TRINITY ADVANCED SL FITTING GUIDE

GIANT

TRINITY ADVANCED SL FITTING GUIDE

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Width adjusting range and instructions

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3. Seatpost & Saddle

Seatpost & saddle fitting information and range

1. FRAME GEOMETRY

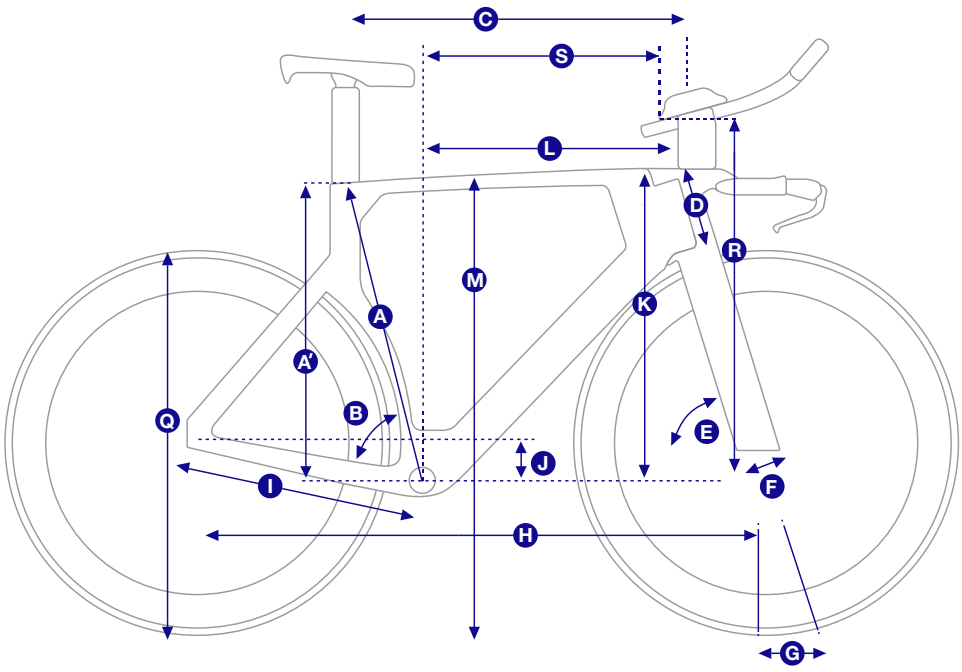
The Trinity is designed for two setups, time trial (TT) and triathlon, to accommodate different types of races.
The Trinity Advanced SL TT Frameset comes with a shorter fork for the TT setting, providing a lower armrest stack and basebar stack (Low Position).
The Trinity Advanced SL Tri Frameset comes with a longer fork for the triathlon setting, offering a higher armrest stack and basebar stack (High Position). The fork can also be cut to convert it to the TT setting (Low Position).
*Please note that when changing from the triathlon setting (High Position) to the TT setting (Low Position), you must cut the fork, which is an irreversible modification.

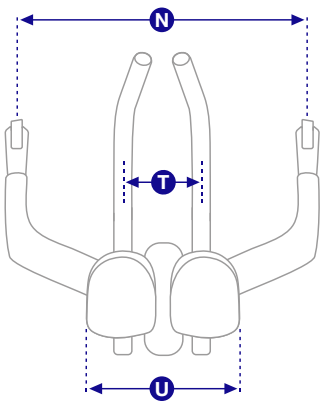


Trinity Advanced SL TT-FF



Trinity Advanced SL Tri-FF





		XS	S	M	L
A	SEAT TUBE LENGTH (C-T)	477	508	539	565
A'	SEAT TUBE LENGTH	465	495	525	550
B	SEAT TUBE ANGLE (DEGREES)	77.0	77.0	77.0	77.0
	SEAT TUBE OFFSET	125.0	130.0	135.0	145.0
	SEATPOST LENGTH	310.0	310.0	310.0	310.0
	SEATPOST INSERT	70-137	70-162	70-187	70-207
	SADDLE CLAMP OFFSET	119 | 140	124 | 145	129 | 150	139 | 160
	SADDLE CLAMP OFFSET (EXTENDER)	149 | 170	154 | 175	159 | 180	169 | 190
C	TOP TUBE LENGTH	510	530	554	579
D	HEAD TUBE LENGTH	85	105	125	145
E	HEAD TUBE ANGLE (DEGREES)	72	73	73	73
F	FORK RAKE	40	40	40	40
G	TRAIL	69	63	63	63
H	WHEELBASE	974	988	1013	1039
I	CHAINSTAY LENGTH	405	405	405	405
J	BOTTOM BRACKET DROP	70	70	70	70
K	STACK	490	513	532	551
L	REACH	397	412	432	452
M	STANDOVER HEIGHT	758	786	814	838
N	HANDLEBAR WIDTH	400	400	400	400
Q	WHEEL SIZE	700	700	700	700
	ARMREST LENGTH	125	125	125	125
T	EXTENSION WIDTH	82 | 102 | 146 | 166	82 | 102 | 146 | 166	82 | 102 | 146 | 166	82 | 102 | 146 | 166
	EXTENSION REACH ADJUSTMENT	0-93	0-93	0-93	0-93
U	ARMREST WIDTH	192-244	192-244	192-244	192-244

