



**AEROBAR TWO**  
**GENERAL ASSEMBLY- CENTRE STACK SYSTEMS**

## 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 Project 0.2 EVO 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 Two (AB02) 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 EVO 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 AND PRODUCTS

Torque wrench (with Hex and Torx drivers)  
4 mm T-Handle Hex key  
T10, T20 and T25 Torx keys  
Cutting guide (Park Tool SG-6)  
Hack saw and a high-quality 32 TPI blade  
Fine metal file or deburring tool  
Isopropyl alcohol  
MOTOREX Bike Grease  
Assembly paste (carbon paste) – If using carbon extensions

**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 bicycle mechanic, experienced with the assembly and setup of a time trial bicycle.

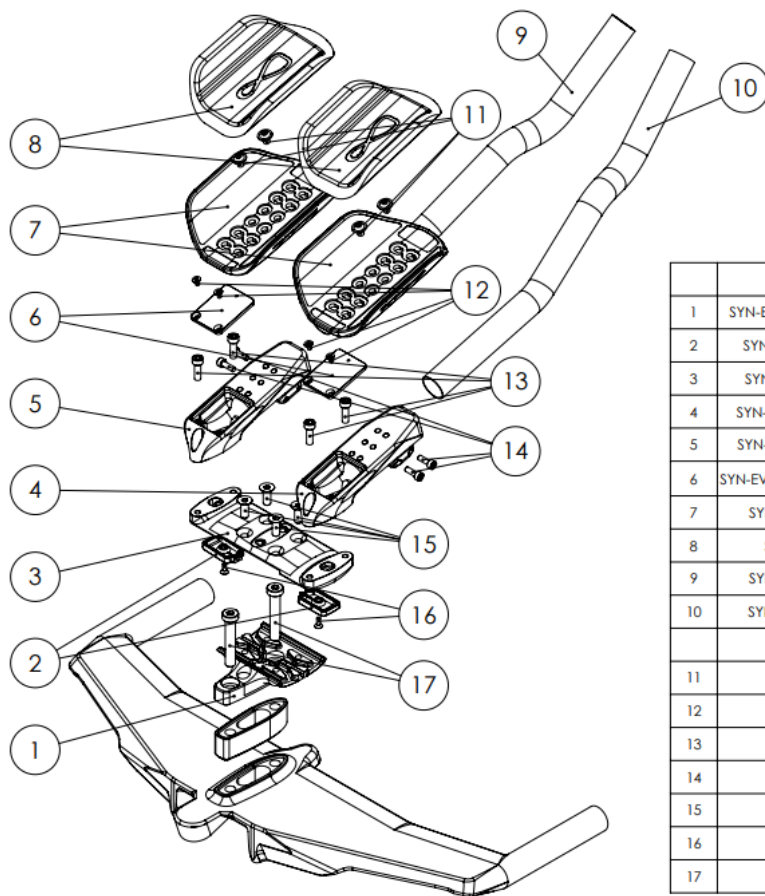
**WARNING:** Do not attempt to modify your Sync components, outside of what is described within this setup guide as appropriate for assembly. Modification may impact the structural integrity of the components and could result in component failure, or failure of the complete system. Sync Ergonomics is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

## SETUP GUIDE VISUALISATION

The following setup documentation depicts installation on a Shiv Tri Disc basebar, using our Shiv Tri Disc basebar adapter. There will be some variation in the connection of this component and visual appearance, depending on the bike in question. Please see setup guide supplements on our technical page, where significant design differences require a different setup approach.

For more information and technical resources, please visit <https://www.syncergonomics.com/technical>.

