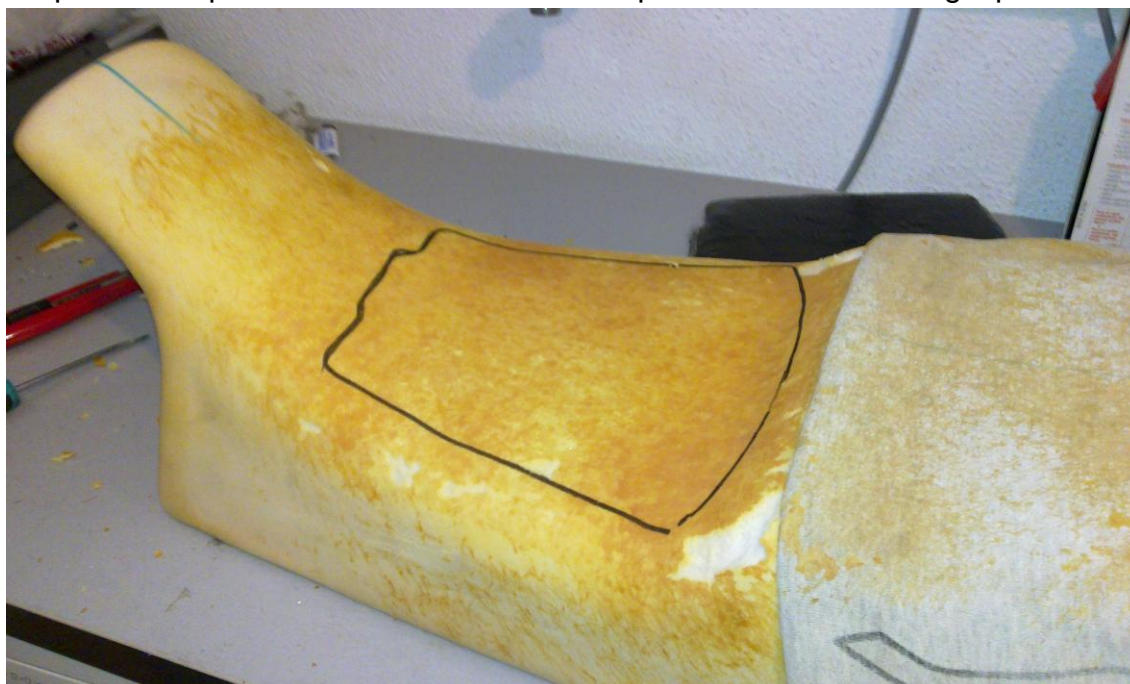


Let me show you how my new Dan Medical South medium gel pad has been installed inside the seat of my R100GS Paris Dakar:

Step 1: Place the gel pad on the foam where you think is best for your bottom



Step 2: Use a permanent marker to mark the perimeter around the gel pad





Step 3: Then, with a cutter, or even better, an electric knife, cut the foam you have previously marked



Step 4: Take the cut foam out





Step 5: Gel pad has a 1.8 mm thick, so we must reduce the height of the seat foam in 1.8 mm. In order to have the best and plain base for the gel pad, cut out a 1.8 mm height pad from the center of the foam





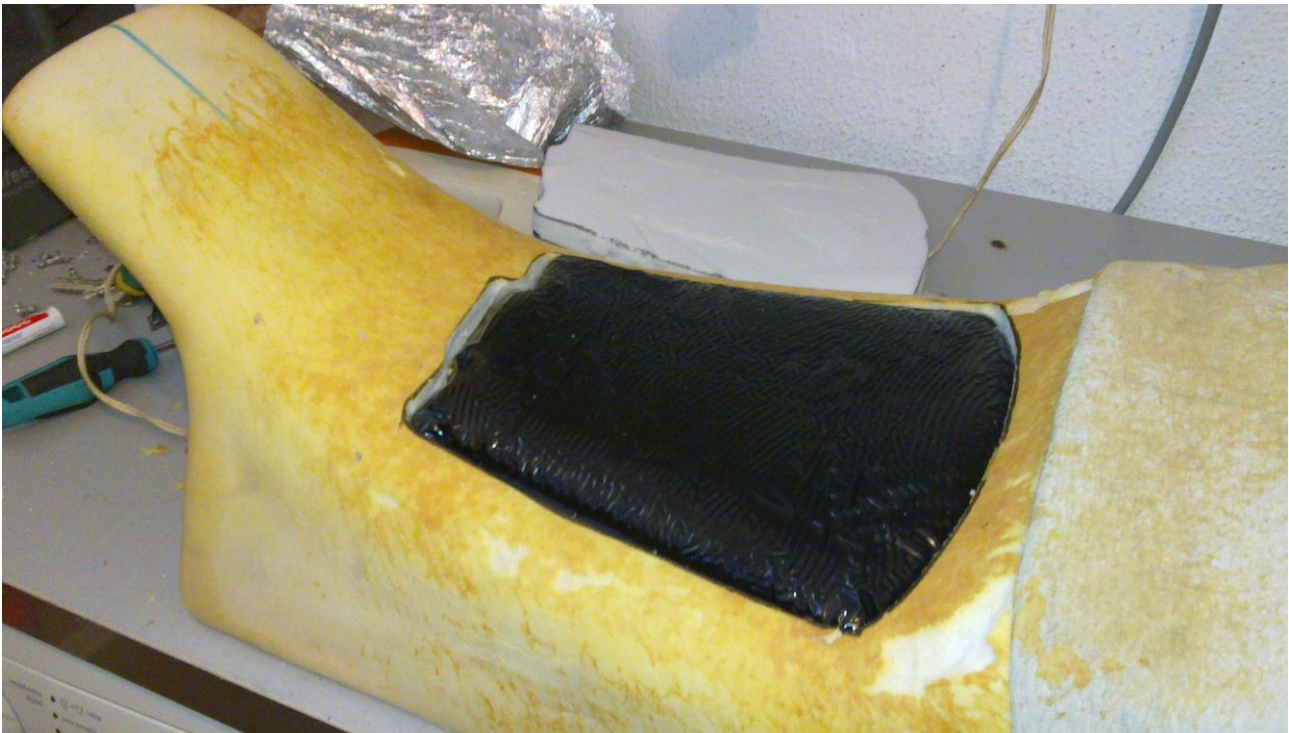
Step 06: Now the extracted foam is divided in 3 parts, put first the bottom side



