



AEROBAR THREE
GENERAL ASSEMBLY - CENTRE STACK

INTRODUCTION

We're pleased to welcome you to a global family of athletes embracing more comfortable, more effective time trial positions. Sync Ergonomics 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 Three (AB03) 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 AB03 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. 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.

REQUIRED TOOLS AND PRODUCTS

Torque wrench (with Hex and Torx drivers)
4 mm T-handle Hex key
T10, and T25 T-handle Torx keys
Isopropyl alcohol
MOTOREX Bike Grease

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.

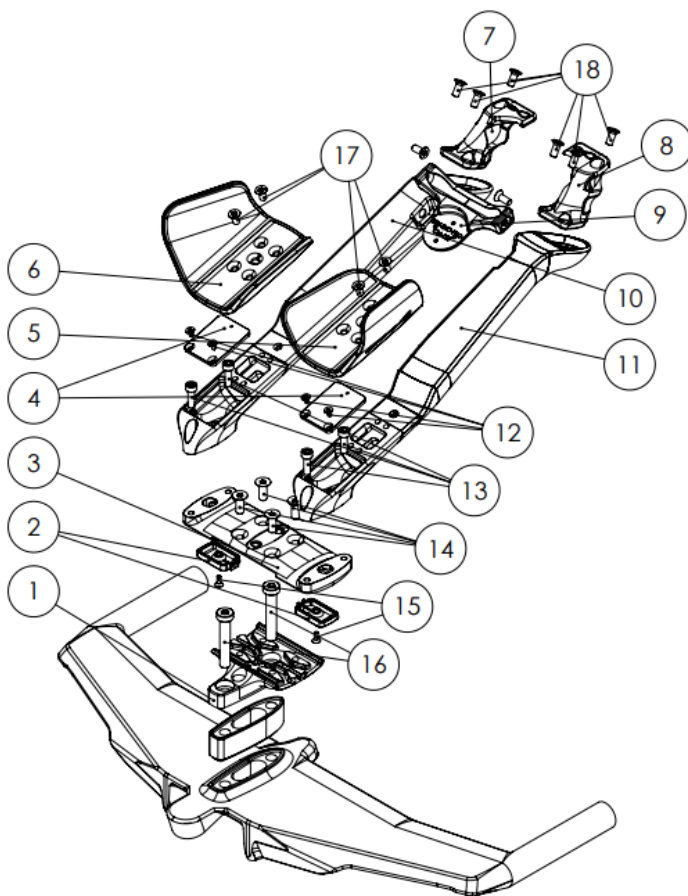
WARNING: Do not attempt to modify your Sync components, outside of what is described within this setup guide as appropriate for assembly. Modification may impact the structural integrity of the components and could result in component failure, or failure of the complete system. Sync Ergonomics is not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

SETUP GUIDE VISUALISATION

Sync Ergonomics AB03 extensions are compatible with Sync AB02/AB03 fit kits only. The following setup documentation depicts installation on a Specialized Shiv Tri Disc basebar, using our Shiv Tri Disc basebar adapter and AB02/AB03 top plate assembly. There will be some variation in the configuration of components between bikes.

For more information and technical resources for the assembly of AB03 systems, spacer and other setup supplements, please visit <https://www.syncergonomics.com/technical>.

AEROBAR THREE CENTRE STACK BOM (EXAMPLE)

