Sync ergonomics

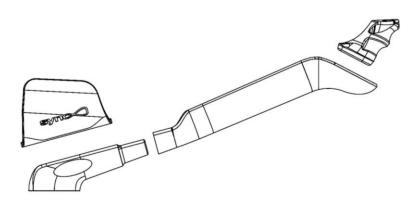
AEROBAR THREE - SELECTION GUIDE

AEROBAR THREE SELECTION GUIDE

The Aerobar Three (AB03) extensions are a four-piece modular design, allowing for customisation during the assembly process. Once bonded, the extension can't be modified for change of length.

AB03 extensions are an end-stage product and as such, we recommend that prior to ordering you embark on a position optimisation process that ensures you are close to the final position you wish to achieve.

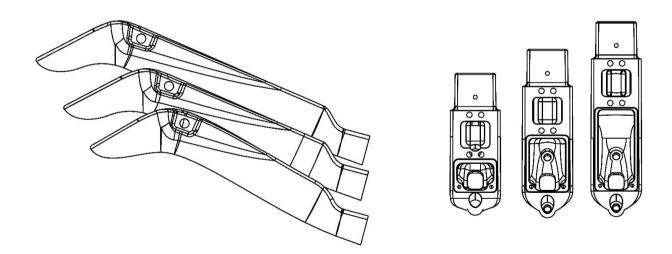
We have put together some suggestions for how some simple measurements can be translated to understanding which AB03 variant will work best for your needs. The first step is to understand where customisation is possible and how this relates to the position you wish to achieve. As pictured below, each set of extensions consists of an aluminium clamp, an arm cup, a 3D printed Titanium extension and a grip.



MODULAR DESIGN

There are two primary components to the AB03 extensions that determine the overall length. The aluminium clamp and the Ti extension, each varies 20 mm in length (x-axis measurement), with each variable.

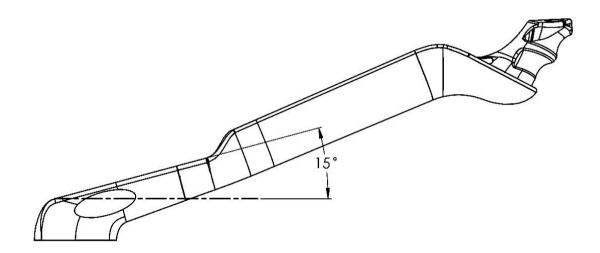
CLAMP SIZES – X Small, Small, Medium Large **EXTENSION SIZES** – Medium, Large, X Large



PRODUCT AVAILABILITY: For 2024 all variants are available with a 3-4 week lead time on production and assembly.

ANGULATION

Our AB03 extensions come standard at 15-degrees of angulation. Angled spacers can be added to increase the cup angle and height.

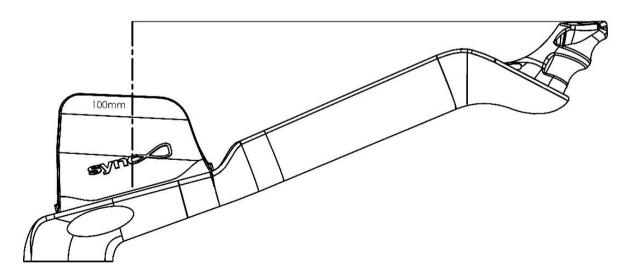


HEIGHT

100 MM HEIGHT – Our MEDIUM and LARGE AB03 extensions deliver 100 mm of height with our standard 15-degree clamp. This is applicable for Category 1 and Category 2 UCI position compliance.

120 MM HEIGHT - Using the +5 degree angled spacer, our LARGE extension delivers 120 mm of height, applicable for Category 2 UCI position compliance. Using the +3 degree angled spacer, our X LARGE extension delivers 120 mm of height, applicable for Category 2 UCI position compliance.

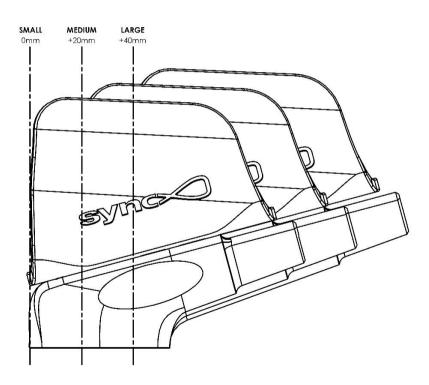
140 MM HEIGHT - Using the +10 degree angled spacer, our LARGE extension delivers 140 mm of height, applicable for Category 3 UCI position compliance. Using the +7 degree angled spacer, our X LARGE extension provides 140 mm of height, applicable for Category 3 UCI position compliance.



ARM CUP POSITION

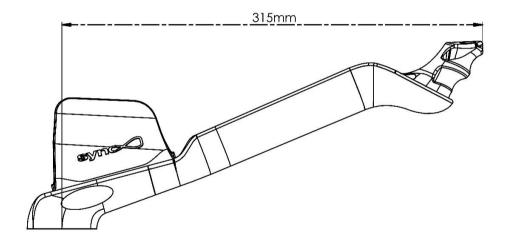
The position of the arm cup can be adjusted on two ways, through selection of a different clamp variant (20 mm on the x-axis) or through the use of an offset spacer or offset top plate (centre stack systems only).

