



AEROBAR THREE 2025
GENERAL ASSEMBLY GUIDELINES

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 AB02 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 AB02 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
2.5 mm T-Handle Hex key
T10 and T25 T-Handle Torx keys
Cutting guide (Park Tool SG-7.2)
Hack saw and carbon fibre cutting blade
Fine file suitable for carbon fibre
Isopropyl alcohol
MOTOREX Bike Grease
222 and 243 Loctite
Carbon paste (fine-grit)

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.

BIKE-SPECIFIC COMPATIBILITY

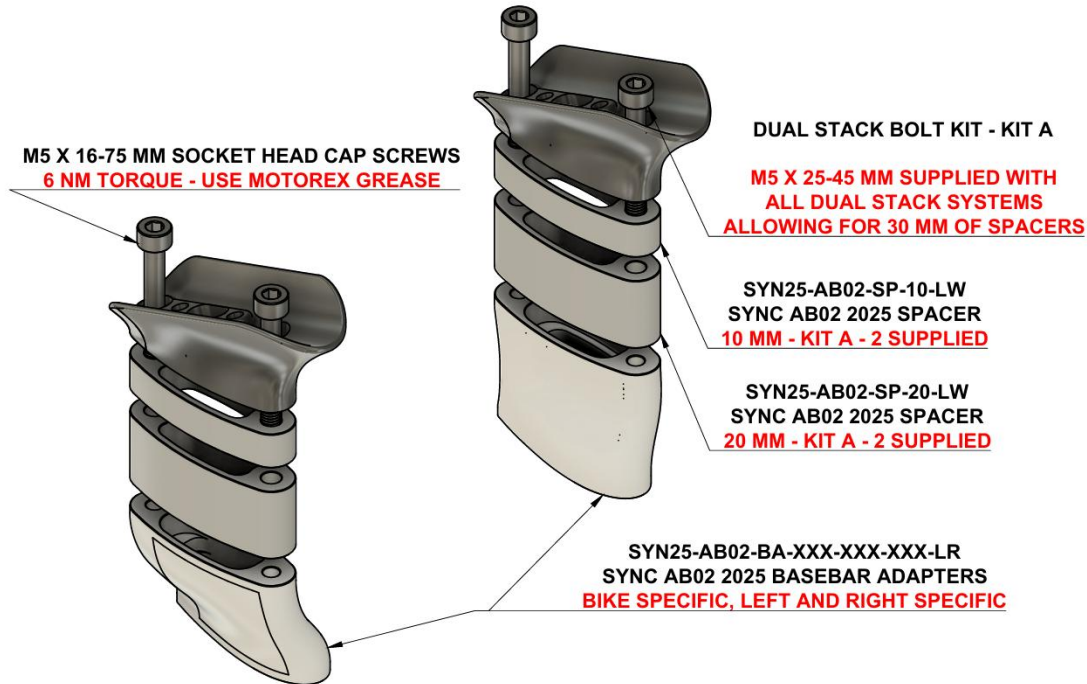
AB02 and AB03 aerobars are compatible with bike-specific basebars only. Attempting to install an AB02/AB03 ecosystem on any basebar (or bike) other than intended would require modifications that would likely lead to issues with structural integrity and will immediately void the product warranty.

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

result in about 90 mm stack height, to the surface of the arm cup (basebar adapter dependent).

DUAL STACK SOLUTIONS

Sync offers a range of Dual Stack fit kits, that share the following common design characteristics.

