



**AEROBAR ONE  
GENERAL ASSEMBLY INSTRUCTIONS**

## INTRODUCTION

We're pleased to welcome you to a global family of athletes embracing more comfortable, more effective time trial positions. Sync Ergonomics strongly recommends the installation of your Sync components to be undertaken by a qualified bicycle mechanic, experienced with time trial and triathlon bicycles. Irrespective of your level of mechanical experience, please read the following guide as it contains information vital for correct setup and use.

This document has been prepared to guide you through the assembly of your Aerobar One (AB01) ecosystem. Care must be taken during the installation process to ensure proper function and ongoing maintenance must be performed to ensure longevity of your Sync Ergonomics components.

**WARNING:** In order to be installed correctly the components of Aerobar One require specialised knowledge of a time trial bicycle. It is recommended that installation should be performed by a qualified bicycle mechanic. Improper assembly of any of the components of Aerobar One could cause damage to the product(s) and/or bicycle, may lead to loss of control of the bicycle, and may lead to personal injury, or in severe cases even death. Sync Ergonomics assumes no responsibility for improper assembly and installation of the product(s).

**WARNING:** Please have your bicycle and Sync Ergonomics products regularly inspected for possible damage from use, especially from instances such as accidents, crashes, and/or impact that occurs with travel. In the event of an accident, crash and/or impact in travel, it is strongly recommended you stop using your bicycle immediately and take your bicycle to a professional bicycle mechanic for inspection to ensure proper function and safety. In the case of damage, replace affected parts immediately. Even when no damage is visible, there may be internal damage to the integrity of a component. Failure to replace damaged parts could result in loss of control, and may lead to personal injury, or in severe cases even death. Sync Ergonomics assumes no responsibility for improper maintenance and inspection of the product(s).

## WARRANTY

Sync Ergonomics components are free from material and manufacturing defects for a period of 12 months starting from the original purchase date, unless otherwise stated in our warranty policy, detailed on our website at [www.syncergonomics.com](http://www.syncergonomics.com). This warranty is non-transferable and only applicable to the original customer who purchased this product and this product only. Any modifications to the product, other than for its original intended use, such as drilling, will effectively and immediately void the warranty.

For more information on our warranty policy and instructions for completing a warranty claim, please visit our website for full details at [www.syncergonomics.com](http://www.syncergonomics.com).

## REQUIRED TOOLS

Torque wrench  
Torx head driver set (T25 and T30)  
Socket head driver set (as per bike requirements)  
Isopropyl alcohol  
Medium-strength retaining compound (LOCTITE 243)  
MOTOREX Bike Grease  
Torque wrench  
Cutting guide (Park Tool SG-6)  
32 TPI hack saw blade  
Fine metal file or deburring tool

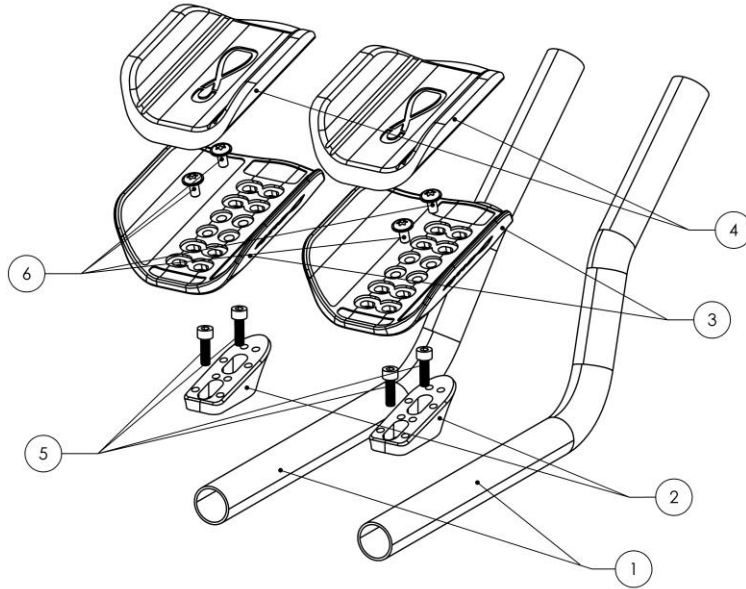
**WARNING:** Your bike may require additional tools to what is mentioned above and we cannot guarantee that these recommendations will cover the requirements of all bikes. If in doubt, ensure assembly is handled by a qualified and experienced bicycle mechanic.

## AERONABR ONE ASSEMBLY

Aerobar One (AB01) is designed to function using the original base bar and extension clamp assemblies relevant to your time trial bike. Please ensure that your bicycle is suitable for Aerobar One prior to installation.

