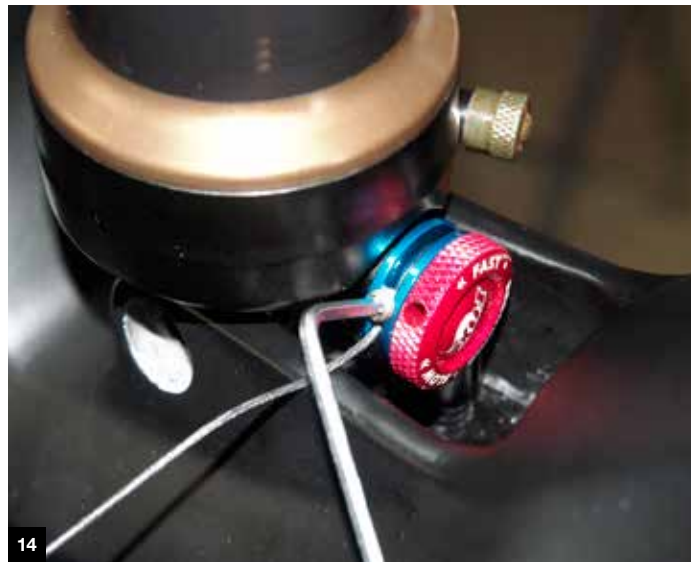


11 Install the cable housing (including end caps) over the cable that comes from the slider.

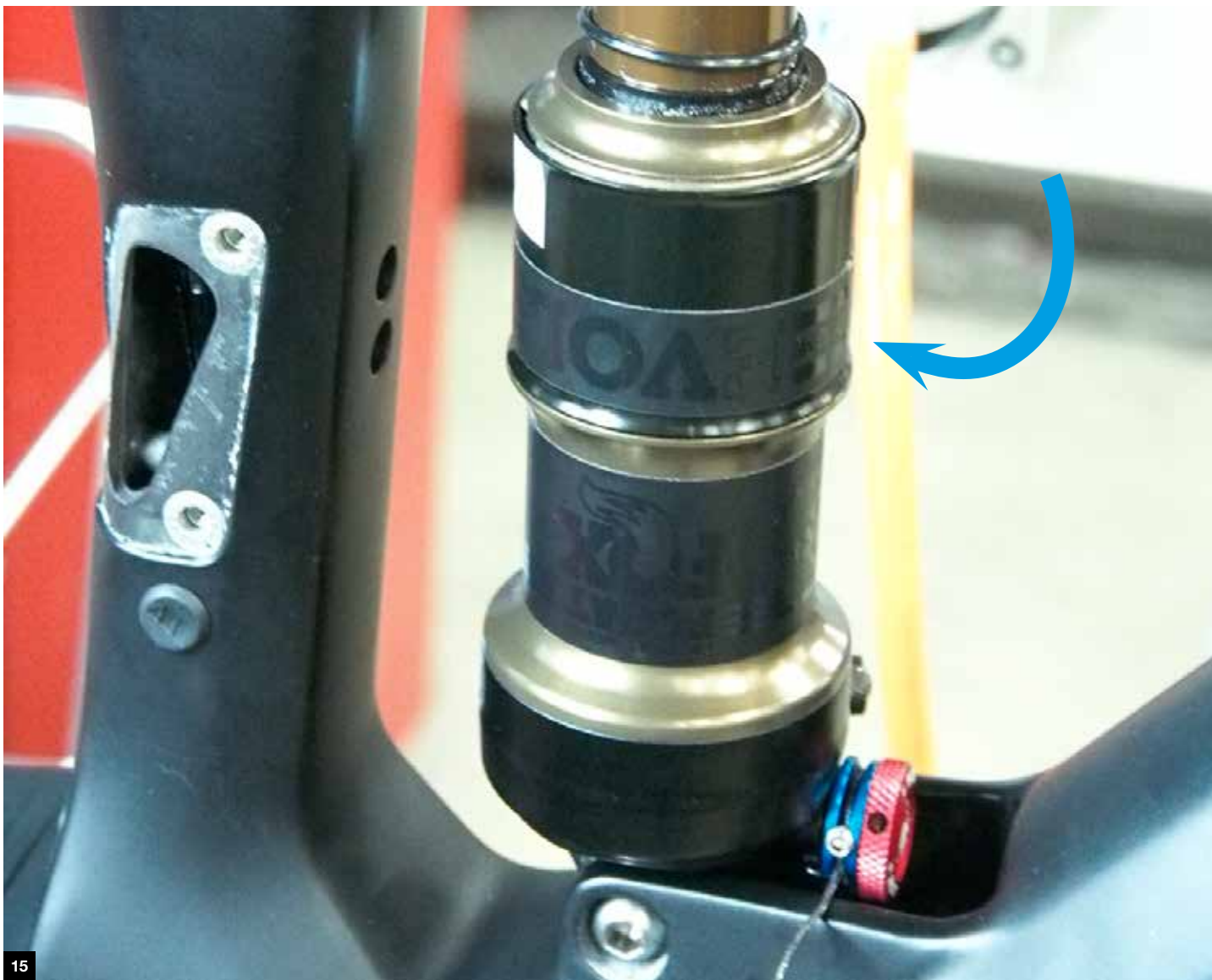
12 Be sure to fit the cable housing into the seatpost slider.