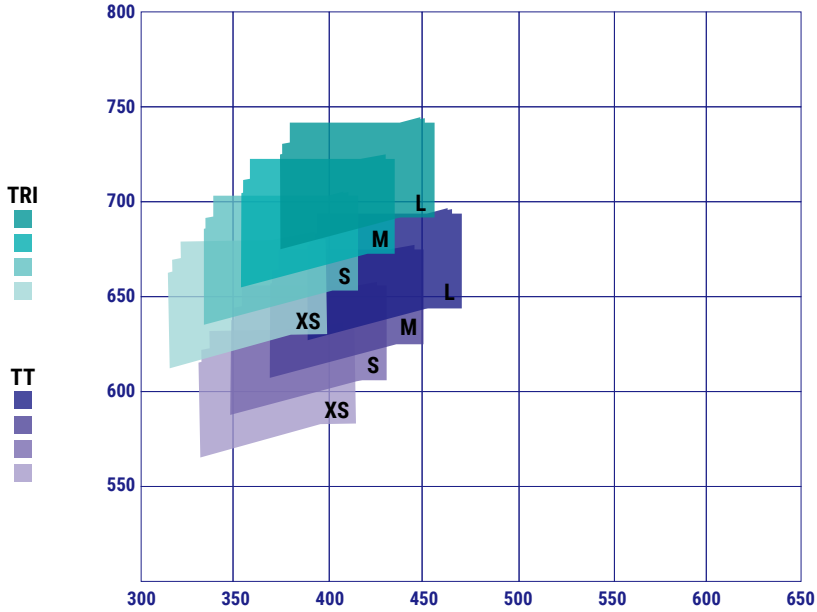
The Trinity frameset offers two different settings, allowing you to achieve two distinct armrest stack and reach positions: TT setting with low position and Tri setting with high position.
*In the rest of the guide, we will refer to these positions as "Low" for the TT setting and "High" for the Tri setting.

		XS	S	M	L
	TRI Setting (High Position)				
R	ARMREST STACK	629-709	653-733	672-752	691-771
S	ARMREST REACH	323-398	340-415	360-435	380-455

	TT Setting (Low Position)				
R	ARMREST STACK	582-662	605-685	624-704	643-723
S	ARMREST REACH	339-414	355-430	375-450	395-470

2. ARMREST

ARMREST GEOMETRY



ARMREST BACK TO BACK RANGE

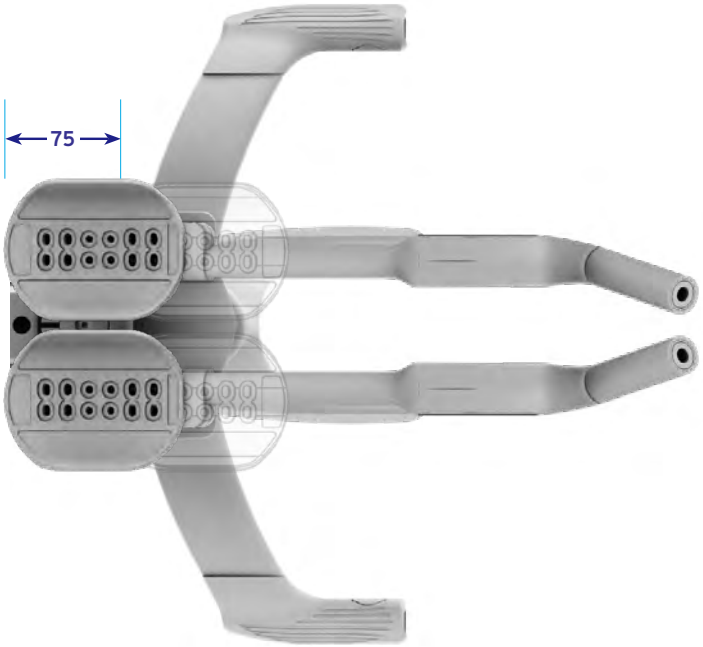
		LOW	XS	S	M	L	HIGH	XS	S	M	L
		TT					TRI				
	0°										
R	ARMREST STACK		582-662	605-685	624-704	643-723		629-709	653-733	672-752	691-771
S	ARMREST REACH		339-414	355-430	375-450	395-470		323-398	340-415	360-435	380-455
	10°										
R	ARMREST STACK		571-666	593-686	613-706	632-725		619-713	641-734	661-754	680-773
S	ARMREST REACH		335-409	351-426	371-446	391-466		320-393	336-412	356-432	376-452
	15°										
R	ARMREST STACK		564-665	587-687	606-706	626-726		612-713	635-735	654-754	674-774
S	ARMREST REACH		333-405	350-424	370-444	390-464		318-390	335-409	355-429	375-449

ARMREST MIDDLE TO MIDDLE RANGE

		LOW	XS	S	M	L	HIGH	XS	S	M	L
		TT					TRI				
	0°										
R	ARMREST STACK		582-663	605-685	624-704	643-723		630-711	653-733	672-752	691-771
S	ARMREST REACH		401-477	418-494	437-514	457-534		386-461	403-479	423-499	443-519
	10°										
R	ARMREST STACK		583-678	604-697	624-717	643-736		630-725	652-745	672-765	691-784
S	ARMREST REACH		396-470	413-488	433-508	453-528		381-455	398-473	418-493	438-513
	15°										
R	ARMREST STACK		581-682	603-703	622-722	642-742		629-730	651-751	670-770	690-790
S	ARMREST REACH		393-465	410-484	430-504	450-524		378-450	396-467	416-490	436-510

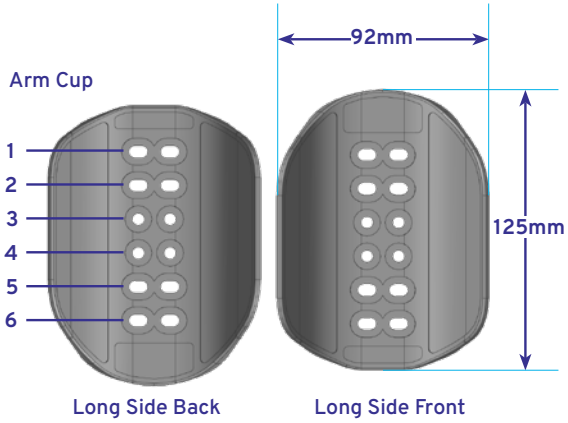
ARMREST REACH

By combining different armrest settings, you can achieve 20 unique armrest combinations that provide 11 different reach results.