## AEROBAR TWO CENTRE STACK BOM (EXAMPLE)



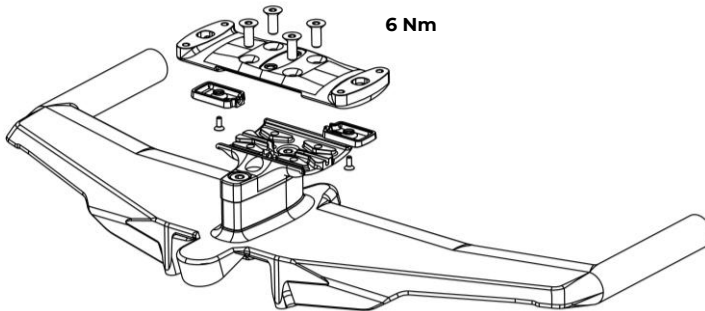
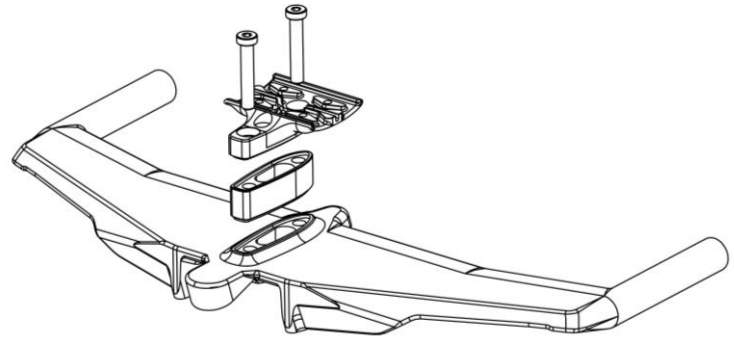
	PART NO.	PART NAME	QTY
1	SYN-EVO-BA-XXX-XXX-SS-LW	SYNC EVO BASEBAR ADAPTER, SINGLE STACK, BIKE SPECIFC	1
2	SYN-EVO-TP-CVR-125-SS	SYNC EVO TOP PLATE COVER	2
3	SYN-EVO-TP-40D-125-SS	SYNC EVO TOP PLATE	1
4	SYN-EVO-PRO-CL-TUBE RH	SYNC EVO CLAMP, TUBE TYPE, 22.2MM	1
5	SYN-EVO-PRO-CL-TUBE LH	SYNC EVO CLAMP, TUBE TYPE, 22.2MM	1
6	SYN-EVO-PRO-CL-MED-CVR-LR	SYNC EVO CLAMP COVER, MEDIUM	2
7	SYN-EVO-CP-15-14-CB	V2 DEEP GROOVE ARM CUP	2
8	SYN-EVO-CP-PAD	EVA FOAM PAD	2
9	SYN-EVO-EX-340-25-LX	SYNC EVO LOW RISE 3D EXTENSION	1
10	SYN-EVO-EX-340-25-RX	SYNC EVO LOW RISE 3D EXTENSION	1
11	-	M5x8MM FLANGED BUTTON SCREW T25	4
12	-	M3x6MM CSK T10	4
13	-	M5x16MM SOCKET HEAD CAP SCREW	4
14	-	M4x12MM CAP SCREW T20	4
15	-	M6x16MM CSK T30	4
16	-	M3x8MM CSK T10	2
17	-	M8x25-75MM SOCKET LOW HEAD CAP SCREW, SPACER DEPENDENT	2

## BAR ADAPTER INSTALLATION

The AB02 basebar adapter is installed directly on top of the center stack spacer assembly, allowing utilization of the original spacer stack for height adjustment.

**NOTE:** Connect the basebar adapter using the original mounting hardware, or supplied replacement hardware and torque to the OE specifications.