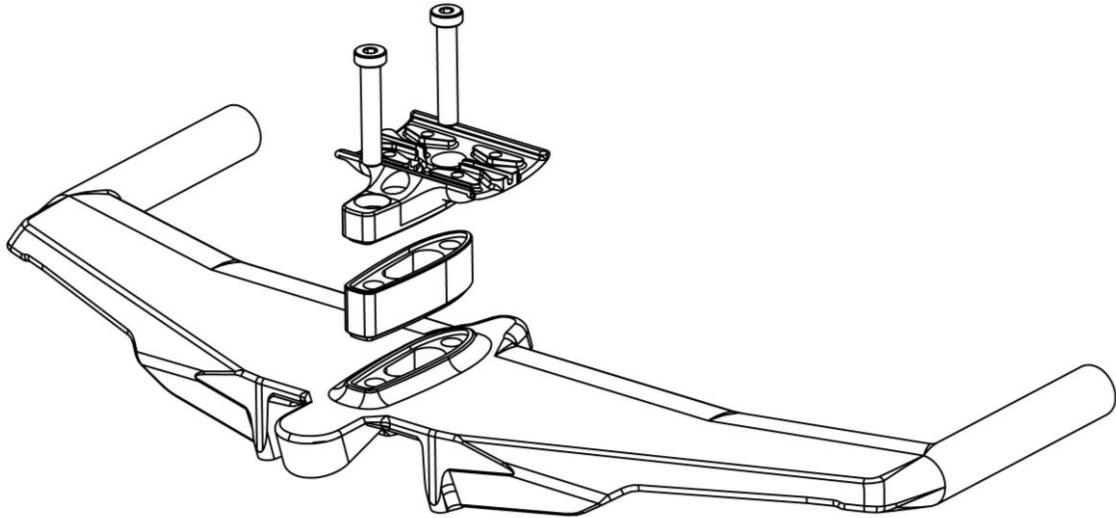


	PART NO.	PART NAME	QTY
1	SYN-EVO-BA-XXX-XXX-SS-LW	SYNC EVO BASEBAR ADAPTER, SINGLE STACK, BIKE SPECIFIC	1
2	SYN-EVO-TP-CVR-125-SS	SYNC EVO TOP PLATE COVER	2
3	SYN-EVO-TP-40D-125-SS	SYNC EVO TOP PLATE	1
4	SYN-EVO-PRO-CL-MED-CVR-LR	SYNC EVO PRO CLAMP COVER, MEDIUM	2
5	SYN-EVO-PRO-CB-CP-95-RX	SYNC EVO PRO CUP 95MM RIGHT	1
6	SYN-EVO-PRO-CB-CP-95-LX	SYNC EVO PRO CUP 95MM LEFT	1
7	SYN-EVO-PRO-GR-XXX-XXX-XX-LX	SYNC EVO PRO GRIP LEFT, BUILD SPECIFIC	1
8	SYN-EVO-PRO-GR-XXX-XXX-XX-RX	SYNC EVO PRO GRIP RIGHT, BUILD SPECIFIC	1
9	SYN-EVO-PRO-CM-XXX	SYNC EVO PRO COMPUTER MOUNT, BUILD SPECIFIC	1
10	SYN-EVO-PRO-EXT-XXX-XXX-LX	SYNC EVO PRO EXTENSION LEFT, BUILD SPECIFIC	1
11	SYN-EVO-PRO-EXT-XXX-XXX-RX	SYNC EVO PRO EXTENSION RIGHT, BUILD SPECIFIC	1
12	-	M3x6MM CSK T10	4
13	-	M5x16MM SOCKET HEAD CAP SCREW	4
14	-	M6x16MM CSK T30	4
15	-	M3x8MM CSK T10	2
16	-	M8x25-75MM SOCKET LOW HEAD CAP SCREW, SPACER DEPENDENT	2
17	-	M5X10MM CSK T25 (ISO10642)	4
18	-	M5X12MM CSK T25 (ISO14581)	6

SPACER INSTALLATION

AB03 extensions have been designed as a direct replacement for our standard AB02 tube type extension clamps. Being the same stack height and offering the same cup placement, AB03 extensions bolt on directly in place of our standard AB02 extensions, using the same spacer configuration.