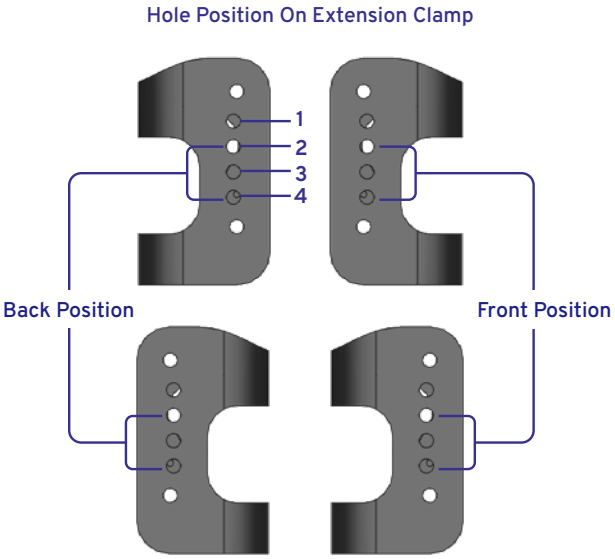
Adjustment instructions:

- **Armrest Direction:**
  - Long Side Back: Shorter reach, armrests closer to you.
  - Long Side Front: Longer reach, armrests farther from you.
- **Hole Position on Armrest:**
  - The armrests have 5 reach positions, using adjacent hole pairs (1+2 through 5+6).



- **Armrest Position on Extension Clamp:**
  - Back Position: Use holes (2) and (4) for shorter reach.
  - Front Position: Use holes (1) and (3) for longer reach.

*Only use holes (1), (2), (3), and (4) for proper installation.



ARMREST REACH TABLE / 0°

XS		S		M		L				
LOW	HIGH	LOW	HIGH	LOW	HIGH	LOW	HIGH	ADJUSTMENT		
TT	TRI	TT	TRI	TT	TRI	TT	TRI	ARMREST DIRECTION	ARMREST POSITION ON EXTENSION CLAMP	HOLE POSITION ON ARMREST
REACH RANGE										
339-414	323-398	355-430	340-415	375-450	360-435	395-470	380-455			
339.0	323.0	355.0	340.0	375.0	360.0	395.0	380.0	LONG SIDE BACK	BACK	1+2
346.5	330.5	362.5	347.5	382.5	367.5	402.5	387.5	LONG SIDE BACK	FRONT	1+2
346.5	330.5	362.5	347.5	382.5	367.5	402.5	387.5	LONG SIDE FRONT	BACK	1+2
354.0	338.0	370.0	355.0	390.0	375.0	410.0	395.0	LONG SIDE BACK	BACK	2+3
354.0	338.0	370.0	355.0	390.0	375.0	410.0	395.0	LONG SIDE FRONT	FRONT	1+2
361.5	345.5	377.5	362.5	397.5	382.5	417.5	402.5	LONG SIDE BACK	FRONT	2+3
361.5	345.5	377.5	362.5	397.5	382.5	417.5	402.5	LONG SIDE FRONT	BACK	2+3
369.0	353.0	385.0	370.0	405.0	390.0	425.0	410.0	LONG SIDE BACK	BACK	3+4
369.0	353.0	385.0	370.0	405.0	390.0	425.0	410.0	LONG SIDE FRONT	FRONT	2+3
376.5	360.5	392.5	377.5	412.5	397.5	432.5	417.5	LONG SIDE BACK	FRONT	3+4
376.5	360.5	392.5	377.5	412.5	397.5	432.5	417.5	LONG SIDE FRONT	BACK	3+4
384.0	368.0	400.0	385.0	420.0	405.0	440.0	425.0	LONG SIDE BACK	BACK	4+5
384.0	368.0	400.0	385.0	420.0	405.0	440.0	425.0	LONG SIDE FRONT	FRONT	3+4
391.5	375.5	407.5	392.5	427.5	412.5	447.5	432.5	LONG SIDE BACK	FRONT	4+5
391.5	375.5	407.5	392.5	427.5	412.5	447.5	432.5	LONG SIDE FRONT	BACK	4+5
399.0	383.0	415.0	400.0	435.0	420.0	455.0	440.0	LONG SIDE BACK	BACK	5+6
399.0	383.0	415.0	400.0	435.0	420.0	455.0	440.0	LONG SIDE FRONT	FRONT	4+5
406.5	390.5	422.5	407.5	442.5	427.5	462.5	447.5	LONG SIDE BACK	FRONT	5+6
406.5	390.5	422.5	407.5	442.5	427.5	462.5	447.5	LONG SIDE FRONT	BACK	5+6
414.0	398.0	430.0	415.0	450.0	435.0	470.0	455.0	LONG SIDE FRONT	FRONT	5+6