**NOTE:** See the bike specific supplements for further details.



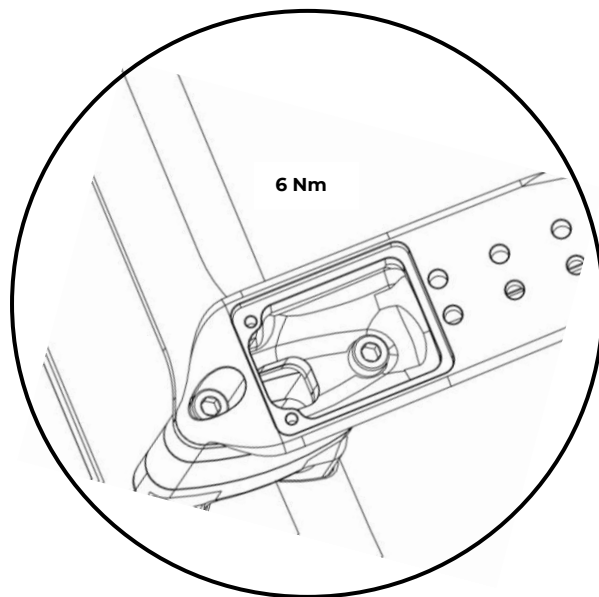
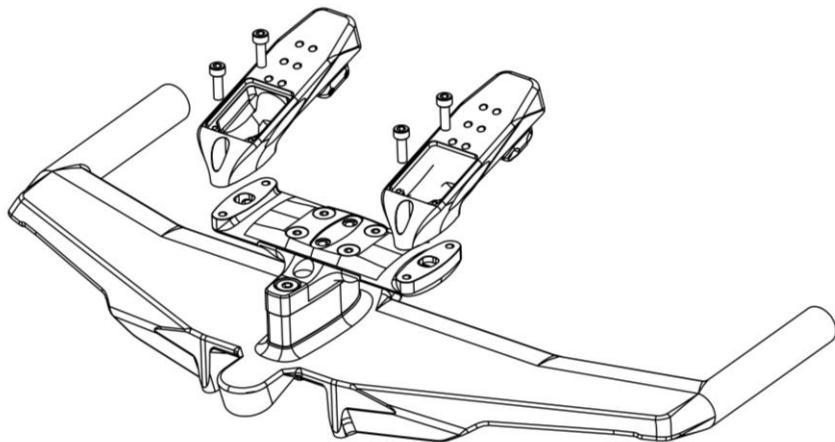
## TOP PLATE INSTALLATION

The AB02 top plate connects directly atop the basebar adapter and is secured using the supplied M6 x 16 mm CSK screws.

We recommend the application of MOTOREX Bike Grease for the top plate screws and a torque of **6 Nm**.

## EXTENSION CLAMP INSTALLATION

The AB02 extension clamps bolt directly to the AB02 top plate, or directly to the AB02 angled spacers, using M5 x 14 mm bolts, and a torque of **6 Nm**. We recommend the application of MOTOREX Bike Grease for the clamp bolts.

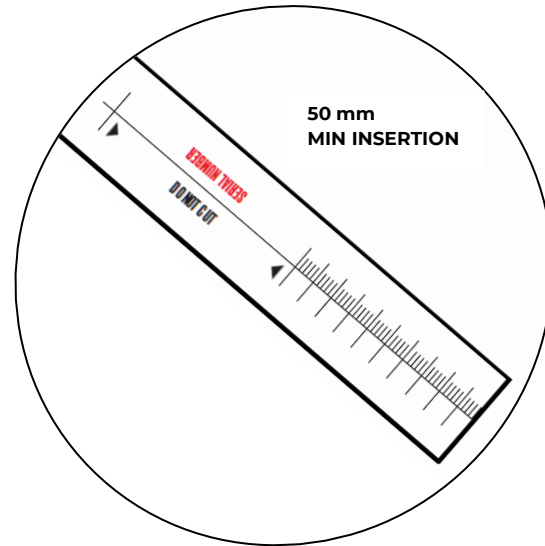
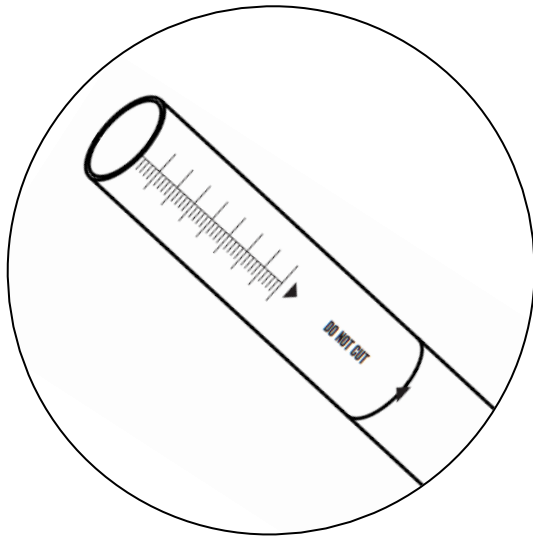


## AERO TWO EXTENSION INSTALLATION

AB02 extension clamps require the extension to be inserted a minimum of 50 mm. Please ensure that the trimming down of extensions factors this in and if excess material is removed, that replacement extensions are sought.