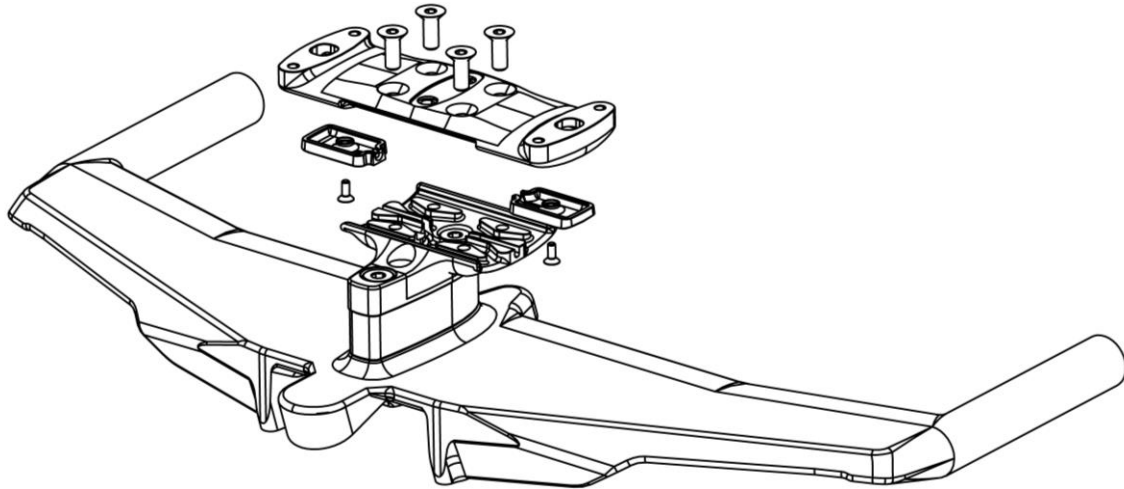
NOTE: Please refer to our bike specific BOMs for more information on each fit kit..



AB02/AB03 TOP PLATE INSTALATION

AB03 extensions mount directly to our center stack top plate. Being the same stack height and offering the same cup placement, AB03 extensions bolt on directly in place of our standard AB02 extensions, using the same spacer configuration.

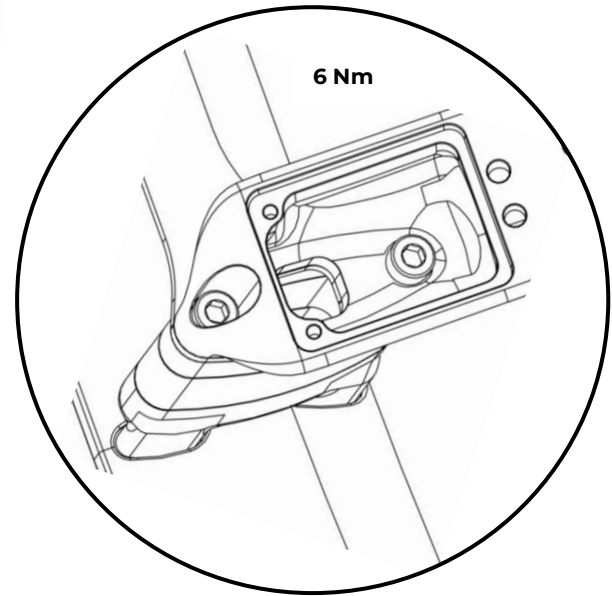
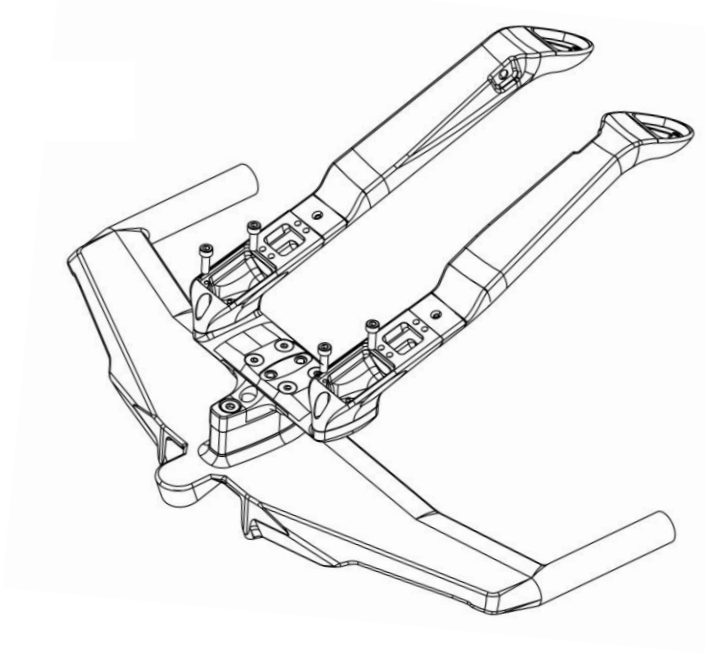
NOTE: Please refer to our AB02 setup guide for basebar adapter and top plate installation.