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

15 Make sure the seatpost is in the lower position.

Proceed to re-Install shock in the frame.

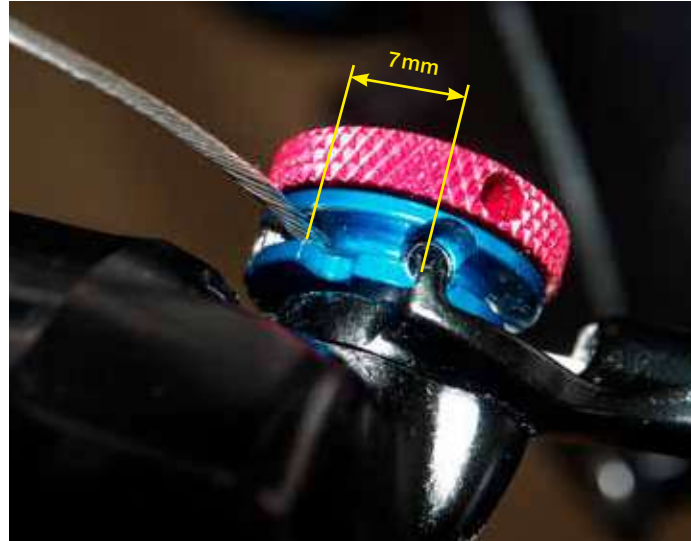
3. Trailsync Function Test



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.

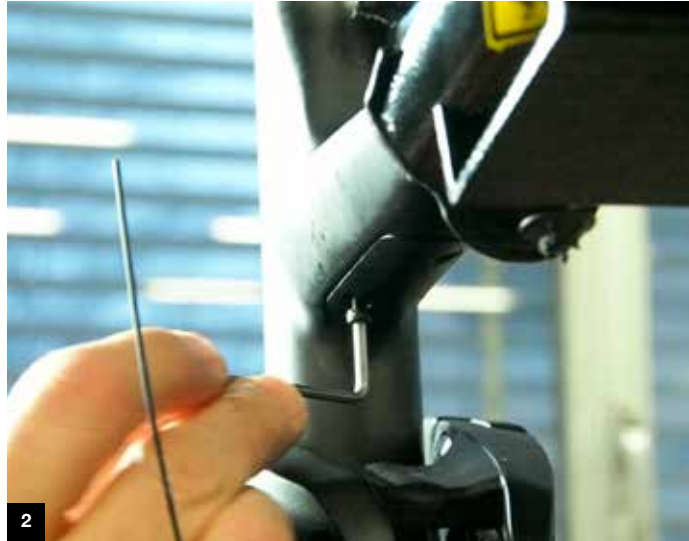


Top position of the Trailsync seatpost:

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.