Step 07: Place now the top part (as you can see, center part is useless)

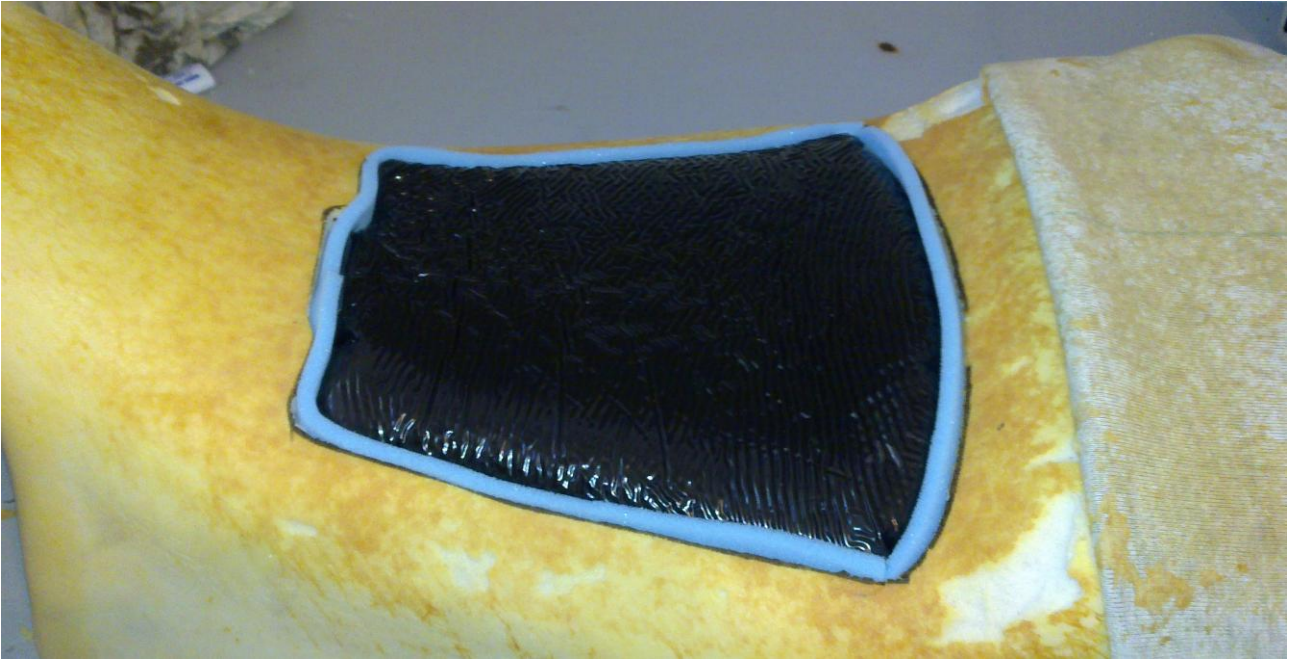


Step 08: Place the gel pad and now the seat must have the same height as OEM





Step 09: Use 5 mm upholstery foam strips for a better fit in the hole



Step 10: Now it's time to use spray contact glue





Step11: Place the seat cover as tightened as possible and use a hair dryer for a perfect fit



Step 12: Final result