EXTENSION INSTALLATION

The AB03 extension system uses a bolt down arrangement for all compatible bikes. Ensure you select M5 x 14 mm socket head cap screws for connecting the extensions to the top plate. We recommend the application of **MOTOREX Bike Grease** for the clamp bolts.

NOTE: Torque the EVO PRO clamp bolts to **6 Nm**.

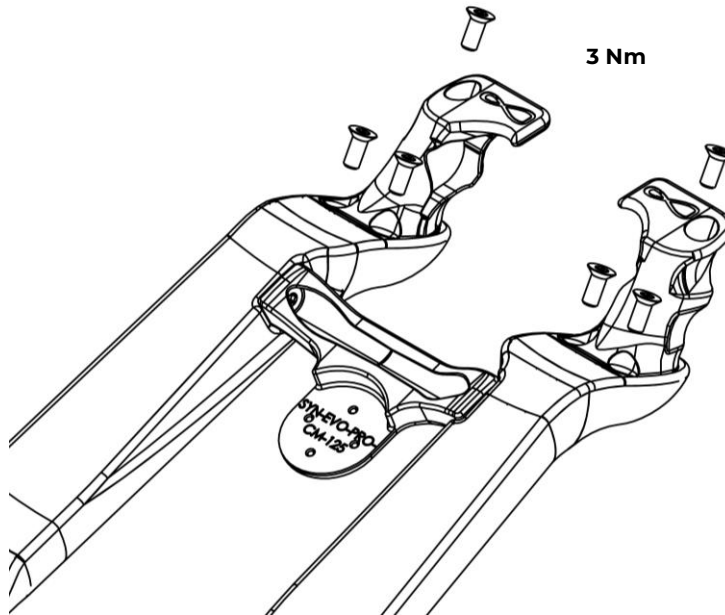


GRIP INSTALATION

Press your shifters into the pockets within the grips. Each type of shifter requires a unique shape pocket, so any change of groupset will require a change of grip.

AB03 grips are secured with three M5 Torx head countersunk screws, per grip. Torque to 3 Nm and periodically check the torque of these screws.

NOTE: Periodically check screw torque.