ARMREST REACH TABLE / 10°

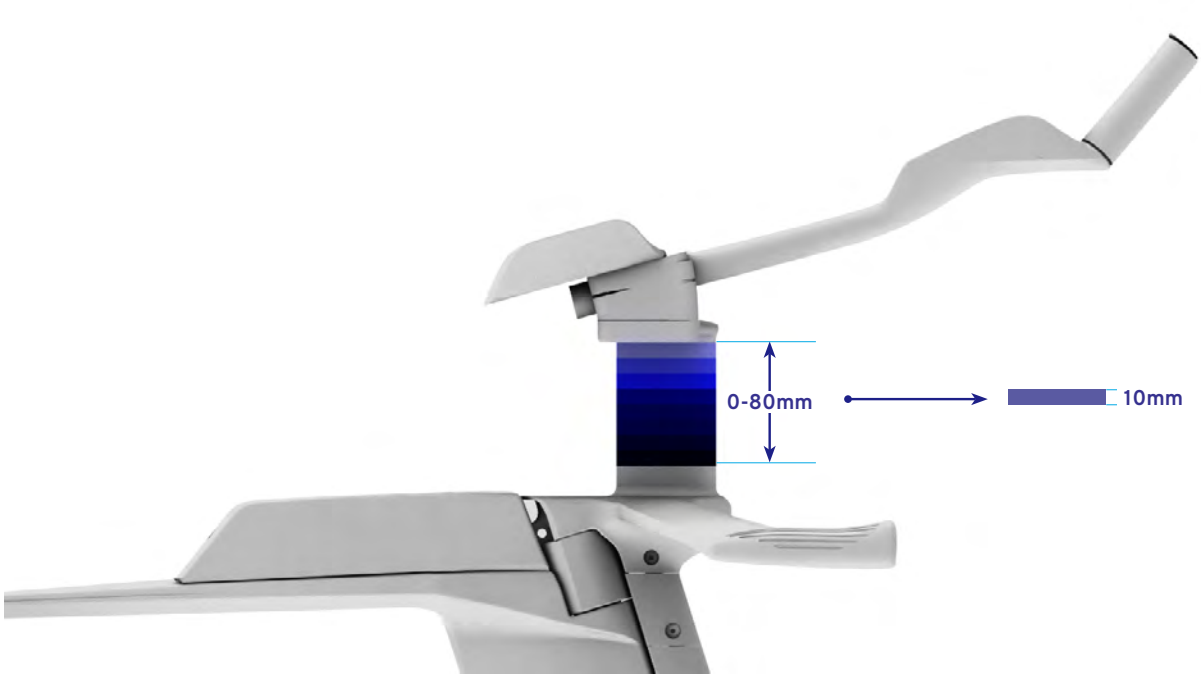
XS		S		M		L				
LOW	HIGH	LOW	HIGH	LOW	HIGH	LOW	HIGH	ADJUSTMENT		
TT	TRI	TT	TRI	TT	TRI	TT	TRI	ARMREST DIRECTION	ARMREST POSITION ON EXTENSION CLAMP	HOLE POSITION ON ARMREST
REACH RANGE										
335-409	320-393	351-426	336-412	371-446	356-432	391-466	376-452			
335.0	320.0	351.0	336.0	371.0	356.0	391.0	376.0	LONG SIDE BACK	BACK	1+2
342.4	327.3	358.5	343.6	378.5	363.6	398.5	383.6	LONG SIDE BACK	FRONT	1+2
342.4	327.3	358.5	343.6	378.5	363.6	398.5	383.6	LONG SIDE FRONT	BACK	1+2
349.8	334.6	366.0	351.2	386.0	371.2	406.0	391.2	LONG SIDE BACK	BACK	2+3
349.8	334.6	366.0	351.2	386.0	371.2	406.0	391.2	LONG SIDE FRONT	FRONT	1+2
357.2	341.9	373.5	358.8	393.5	378.8	413.5	398.8	LONG SIDE BACK	FRONT	2+3
357.2	341.9	373.5	358.8	393.5	378.8	413.5	398.8	LONG SIDE FRONT	BACK	2+3
364.6	349.2	381.0	366.4	401.0	386.4	421.0	406.4	LONG SIDE BACK	BACK	3+4
364.6	349.2	381.0	366.4	401.0	386.4	421.0	406.4	LONG SIDE FRONT	FRONT	2+3
372.0	356.5	388.5	374.0	408.5	394.0	428.5	414.0	LONG SIDE BACK	FRONT	3+4
372.0	356.5	388.5	374.0	408.5	394.0	428.5	414.0	LONG SIDE FRONT	BACK	3+4
379.4	363.8	396.0	381.6	416.0	401.6	436.0	421.6	LONG SIDE BACK	BACK	4+5
379.4	363.8	396.0	381.6	416.0	401.6	436.0	421.6	LONG SIDE FRONT	FRONT	3+4
386.8	371.1	403.5	389.2	423.5	409.2	443.5	429.2	LONG SIDE BACK	FRONT	4+5
386.8	371.1	403.5	389.2	423.5	409.2	443.5	429.2	LONG SIDE FRONT	BACK	4+5
394.2	378.4	411.0	396.8	431.0	416.8	451.0	436.8	LONG SIDE BACK	BACK	5+6
394.2	378.4	411.0	396.8	431.0	416.8	451.0	436.8	LONG SIDE FRONT	FRONT	4+5
401.6	385.7	418.5	404.4	438.5	424.4	458.5	444.4	LONG SIDE BACK	FRONT	5+6
401.6	385.7	418.5	404.4	438.5	424.4	458.5	444.4	LONG SIDE FRONT	BACK	5+6
409.0	393.0	426.0	412.0	446.0	432.0	466.0	452.0	LONG SIDE FRONT	FRONT	5+6