9

Cable housing cut length:

Small 650b	860 mm
Medium 650b	890 mm
Medium 29"	900 mm
Large 29"	920 mm
X-Large 29"	940 mm

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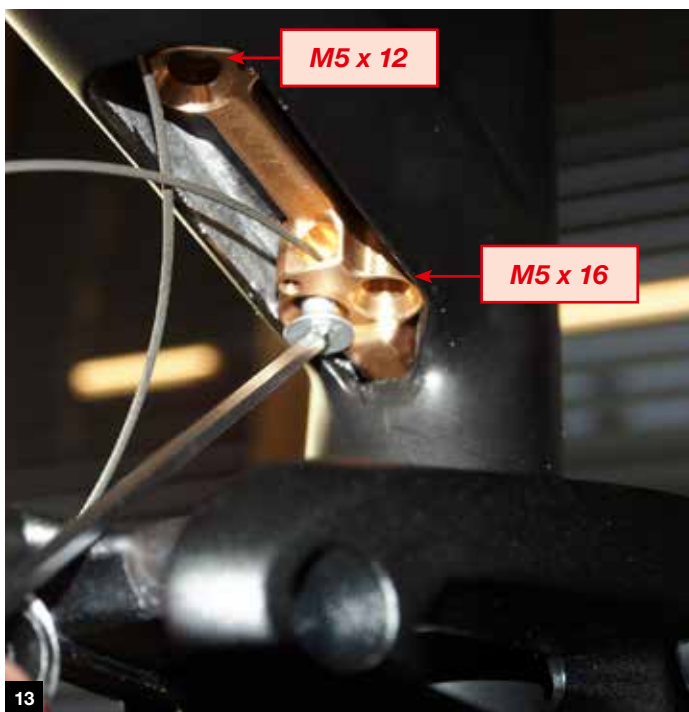
Push the inner cable in the casing.
Don't push it through completely yet.





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: 2Nm > 4Nm > 6Nm.

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.

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.

BMC
SWITZERLAND 



Trailsync

Dust Wiper Cleaning

Trailsync

Dust Wiper Cleaning

Contents

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3.	Step by Step instructions	5

1. Tools necessary:

Work Stand:



Clean Rags:



Allen Keys:



5 Minutes



Grease:



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.

BMC
SWITZERLAND 



Trailsync

Lockbody replacement

Trailsync

Lockbody replacement

Contents

1.	Tools necessary	3
2.	Replacement part kit	4

1. Tools necessary:

Work Stand:



Shifter Cable:



Torque Wrench:



Allen Keys:



10 – 20 Minutes



Cable Cutter:



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

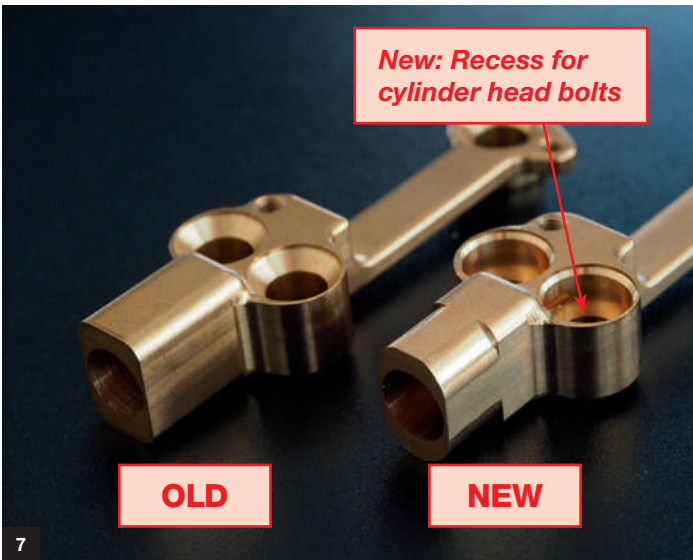


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5 Loosen the three lock body screws.

6 Remove the Lockbody by pushing it slightly back.

Remove inner wire.