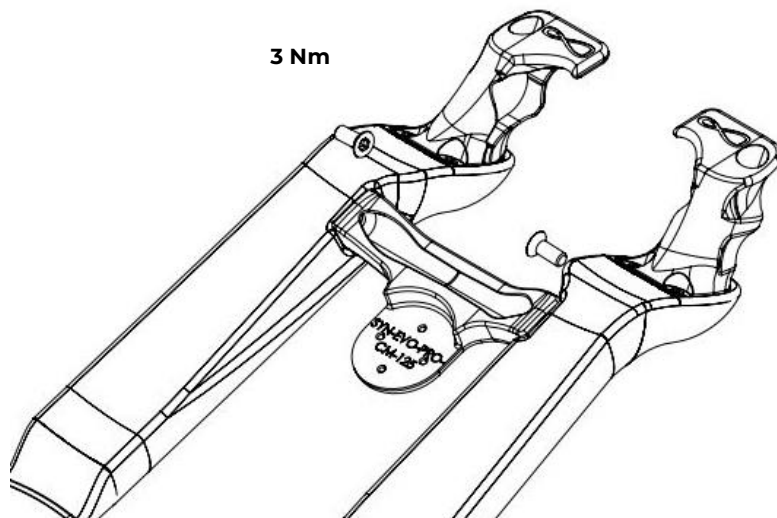


COMPUTER MOUNT

AB03 computer mounts are secured with two M5 Torx head countersunk screws. Torque to 3 Nm and periodically check the torque of these screws.

For UCI application, when using a UCI bridge, a single-sided computer mount is required. This uses a single screw connection on the right-hand side and has a cover (blank) installed on the left-hand side.

NOTE: Periodically check screw torque.



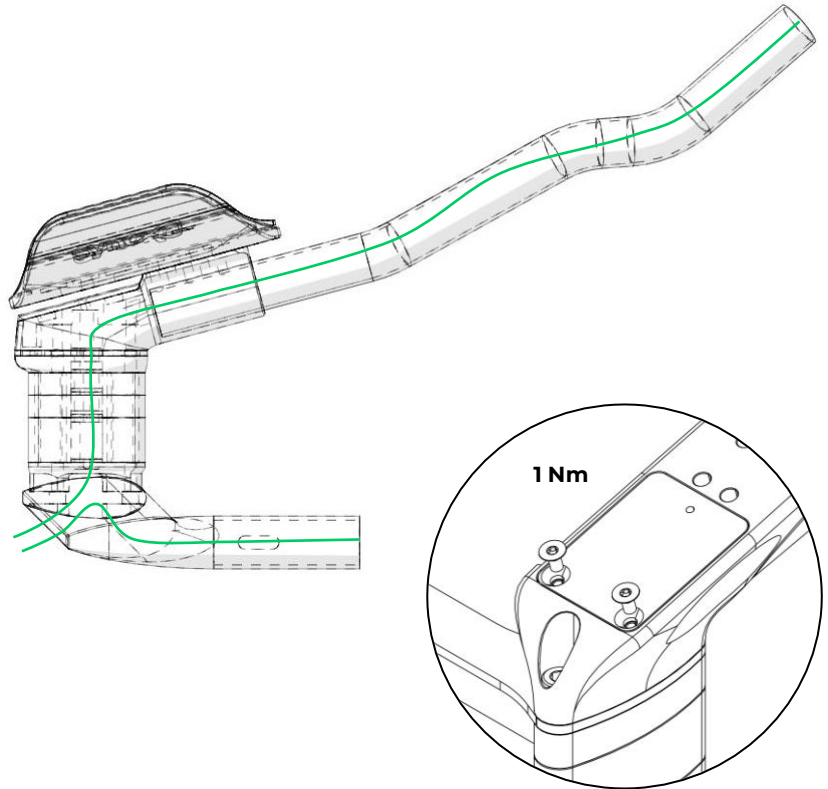
NOTES ON WIRING

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, bridge and into the extension.

SRAM E-TAP AXS is catered for with the wireless blips only. We do not currently provide a SRAM grip that allows for the standard Clics wired shifters.

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.



PERFORMANCE CUP INSTALLATION

Performance arm cups are directional. Cups should be mounted with the slim end of the arm cup facing forward. For each arm cup, use the supplied Torx countersunk screws for connection to the extension clamp. We recommend the application of a very small amount of **MOTOREX Bike Grease** for the arm cup screws.

For the absolute minimum amount of thickness, we use an adhesive backed EVA foam backing solution. Apply the final base layer once the cups are in place and the cup screws have been torqued (3 Nm).

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.

M5 x 10 mm
3 Nm