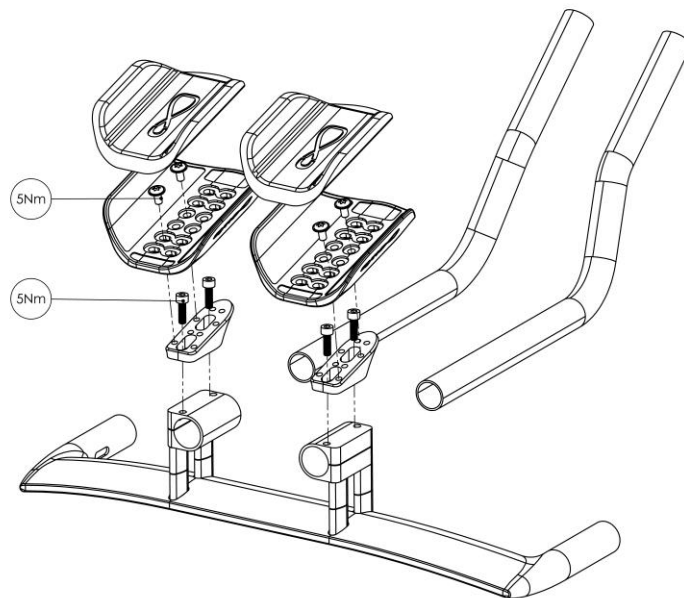
**WARNING:** Do not attempt to modify your Sync components, outside of what is described within this setup guide as appropriate for assembly. Modification may impact the structural integrity of a components and could result in component failure, or failure of the complete system. Sync Ergonomics is not liable for product damage and/or personal injury resulting from improper assembly.

# AEROBAR ONE BOM



	PART NO.	PART NAME	QTY
1	SYN-OPT-EX-395-40-XX	SYNC PROJECT 0.2 EXTENSION	2
2	SYN-WG-M5-LR	SYNC WEDGE (M5 OR M6)	2
3	SYN-EVO-CP-15-14-CB	V2 DEEP GROOVE ARM CUP	2
4	SYN-EVO-PD	EVA FOAM PAD	2
5	-	M5/M6x8 TORX HEAD CAP SCREW	4
6	-	M5x10 FLANGED BUTTON SCREWS	4

## AEROBAR ONE ASSEMBLY



## EXTENSION SETUP OPTIONS

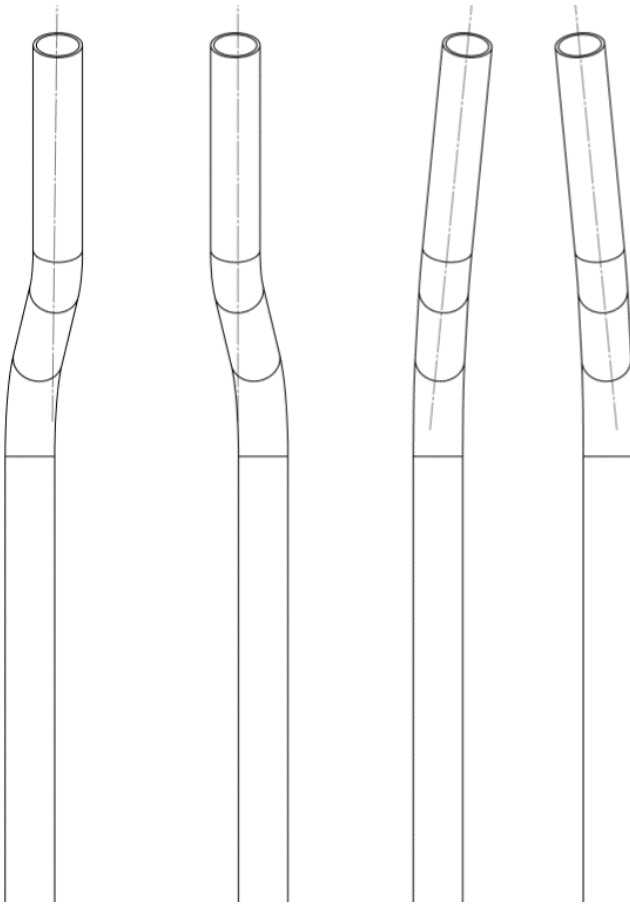
Thanks to the unique 3D bend profile, Aero One extensions can be configured with the grip end angled in, or aligned straight.

A bike with a narrow extension tube spacing will favor the “angled in” orientation. A bike with a wide extension tube spacing will favor the “aligned straight” orientation. During setup, perform a dummy fit of the extensions to find your preferred extension orientation.

## CLAMPING

Ensure that the extension clamps are clean and free of grease or other lubricants by using isopropyl alcohol to prepare the clamping surfaces. Tighten the extension clamps to the torque specified in the frame/handlebar manufactures specifications.