ARMREST REACH TABLE / 15°

XS		S		M		L				
LOW	HIGH	LOW	HIGH	LOW	HIGH	LOW	HIGH	ADJUSTMENT		
TT	TRI	TT	TRI	TT	TRI	TT	TRI	ARMREST DIRECTION	ARMREST POSITION ON EXTENSION CLAMP	HOLE POSITION ON ARMREST
REACH RANGE										
333-405	318-390	350-424	335-409	370-444	355-429	390-464	375-449			
333.0	318.0	350.0	335.0	370.0	355.0	390.0	375.0	LONG SIDE BACK	BACK	1+2
340.2	325.2	357.4	342.4	377.4	362.4	397.4	382.4	LONG SIDE BACK	FRONT	1+2
340.2	325.2	357.4	342.4	377.4	362.4	397.4	382.4	LONG SIDE FRONT	BACK	1+2
347.4	332.4	364.8	349.8	384.8	369.8	404.8	389.8	LONG SIDE BACK	BACK	2+3
347.4	332.4	364.8	349.8	384.8	369.8	404.8	389.8	LONG SIDE FRONT	FRONT	1+2
354.6	339.6	372.2	357.2	392.2	377.2	412.2	397.2	LONG SIDE BACK	FRONT	2+3
354.6	339.6	372.2	357.2	392.2	377.2	412.2	397.2	LONG SIDE FRONT	BACK	2+3
361.8	346.8	379.6	364.6	399.6	384.6	419.6	404.6	LONG SIDE BACK	BACK	3+4
361.8	346.8	379.6	364.6	399.6	384.6	419.6	404.6	LONG SIDE FRONT	FRONT	2+3
369.0	354.0	387.0	372.0	407.0	392.0	427.0	412.0	LONG SIDE BACK	FRONT	3+4
369.0	354.0	387.0	372.0	407.0	392.0	427.0	412.0	LONG SIDE FRONT	BACK	3+4
376.2	361.2	394.4	379.4	414.4	399.4	434.4	419.4	LONG SIDE BACK	BACK	4+5
376.2	361.2	394.4	379.4	414.4	399.4	434.4	419.4	LONG SIDE FRONT	FRONT	3+4
383.4	368.4	401.8	386.8	421.8	406.8	441.8	426.8	LONG SIDE BACK	FRONT	4+5
383.4	368.4	401.8	386.8	421.8	406.8	441.8	426.8	LONG SIDE FRONT	BACK	4+5
390.6	375.6	409.2	394.2	429.2	414.2	449.2	434.2	LONG SIDE BACK	BACK	5+6
390.6	375.6	409.2	394.2	429.2	414.2	449.2	434.2	LONG SIDE FRONT	FRONT	4+5
397.8	382.8	416.6	401.6	436.6	421.6	456.6	441.6	LONG SIDE BACK	FRONT	5+6
397.8	382.8	416.6	401.6	436.6	421.6	456.6	441.6	LONG SIDE FRONT	BACK	5+6
405.0	390.0	424.0	409.0	444.0	429.0	464.0	449.0	LONG SIDE FRONT	FRONT	5+6

ARMREST STACK

The Trinity armrests come with 8 spacers, allowing you to adjust the stack height from 0mm to 80mm in 10mm increments. This provides 9 different stack height options, ranging from 0mm (no spacers) to 80mm (8 spacers).



ARMREST STACK TABLE / 0°

	XS				S				M				L			
	LOW		HIGH		LOW		HIGH		LOW		HIGH		LOW		HIGH	
	TT	SPACER	TRI	SPACER	TT	SPACER	TRI	SPACER	TT	SPACER	TRI	SPACER	TT	SPACER	TRI	SPACER
STACK RANGE	582-662		629-709		605-685		653-733		624-704		672-752		643-723		691-771	
	582	0														
	592	1														
	602	2			605	0										
	612	3			615	1										
	622	4	629	0	625	2			624	0						
	632	5	639	1	635	3			634	1						
	642	6	649	2	645	4			644	2			643	0		
	652	7	659	3	655	5	653	0	654	3			653	1		
	662	8	669	4	665	6	663	1	664	4			663	2		
			679	5	675	7	673	2	674	5	672	0	673	3		
			689	6	685	8	683	3	684	6	682	1	683	4		
			699	7			693	4	694	7	692	2	693	5	691	0
			709	8			703	5	704	8	702	3	703	6	701	1
							713	6			712	4	713	7	711	2
							723	7			722	5	723	8	721	3
							733	8			732	6			731	4
											742	7			741	5
											752	8			751	6
															761	7
															771	8