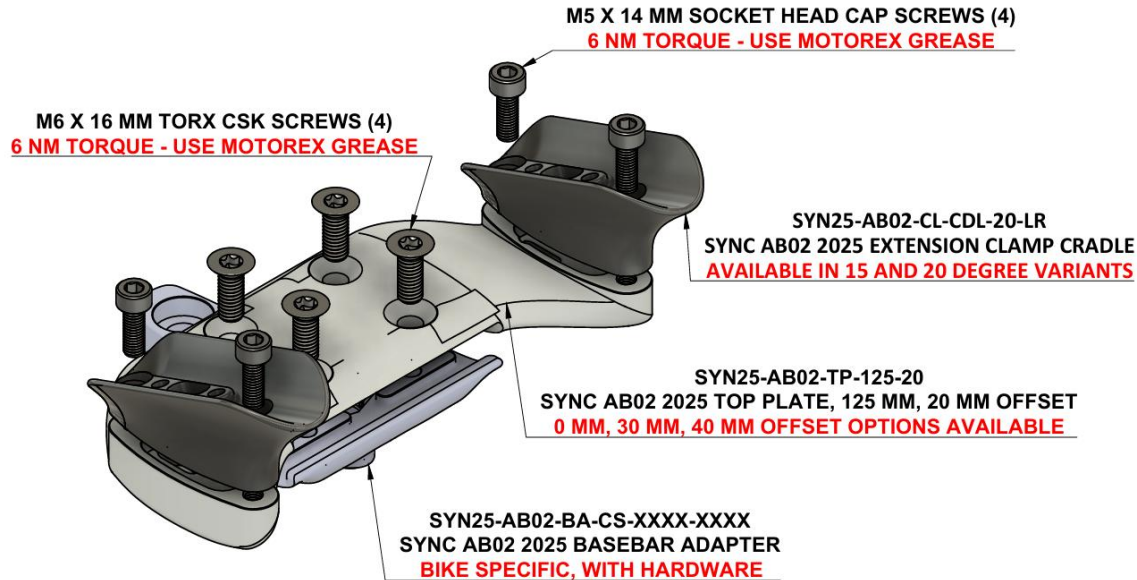


Note: *Spacer Kit B (+30 mm) is available during checkout and includes Bolt Kit B (for up to 60 mm spacer height).*

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

CENTRE STACK SOLUTIONS

Sync offers a range of Centre Stack fit kits, that share the following common design characteristics.



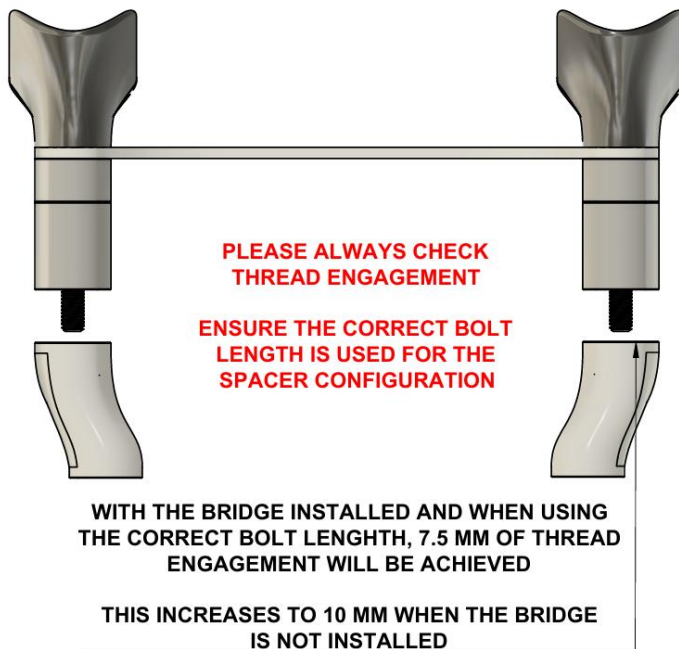
Note: Centre Stack solutions use the bikes original spacer stack for adjustment to stack height. We do not supply stack spacers for AB02/AB03 Centre Stack Solutions.

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

DUAL STACK SOLUTIONS – BRIDGE

Above 30 mm of spacers, we recommend that a support brace (bridge) is used with all Dual Stack solutions. All bikes, with the exception of the Colnago TT1 use our 125 mm (C-C) spacing for extensions.