7



8

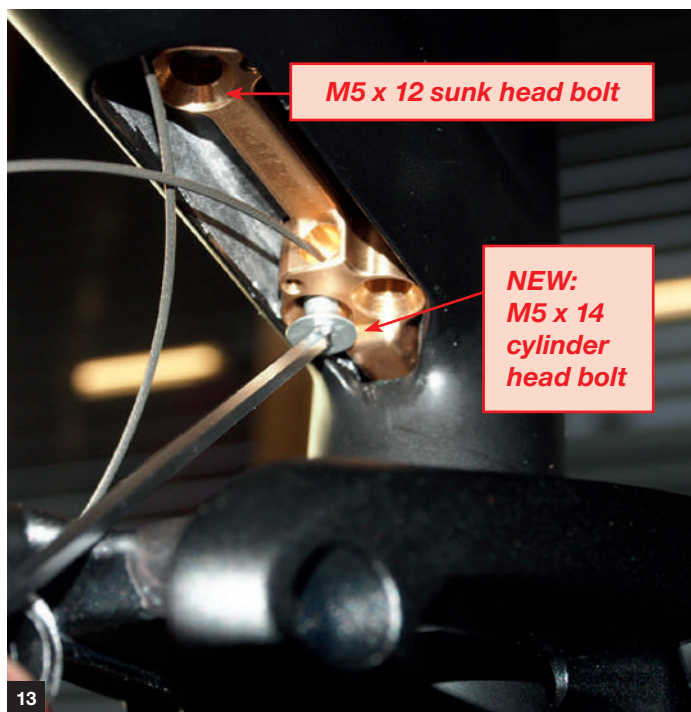
7 Replace old Lockbody with new version.

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.



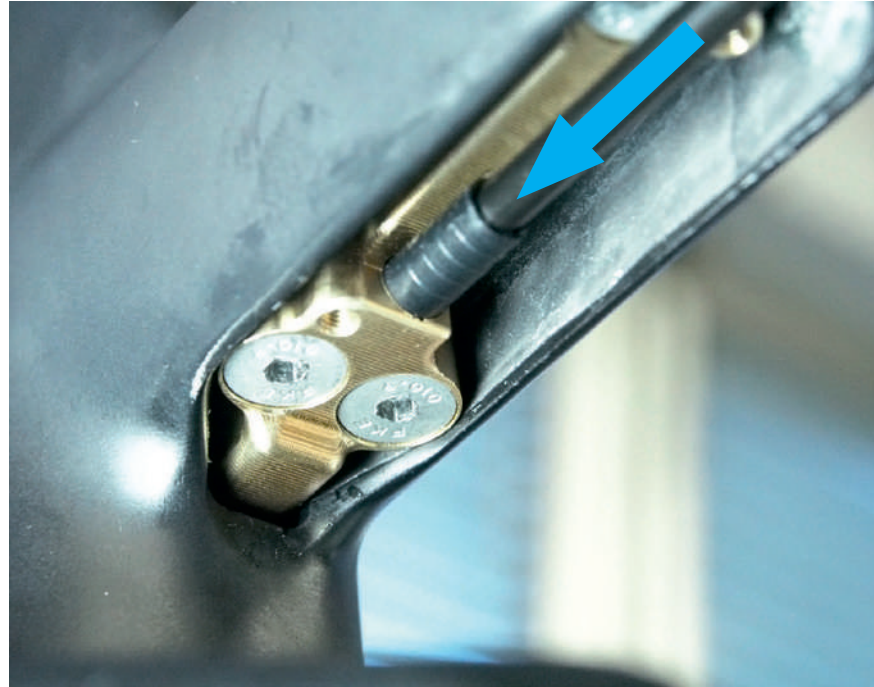
11 Lower the seatpost 1-3 mm while bringing the Lockbody into position.

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.

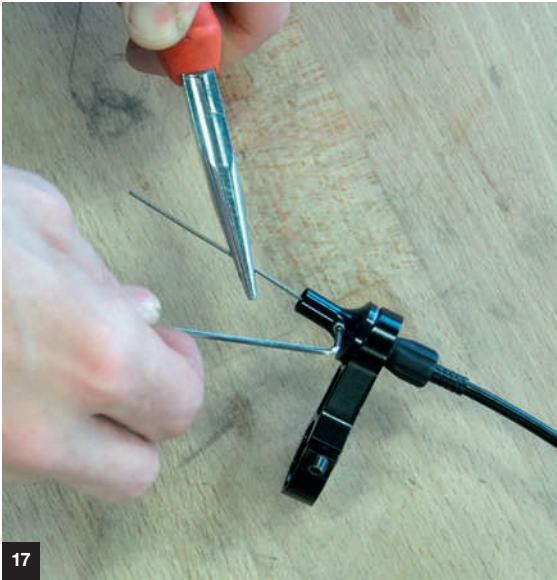
Notice:
The screws must be coated with threadlocker.