**NOTE:** The minimum insertion for the extension in the EVO clamps is **50 mm**.

**WARNING:** AB02 extensions are designed to work with Shimano SW-R9160 and SRAM eTap CLICS only. Any modification for other shifters voids the product warranty. Sync Ergonomics is not liable for product damage and/or personal injury resulting from product modification.



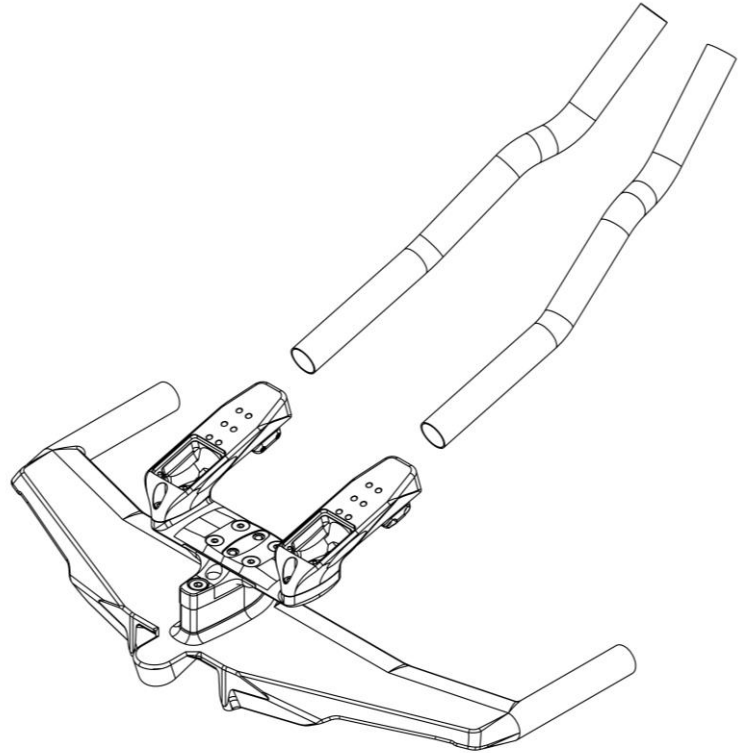
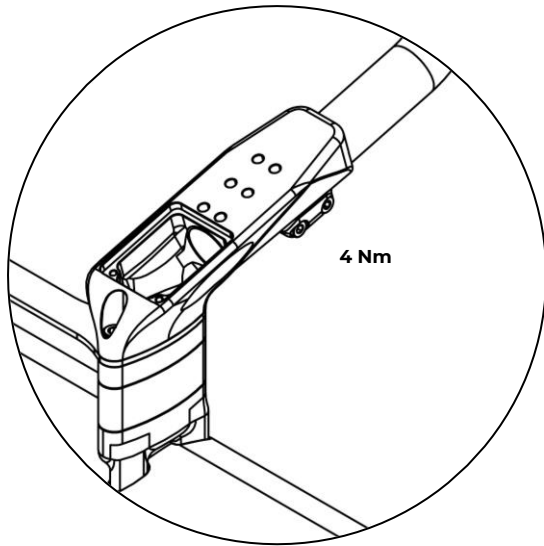
## CLAMPING

AB02 extension clamps are designed to cater for a 22.2 mm round tube. Undersized tubes may not clamp effectively and we strongly recommend you check the tolerances when using extensions other than Sync Ergonomics extensions. When installing carbon tubes, we recommend the use of a fine-grit assembly paste or carbon paste.