ARMREST STACK TABLE / 10°

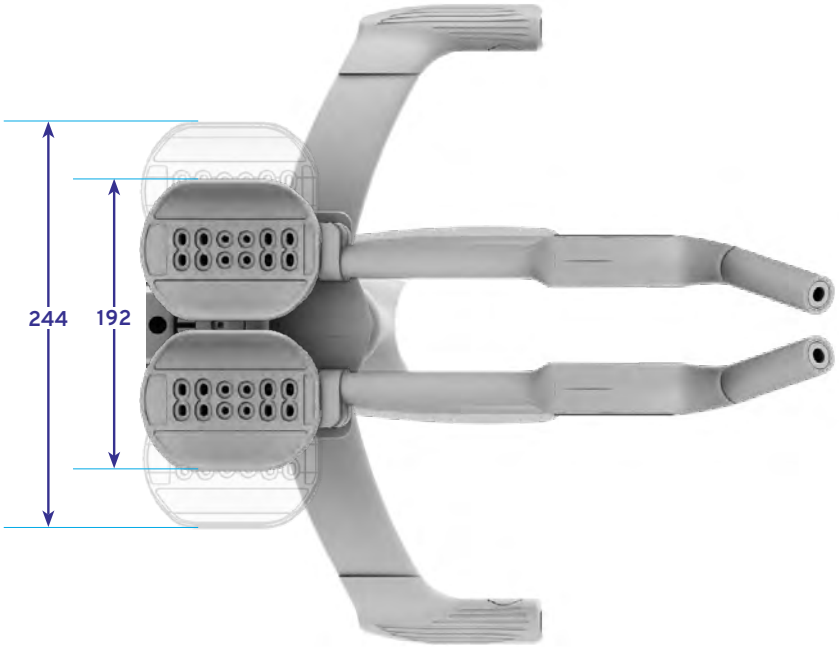
	XS				S				M				L			
	LOW		HIGH		LOW		HIGH		LOW		HIGH		LOW		HIGH	
	TT	SPACER	TRI	SPACER	TT	SPACER	TRI	SPACER	TT	SPACER	TRI	SPACER	TT	SPACER	TRI	SPACER
STACK RANGE	571-666		619-713		593-686		641-734		613-706		661-754		632-725		680-773	
	571	0														
	583	1														
	595	2			593	0										
	607	3			605	1										
	619	4	619	0	616	2			613	0						
	630	5	631	1	628	3			625	1						
	642	6	643	2	640	4	641	0	636	2			632	0		
	654	7	654	3	651	5	653	1	648	3			644	1		
	666	8	666	4	663	6	664	2	660	4	661	0	655	2		
			678	5	674	7	676	3	671	5	673	1	667	3		
			690	6	686	8	688	4	683	6	684	2	679	4	680	0
			701	7			699	5	694	7	696	3	690	5	692	1
			713	8			711	6	706	8	708	4	702	6	703	2
							722	7			719	5	713	7	715	3
							734	8			731	6	725	8	727	4
											742	7			738	5
											754	8			750	6
															761	7
															773	8

ARMREST STACK TABLE / 15°

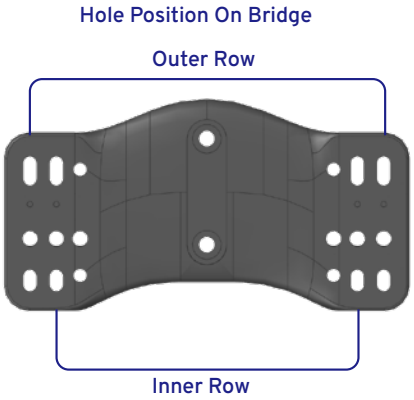
	XS				S				M				L			
	LOW		HIGH		LOW		HIGH		LOW		HIGH		LOW		HIGH	
	TT	SPACER	TRI	SPACER	TT	SPACER	TRI	SPACER	TT	SPACER	TRI	SPACER	TT	SPACER	TRI	SPACER
STACK RANGE	564-665		612-713		587-687		635-735		606-706		654-754		626-726		674-774	
	564	0														
	577	1														
	589	2			587	0										
	602	3			600	1										
	615	4	612	0	612	2			606	0						
	627	5	625	1	625	3			619	1						
	640	6	637	2	637	4	635	0	631	2			626	0		
	652	7	650	3	650	5	648	1	644	3			639	1		
	665	8	663	4	662	6	660	2	656	4	654	0	651	2		
			675	5	675	7	673	3	669	5	667	1	664	3		
			688	6	687	8	685	4	681	6	679	2	676	4	674	0
			700	7			698	5	694	7	692	3	689	5	687	1
			713	8			710	6	706	8	704	4	701	6	699	2
							723	7			717	5	714	7	712	3
							735	8			729	6	726	8	724	4
											742	7			737	5
											754	8			749	6
															762	7
															774	8
															784	8

ARMREST WIDTH

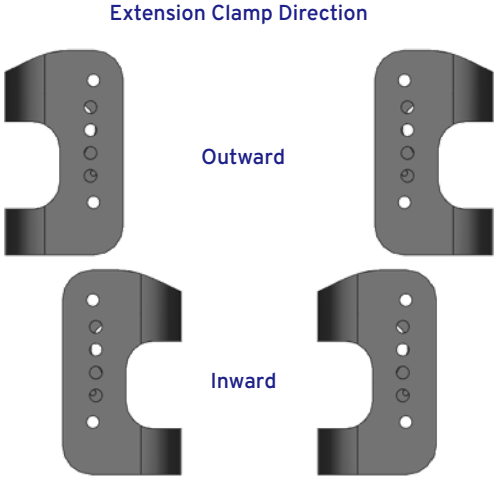
The Trinity offers unparalleled adjustability, featuring 8 different armrest width positions ranging from 192mm to 244mm.