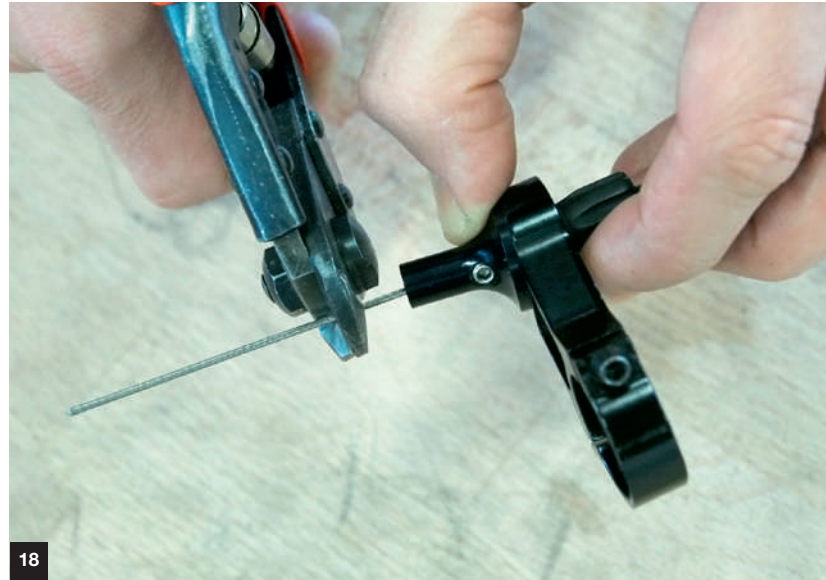
15 Install the Lockbody cover.

Notice:
The screws need to be greased.