Clamp Selection



EXTENSION REACH

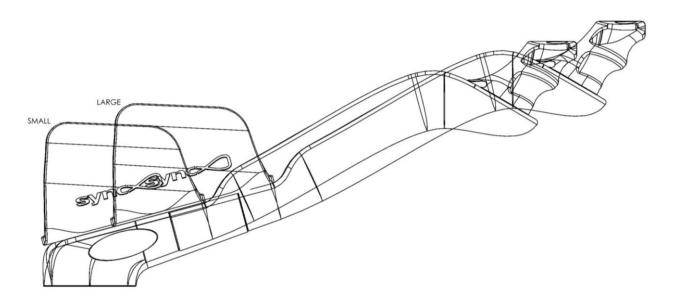
Extension reach is how far forward the end of the extension extends, relative to the centre of spacer stack or interface below. This is an x-axis measurement that is most useful for calculating the length of the extension that can be used within the UCI regulations.



WORKING EXAMPLE: Our MEDIUM / LARGE extension (most common) has a reach measurement of 315 mm.

REFERENCE MEASUREMENT CONSIDERATIONS – EXTENSION REACH

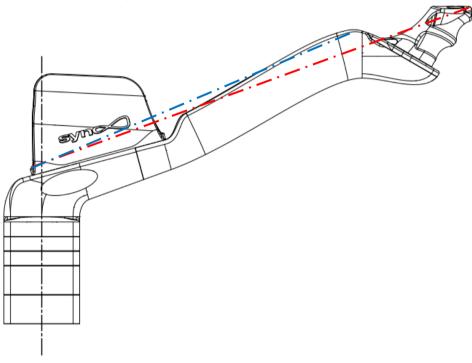
The primary consideration with the extension reach is compliance with the UCI position regulations. It is important to understand that the combination of clamp length + extension length gives the extension reach. So while extension length relates to forearm length, the selection of the clamp is more relevant in achieving the exact end point of the extension.



WORKING EXAMPLE: When selecting a shorter or longer clamp, this will change the extension reach and impact UCI compliance, but will not change the EFS measurements

ENTIRE FOREARM SUPPORT

The Entire Forearm Support (EFS) length is a useful way of translating existing measurements in the selection of the EVO PRO extensions. **EFS 1** is defined as the length from back edge of the arm cup to the very front of the shifter/grip. **EFS 2** is the length from the back edge of the arm cup, to the high point of the extension, which translates to the head of the ulnar (forearm measurement).



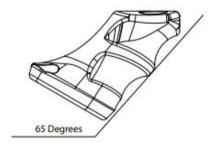
REFERENCE MEASUREMENT CONSIDERATIONS - EFS 1

Turning the EFS 1 measurements into reliable measures relies on the following vital considerations.

Arm cup position: Is the back of the arm cup, in the position you need it to be? Make sure the back edge of your arm cup (whatever model or brand) is in the exact fore-aft position on the forearm, that you would like it to be.

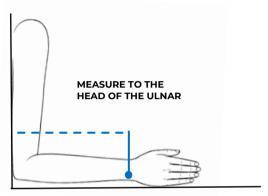
Grip technique: Our Hooked Lug Grips are intentionally short, a development that assist with maximising the length of the extensions within the UCI rules. When taking measurements make sure that you grip your extensions with a 2-2.5 finger hold only.

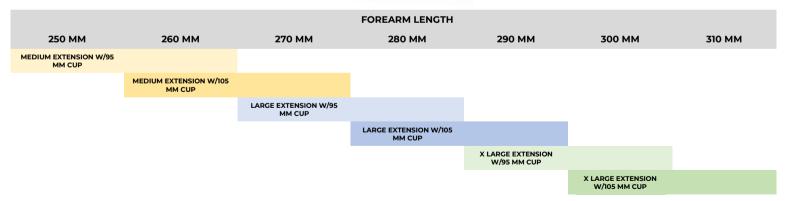
Grip Geometry: The grip geometry of our AB03 extensions and grips will encourage light ulnar deviation, ensure that you employ this grip technique when determining your reference points for measurement. Our Hooked Lug Grips have an effective angle of 65-degrees.



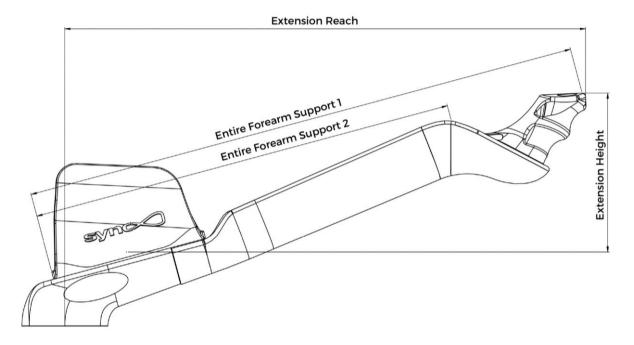
REFERENCE MEASUREMENT CONSIDERATIONS - EFS 2

The length of the forearm corelates well with the **EFS 2** measurement. This is a very useful check to validate the length of the extension being selected.