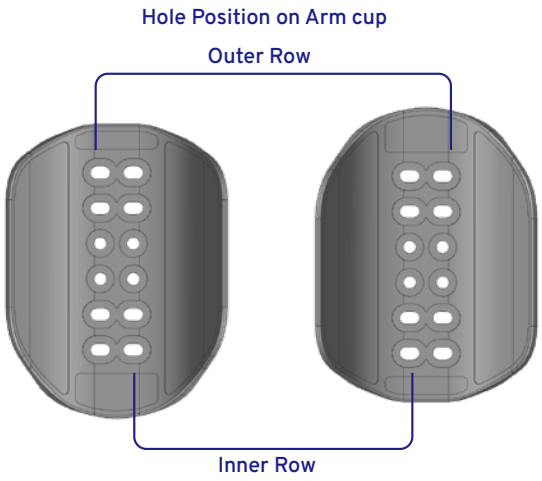
- **Hole Position on Bridge**
  - Inner Row for narrower width
  - Outer Row for wider width



- **Extension Clamp Direction**
  - Inward for narrower width
  - Outward for wider width



- Hole Position on Armrest
    - Inner Row for narrower width
    - Outer Row for wider width

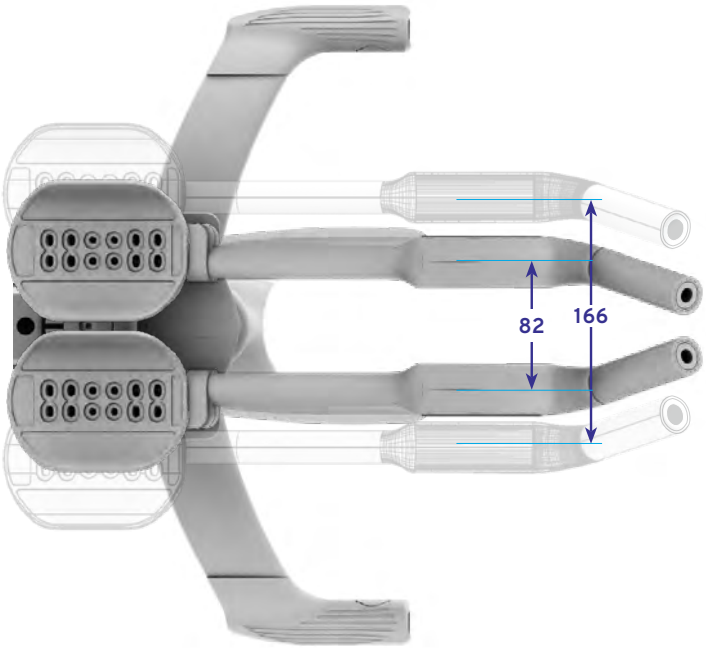


ARMREST WIDTH TABLE

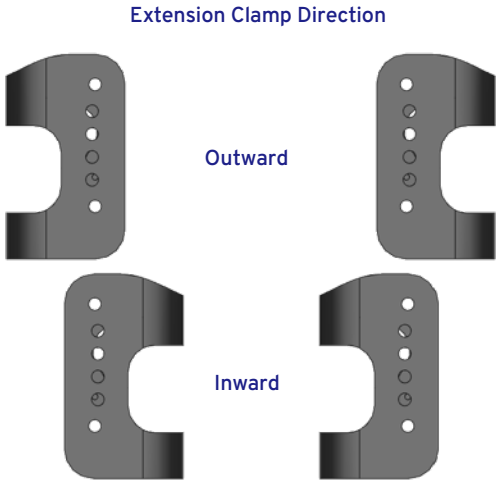
	ADJUSTMENT		
WIDTH RANGE	HOLE POSITION ON BRIDGE	EXTENSION CLAMP	HOLE POSITION ON ARMREST
192	INNER ROW	INWARD	INNER ROW
196	INNER ROW	OUTWARD	INNER ROW
212	OUTER ROW	INWARD	INNER ROW
216	OUTER ROW	OUTWARD	INNER ROW
220	INNER ROW	INWARD	OUTER ROW
224	INNER ROW	OUTWARD	OUTER ROW
240	OUTER ROW	INWARD	OUTER ROW
244	OUTER ROW	OUTWARD	OUTER ROW

EXTENSION BAR

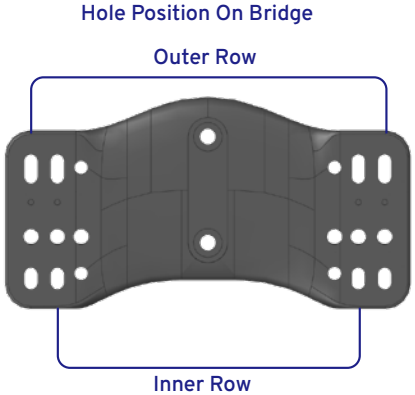
1. The Trinity offers 4 Extension Bar width combinations, achieved by adjusting the Extension Clamps.



- **Extension Clamp Direction**
    - Inward for narrower width
    - Outward for wider width



- **EHole Position on Bridge**
    - Inner Row for narrower width
    - Outer Row for wider width

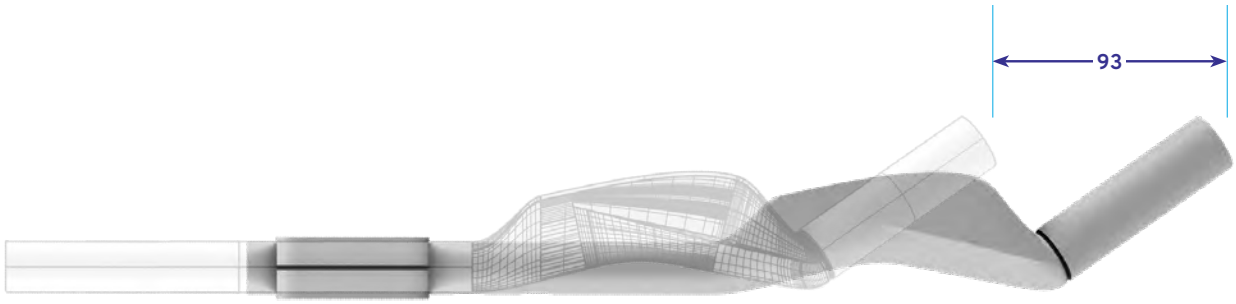


EXTENSION BAR WIDTH TABLE

	ADJUSTMENT	
WIDTH RANGE	EXTENSION CLAMP	HOLE POSITION ON BRIDGE
82	INWARD	INNER ROW
102	INWARD	OUTER ROW
146	OUTWARD	INNER ROW
166	OUTWARD	OUTER ROW