16 Push it to the rear while tightening the screws.



17



18

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

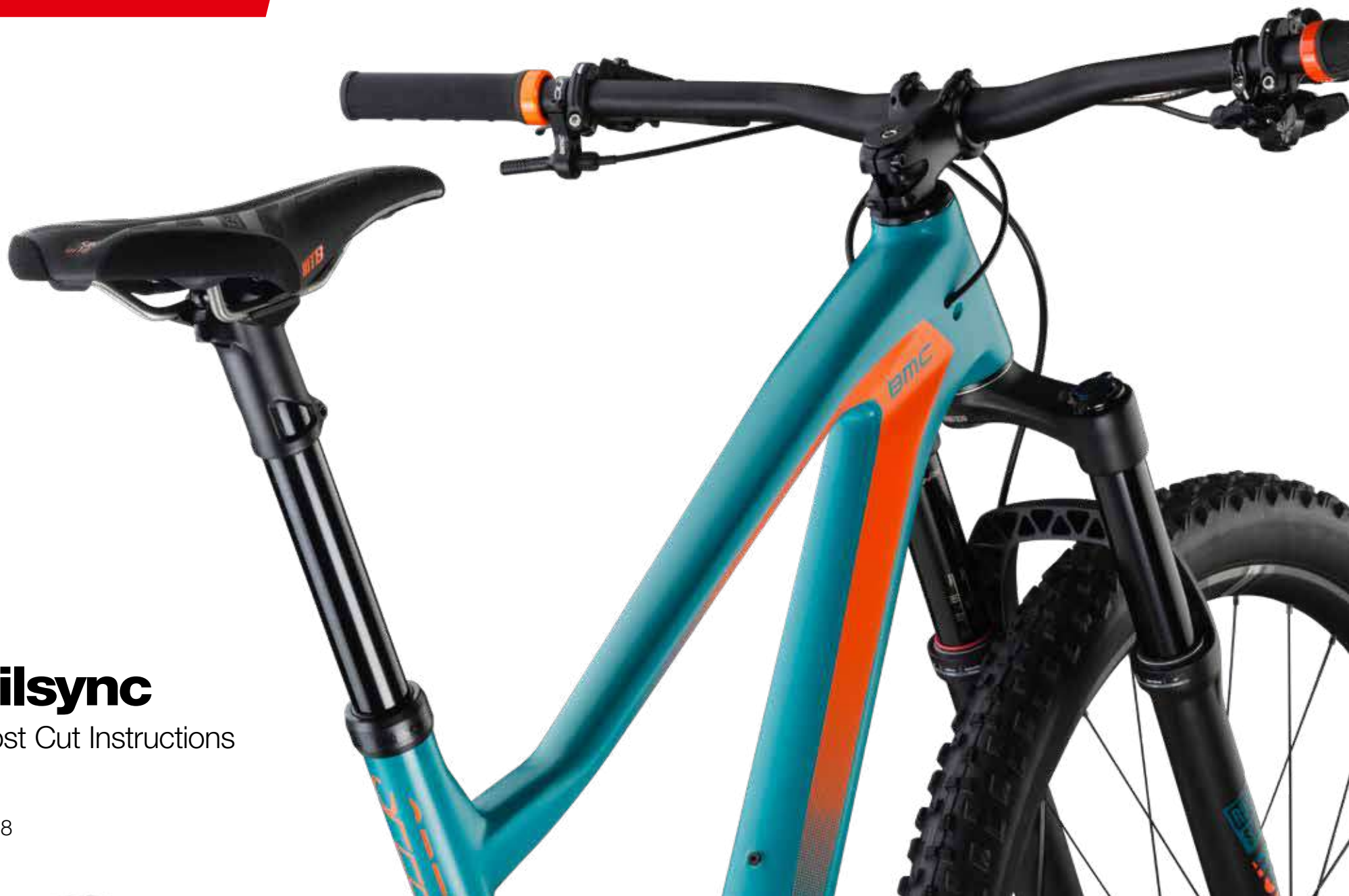


20

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

20 Check function.

Increase tension if needed.



Trailsync

Seatpost Cut Instructions

V2-07.2018

Trailsync

Seatpost Cut Instructions

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1. General Note

**Standard
Trailsync Head**



**Long
Trailsync Head**



This manual provides specific instructions on how 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:



Torque Wrench:



Allen Keys:



Clean Rags:



Tube Cutter:



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

Cut Line		Small 27.5"	Small 29"	Medium 27.5"	Medium 29"	Large 29"	XLarge 29"
0	max	760	770	780	790	835	855
0	min	725	735	745	755	800	820
1	max	750	760	770	780	825	845
1	min	715	725	735	745	790	810
2	max	740	750	760	770	815	835
2	min	705	715	725	735	780	800
3	max	730	740	750	760	805	825
3	min	695	705	715	725	770	790
4	max	720	730	740	750	795	815
4	min	685	695	705	715	760	780
5	max	710	720	730	740	785	805
5	min	675	685	695	705	750	770
6	max	700	710	720	730		
6	min	665	675	685	695		
7	max	690	700	710	720		
7	min	655	665	675	685		
8	max	680	690				
8	min	645	655				
9	max	670	680				
9	min	635	645				

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

Cut Line		Small 27.5"	Small 29"	Medium 27.5"	Medium 29"	Large 29"	XLarge 29"
0	max	790	800	810	820	865	885
0	min	725	735	745	755	800	820
1	max	780	790	800	810	855	875
1	min	715	725	735	745	790	810
2	max	770	780	790	800	845	865
2	min	705	715	725	735	780	800
3	max	760	770	780	790		
3	min	695	705	715	725		
4	max	750	760	770	780		
4	min	685	695	705	715		
5	max	740	750				
5	min	675	685				
6	max	730	740				
6	min	665	675				

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



10



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



14



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.

15





16



17

16 Fill the air chamber with 150psi.

Attention:
max. pressure is 180psi!

17 Replace the valve cover.



18



19

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

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