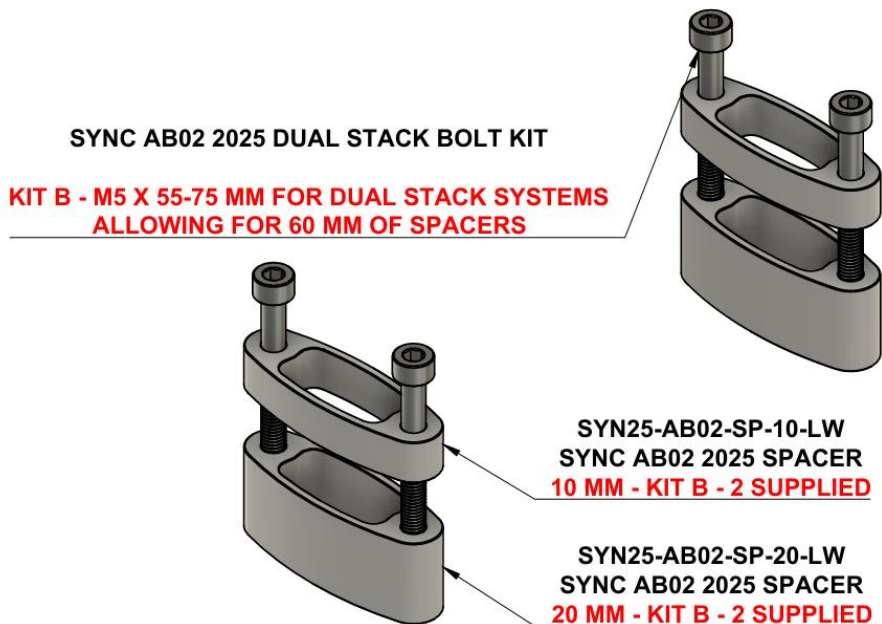
The Colnago TT1 is spaced at 115 mm (C-C) and requires the Colnago TT1 UCI bridge. UCI Bridges are 10 mm thick and take the place of a single 10 mm spacer.



DUAL STACK SOLUTIONS – SPACER KIT

AB02/AB03 Dual Stack fit kits are supplied with 30 mm of spacers and Bolt Kit A. This includes M5 x 25-45 mm bolts, which cater for 10-30 mm of spacers being installed.

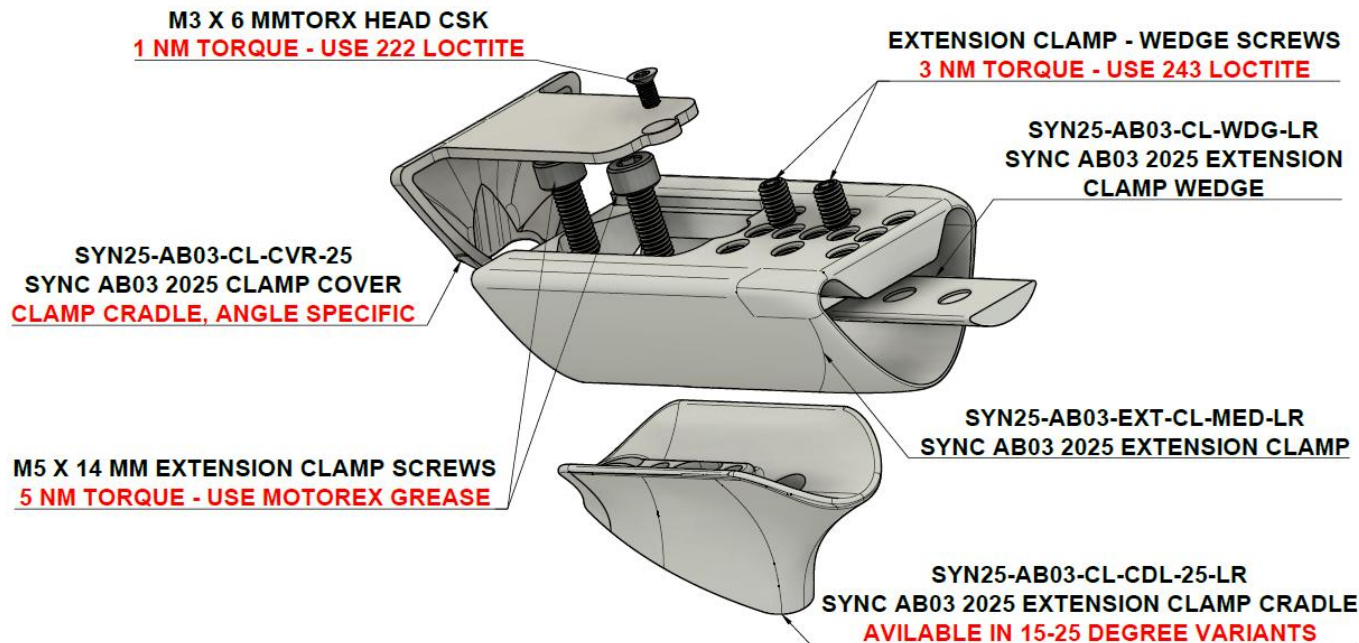
Bolt Kit B and Spacer Kit B are available to purchase during checkout and include an additional 30 mm of spacers and M5 x 55-75 mm bolts, covering up to 60 mm of spacers.



