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**CONTEC 07162290**

# CONTEC Bicycle Stem Extension Heads-Up Spin User Manual

Model: 07162290

## PRODUCT OVERVIEW

The CONTEC Bicycle Stem Extension Heads-Up Spin is designed to enhance your cycling comfort and flexibility. This handlebar riser allows for easy adjustment of your riding posture, providing a more upright and comfortable position ideal for extended rides or city commuting. Its innovative spin function enables a tool-free 90-degree rotation of the handlebars, facilitating space-saving storage and transport of your bicycle. Constructed from high-quality 6061 aluminium, it offers a durable yet lightweight solution, weighing approximately 250 grams. The extension also includes four 5mm spacers for precise height customization, ensuring an optimal and ergonomic riding experience.





Image: The CONTEC Bicycle Stem Extension Heads-Up Spin, a black cylindrical component with a top cap and a lower attachment point, designed to raise and rotate bicycle handlebars.

## SETUP AND INSTALLATION

Proper installation is crucial for safety and performance. This stem extension is compatible with 1 1/8 inch Ahead forks.

- 1. Prepare your bicycle:** Ensure your bicycle is stable, preferably in a work stand. Remove the existing stem and handlebars from the fork steerer tube.
- 2. Insert the extension:** Slide the CONTEC Stem Extension onto the fork steerer tube. Ensure the "MIN. insertion mark hole" on the extension is fully covered by the steerer tube. This mark indicates the minimum safe insertion depth.

3. **Adjust height with spacers:** The extension comes with four 5mm spacers. Place these spacers above or below the stem extension on the steerer tube to achieve your desired handlebar height. Experiment with different configurations to find the most comfortable position.
4. **Install the top cap and bolt:** Place the original top cap and bolt onto the stem extension. Tighten the top cap bolt to remove play from the headset bearings, but do not overtighten at this stage.
5. **Attach handlebars:** Reattach your handlebars to the stem extension. Ensure they are centered and aligned correctly.
6. **Final tightening:** Tighten the stem clamp bolts on the extension to secure the handlebars. The recommended torque for these bolts is **13-15 N.m**. Use a torque wrench for accurate tightening to prevent damage or slippage.
7. **Check alignment:** Ensure the handlebars are perfectly aligned with the front wheel. Once aligned, fully tighten the top cap bolt to the manufacturer's recommended torque for your headset.





Image: An angled view of the CONTEC Stem Extension, highlighting the "MIN. insertion mark hole" and the overall structure, crucial for correct installation depth.

## OPERATING THE HEADS-UP SPIN FUNCTION

The CONTEC Heads-Up Spin features an innovative tool-free rotation mechanism for convenient storage and transport.

- Engage the spin mechanism:** Locate the quick-release or locking mechanism on the stem extension, typically near the top cap.
- Rotate handlebars:** Once the mechanism is disengaged, you can rotate the handlebars 90 degrees to align them parallel with the bicycle frame. This significantly reduces the bike's width for storage or transport.
- Secure the position:** After rotating, re-engage the locking mechanism to secure the handlebars in the new position. Ensure it is fully locked before moving or transporting the bicycle.
- Return to riding position:** To return the handlebars to the riding position, disengage the mechanism, rotate the handlebars back to their forward-facing position, and re-engage the lock. Always ensure the handlebars are securely locked before riding.

*Note: The packaging image shows "Two triangles must be pointed together" which likely refers to an alignment mark for the spin function. Always ensure these marks are aligned for proper engagement.*

## MAINTENANCE

Regular maintenance ensures the longevity and safe operation of your CONTEC Stem Extension.

- Cleaning:** Wipe down the stem extension with a damp cloth to remove dirt and grime. Avoid harsh chemicals that could damage the finish.

- **Inspection:** Periodically inspect the stem extension for any signs of damage, cracks, or wear. Check all bolts for tightness, especially the stem clamp bolts and top cap bolt.
- **Lubrication:** If the spin mechanism feels stiff, apply a small amount of bicycle-specific lubricant to the moving parts, ensuring not to get any on braking surfaces.
- **Bolt Torque:** Re-check the torque of all bolts (especially stem clamp bolts) periodically, as vibrations from riding can cause them to loosen over time. Refer to the 13-15 N.m specification for stem clamp bolts.

## TROUBLESHOOTING

- **Handlebars feel loose or slip:**
  - Check if the stem clamp bolts are tightened to the specified torque (13-15 N.m).
  - Ensure the handlebars are properly seated in the clamp.
- **Headset feels loose or has play:**
  - Re-tighten the top cap bolt. Ensure the stem clamp bolts are slightly loose before tightening the top cap, then tighten the stem clamp bolts.
  - Verify the minimum insertion mark is fully covered by the steerer tube.
- **Spin mechanism is stiff or difficult to rotate:**
  - Ensure the locking mechanism is fully disengaged.
  - Clean any dirt or debris from the mechanism.
  - Apply a small amount of bicycle-specific lubricant to the rotating parts.

## SPECIFICATIONS

Feature	Detail
Model Number	07162290
Material	Aluminium 6061
Compatibility	1 1/8 inch Ahead forks
Weight	Approximately 250 g
Height Adjustment	Includes four 5 mm spacers
Rotation Feature	Tool-free 90° rotation
Recommended Torque (Stem Clamp)	13-15 N.m
Dimensions (Package)	20 x 14 x 6 cm

## WARRANTY INFORMATION

CONTEC products are manufactured to high quality standards. For specific warranty terms and conditions, please refer to the warranty documentation provided with your purchase or visit the official CONTEC website. Keep your proof of purchase for any warranty claims.

## CUSTOMER SUPPORT

If you encounter any issues or have questions regarding your CONTEC Bicycle Stem Extension Heads-Up Spin that are not covered in this manual, please contact CONTEC customer support. Contact details can typically be found on the product packaging or the official CONTEC website. For more information, you may visit the manufacturer's website:[contec-parts.com](http://contec-parts.com)

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