**NOTE:** Torque the AB02 extension clamping bolts to **4 Nm**.

**WARNING:** Ensure you do not crush tubes by over torquing the extension clamp screws.

**WARNING:** Third party extension can be used but the tolerance must be checked and where applicable, fine-grit assembly paste or carbon past must be used.





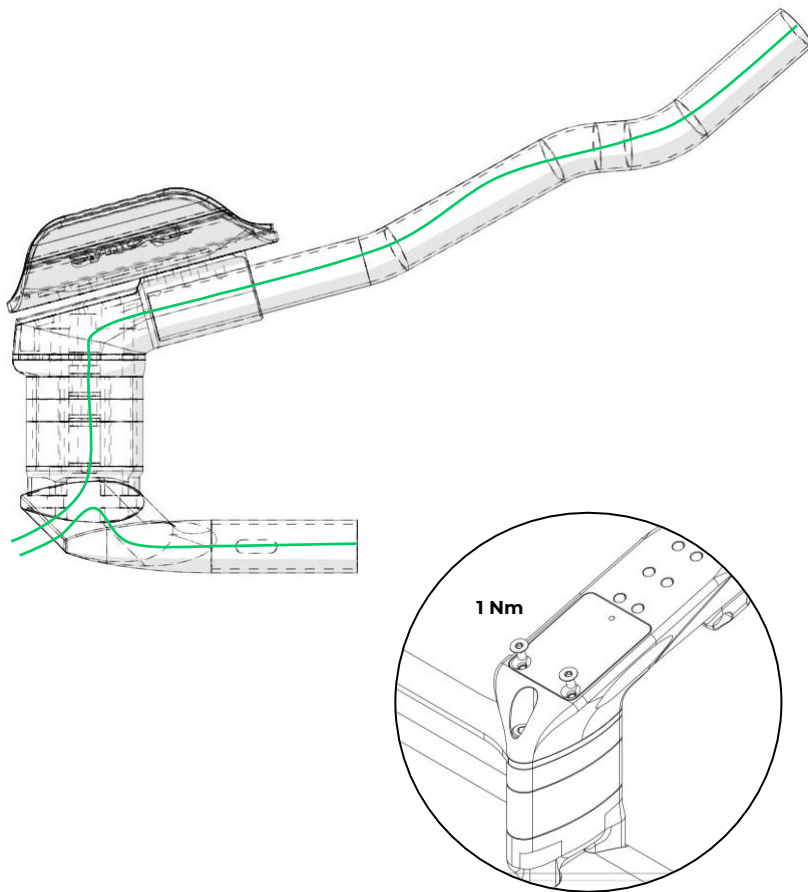
## NOTES ON WIRING

**SHIMANO DI2** Thanks to the connection at the shifter, you can run the Di2 wires through the spacer stack during assembly, leaving sufficient length to connect the shifters as a final step.

The wires will run through the basebar adapter/s, through the spacers, clamp adapter and carbon brace, into the clamp and up and out of the extensions. Install your TT grips before finally affixing your shifters in place.

**SRAM E-TAP** Due to the nature of the wiring of SRAM CLICS, it is important that you establish the correct fit on your AB02 setup prior to wiring the shifters. Disassembly will be required before reassembly with the SRAM wires passed through each component.

Once you have completed installation of the extensions and finished wiring the shifters, complete the clamp assembly by securing the top caps, ensuring each top cap screw is torqued to 1 Nm.



## BASE ARM CUP INSTALLATION

Base arm cups are directional. Cups should be mounted with the rounded edge of the arm cup facing forward. Use the supplied M5 x 8 mm Torx flanged button head screws for connection to the extension clamp. We recommend the application of MOTOREX Bike Grease for the arm cup screws.

Base arm cup pads are placed scooped end facing forward. When installing and removing the arm pad start at the sides, this prevents creasing of the pad and ensures the adhesive backed Velcro does not come away from the underlying arm cup. Replacement arm cup pads are available from the Sync Ergonomics online store and can be purchased separately when worn out.

**WARNING:** Over torquing the cup connection screws will lead to permanent damage of the arm cup base plate. Sync Ergonomics is not liable for product damage and/or personal injury resulting from inappropriate product setup.