EXTENSION CLAMP AND CRADLE

The extension clamp and extension clamp cradle are components that apply to all Centre Stack and Dual Stack 2025 Aerobar Three ecosystems. Please see the following for assembly noting bolt torque and the use of specific assembly compound.

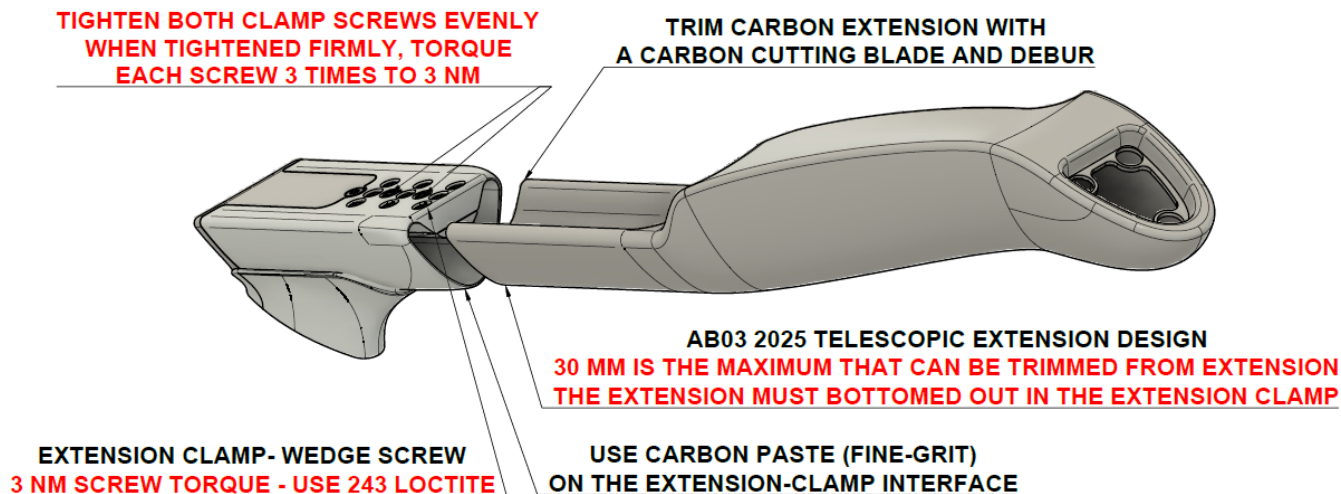
Note: AB03 2025 is available with 15, 17.5, 20, 22.5 or 25 degree cradles.



EXTENSION ASSEMBLY

The telescopic extension design **allows for up to 30 mm to be trimmed** from the carbon extension. A carbon fiber-specific cutting blade must be used to avoid splintering of the carbon extension. Use a fine file for deburring post trimming and clean with isopropyl alcohol.

Note: When installing carbon extensions, tighten both clamp screws evenly when tightened firmly, torque each screw 3 times to 3 nm



ARM CUP INSTALLATION

Performance arm cups are directional. Use the supplied M5 x 10 mm Torx countersunk screws for connection to the extension clamp.

Note: *We recommend the application of LOCTITE 243 for the arm cup screws.*