2. Extension Bar Range

The Sync extension bars on the Trinity provide an impressive range of reach adjustment, spanning from 0mm to 93mm.



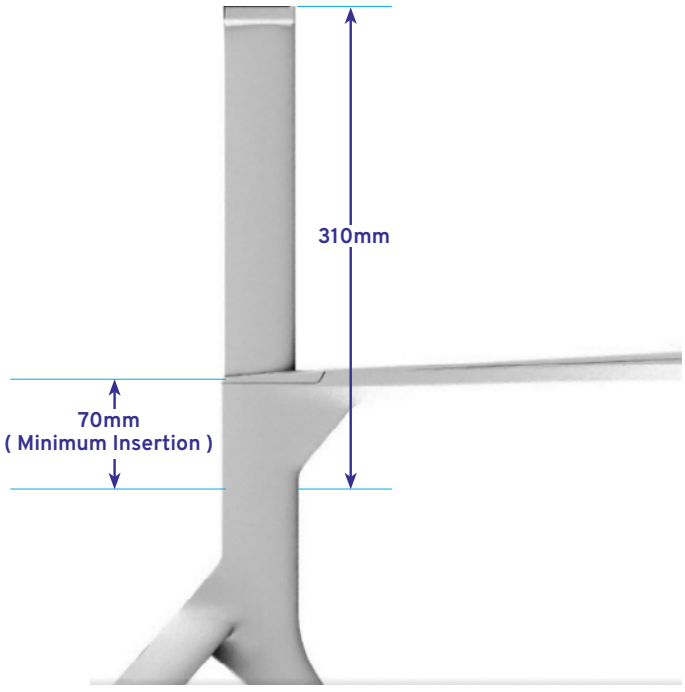
3. SEATPOST AND SADDLE

SEATPOST & SADDLE FITTING TABLE

	XS	S	M	L
SEATPOST LENGTH	310	310	310	310
SEATPOST INSERT	70-137	70-162	70-187	70-207
SEAT TUBE OFFSET	125	130	135	145
SADDLE CLAMP OFFSET	119 | 140	124 | 145	129 | 150	139 | 160
SADDLE CLAMP OFFSET (WITH EXTENDER)	149 | 170	154 | 175	159 | 180	169 | 190
SADDLE CLAMP ANGLE	76-81	77-81	77-81	76-80
SADDLE CLAMP ANGLE (WITH EXTENDER)	74-81	74-81	74-81	74-80

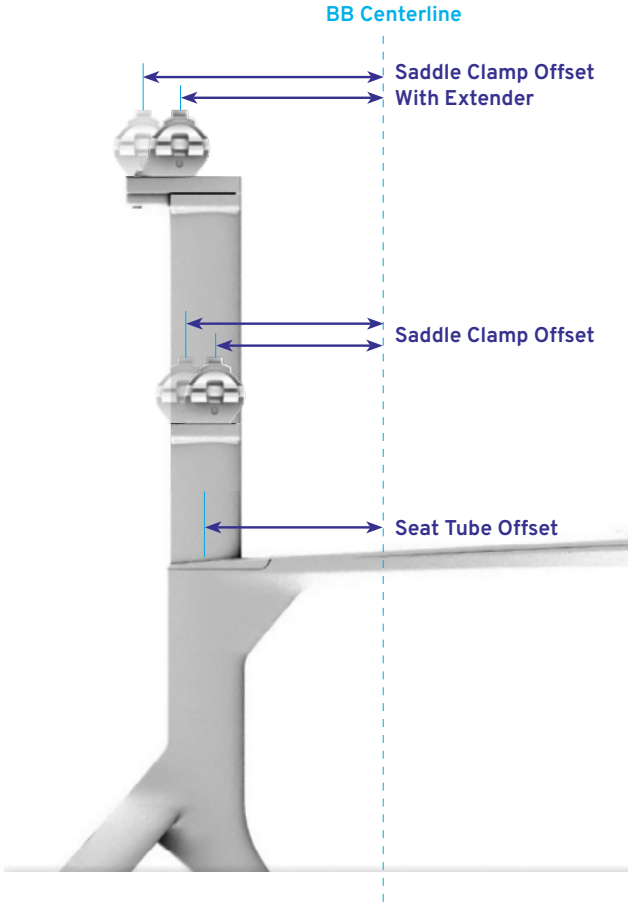
SEATPOST LENGTH

The Trinity seatpost is 310mm long with a minimum insert length of 70mm.



SADDLE CLAMP OFFSET

The Trinity seatpost features 4 saddle clamp positions with different offsets, including front and back settings, and an extender for even greater offset options, allowing for highly customizable saddle positioning.



SADDLE CLAMP ANGLE

The Trinity offers 4 saddle clamp positions with a wide range of angles, and an extender enables even finer angle increments, providing extensive saddle positioning customization.