AB03 GEOMETRY



EXTENSION	EXTENSION HEIGHT	EFS 1 W95 MM ARM CUP	EFS 2 W/95 MM ARM CUP	EFS 1 W/105 MM ARM CUP	EFS 2 W/105 MM ARM CUP
MEDIUM	99	316 MM	242 MM	321 MM	247 MM
LARGE	96	333 MM	253 MM	338 MM	258 MM
X LARGE	105	356 MM	277 MM	361 MM	282 MM

AB03 SETUP MATRIX - 95 MM ARM CUP

CLAMP	EXTENSION	ARM CUP	EFS 1 W/95 MM ARM CUP	EFS 2 W/95 MM ARM CUP	EXTENSION REACH
X SMALL	MEDIUM	95 MM	316 MM	242 MM	255 MM
SMALL	MEDIUM	95 MM	316 MM	242 MM	275 MM
MEDIUM	MEDIUM	95 MM	316 MM	242 MM	295 MM
LARGE	MEDIUM	95 MM	316 MM	242 MM	315 MM
X SMALL	LARGE	95 MM	333 MM	253 MM	275 MM
SMALL	LARGE	95 MM	333 MM	253 MM	295 MM
MEDIUM	LARGE	95 MM	333 MM	253 MM	315 MM
LARGE	LARGE	95 MM	333 MM	253 MM	335 MM
X SMALL	X LARGE	95 MM	356 MM	277 MM	295 MM
SMALL	X LARGE	95 MM	356 MM	277 MM	315 MM
MEDIUM	X LARGE	95 MM	356 MM	277 MM	335 MM
LARGE	X LARGE	95 MM	356 MM	277 MM	355 MM

AB03 SETUP MATRIX - 105 MM ARM CUP

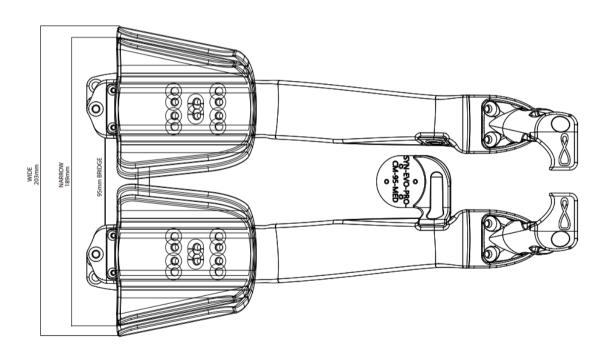
CLAMP	EXTENSION	ARM CUP	EFS 1 W/105 MM ARM CUP	EFS 2 W/105 MM ARM CUP	EXTENSION REACH
X SMALL	MEDIUM	N/A	N/A	N/A	N/A
SMALL	MEDIUM	105 MM	321 MM	247 MM	275 MM
MEDIUM	MEDIUM	105 MM	321 MM	247 MM	295 MM
LARGE	MEDIUM	105 MM	321 MM	247 MM	315 MM
X SMALL	LARGE	N/A	N/A	N/A	N/A
SMALL	LARGE	105 MM	338 MM	258 MM	295 MM
MEDIUM	LARGE	105 MM	338 MM	258 MM	315 MM
LARGE	LARGE	105 MM	338 MM	258 MM	335 MM
X SMALL	X LARGE	N/A	N/A	N/A	N/A
SMALL	X LARGE	105 MM	361 MM	282 MM	315 MM
MEDIUM	X LARGE	105 MM	361 MM	282 MM	335 MM
LARGE	X LARGE	105 MM	361 MM	282 MM	355 MM

NOTE: The X Small clamp is only available with the 95 mm arm cup.

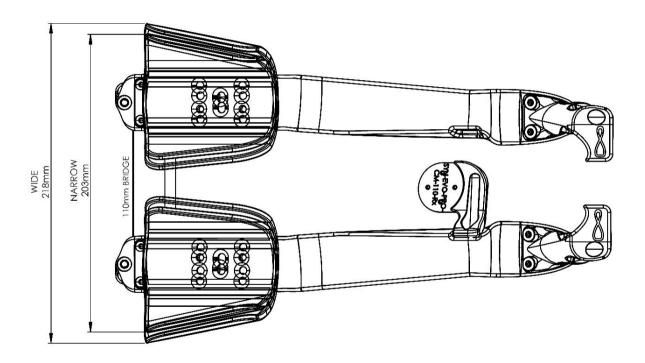
WIDTH

We offer a 125 mm, 110 mm and 95 mm spacing options. Our Performance arm cups offer two positions, with a total of 7 mm per side (14 mm adjustment range).

95 mm Specification



110 mm Specification



125 mm Specification