**WARNING:** Ensure extensions clamps are free of sharp edges that may cause tube damage to the extensions when clamped, and/or when in use. Sync Ergonomics is not liable for product damage and/or personal injury resulting from inappropriately prepared clamping area.



## NOTES ON WIRING AEROBAR ONE

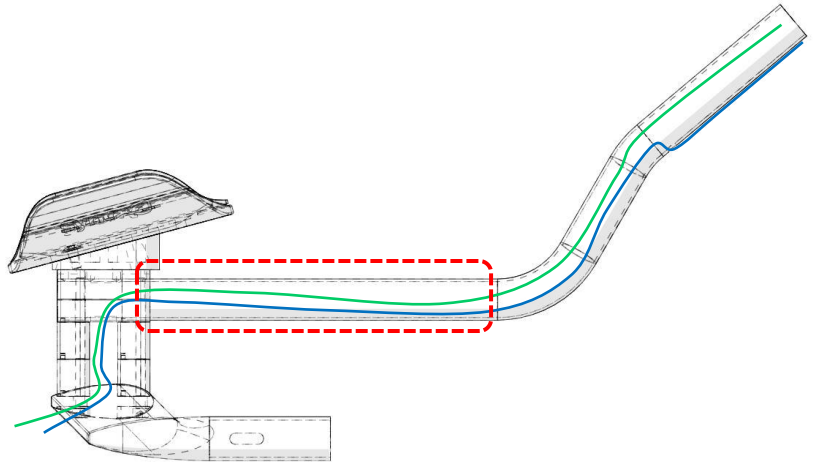
Ensure that you complete proper setup of your AeroBar One prior to installing shift wiring.

**Shimano Di2 SW-R9160 or SRAM Clics** - you can run the wires through the extension directly into the shifter.

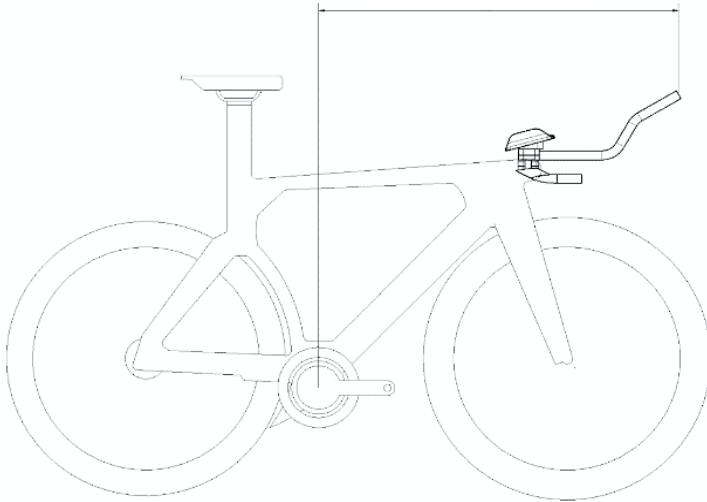
**Older Di2 or SRAM Blips** - when shifters require an external wire, use the pre-drilled hole in the grip end of the extension.

**Do not drill or modify** - extensions in the region immediately in front of the extension clamp (high-stress area).

**WARNING:** When using SRAM, the length of the wires limits placement of the Blip Box. Plan for this prior to assembly.



# AEROBAR ONE UCI COMPLIANCE CHECK



## **CATEGORY X**

SADDLE OFFSET - 0-50 MM  
LENGTH ALLOWED – 750 MM  
HEIGHT ALLOWED – 100 MM

## **CATEGORY 1**

ATHLETE HEIGHT - <180 CM TALL  
SADDLE OFFSET -  $\neq$ 50 MM  
LENGTH ALLOWED – 800 MM  
HEIGHT ALLOWED – 100 MM

## **CATEGORY 2**

ATHLETE HEIGHT -  $\neq$ 180 CM TALL  
SADDLE OFFSET -  $\neq$ 50 MM  
LENGTH ALLOWED – 830 MM  
HEIGHT ALLOWED – 120 MM

## **CATEGORY 3**

ATHLETE HEIGHT -  $\neq$ 190 CM TALL  
SADDLE OFFSET -  $\neq$ 50 MM  
LENGTH ALLOWED – 850 MM  
HEIGHT ALLOWED – 140 MM

For clarification of the UCI Technical regulation, please see here:

[https://www.uci.org/equipment/bh2JJzwIeB0n876rX2iB1?\\_ga=2.231545055.1112098212.1671983685-1469624865.1671983685](https://www.uci.org/equipment/bh2JJzwIeB0n876rX2iB1?_ga=2.231545055.1112098212.1671983685-1469624865.1671983685)