

WATTSHOP

WATTSHOP
MK2 Anemoi
Extension
Mono Stack



WATTSHOP MK2 Anemoi Extension Mono Stack Instruction Manual

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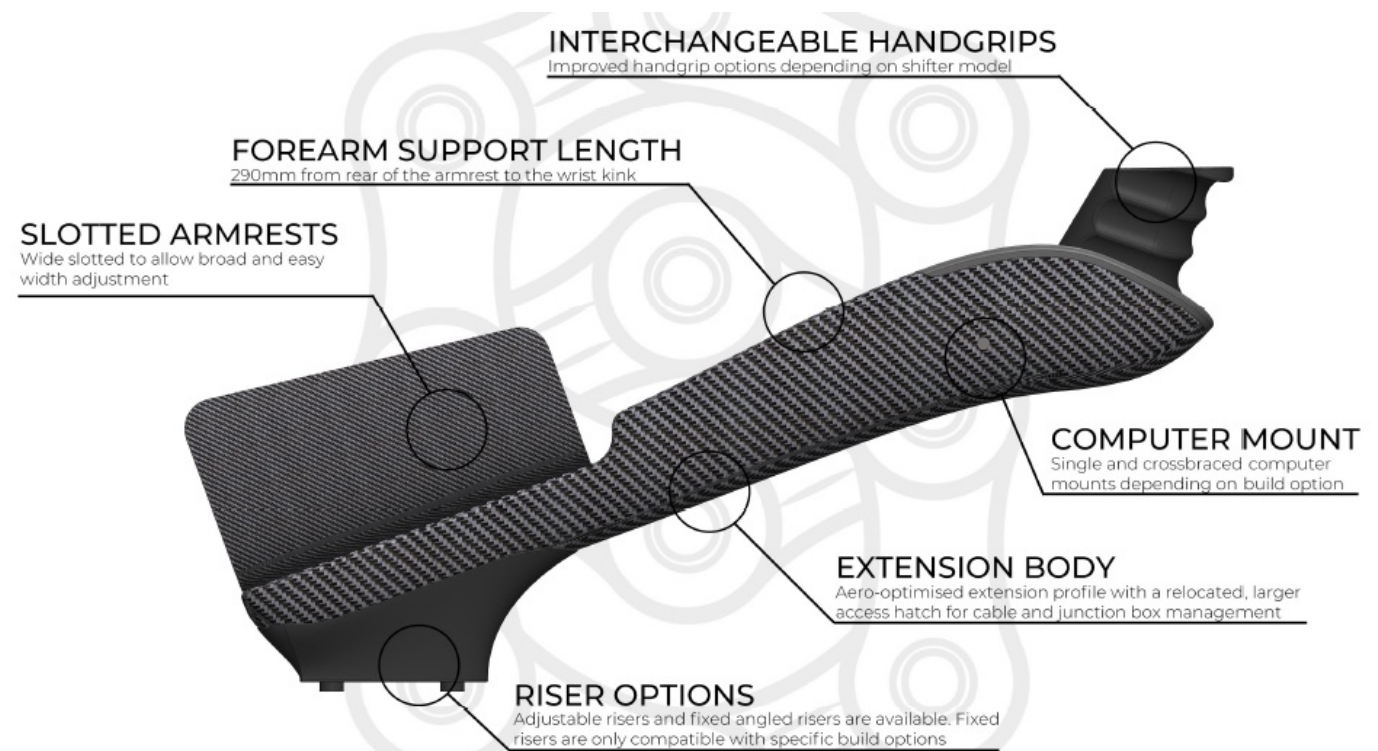
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WATTSHOP MK2 Anemoi Extension Mono Stack

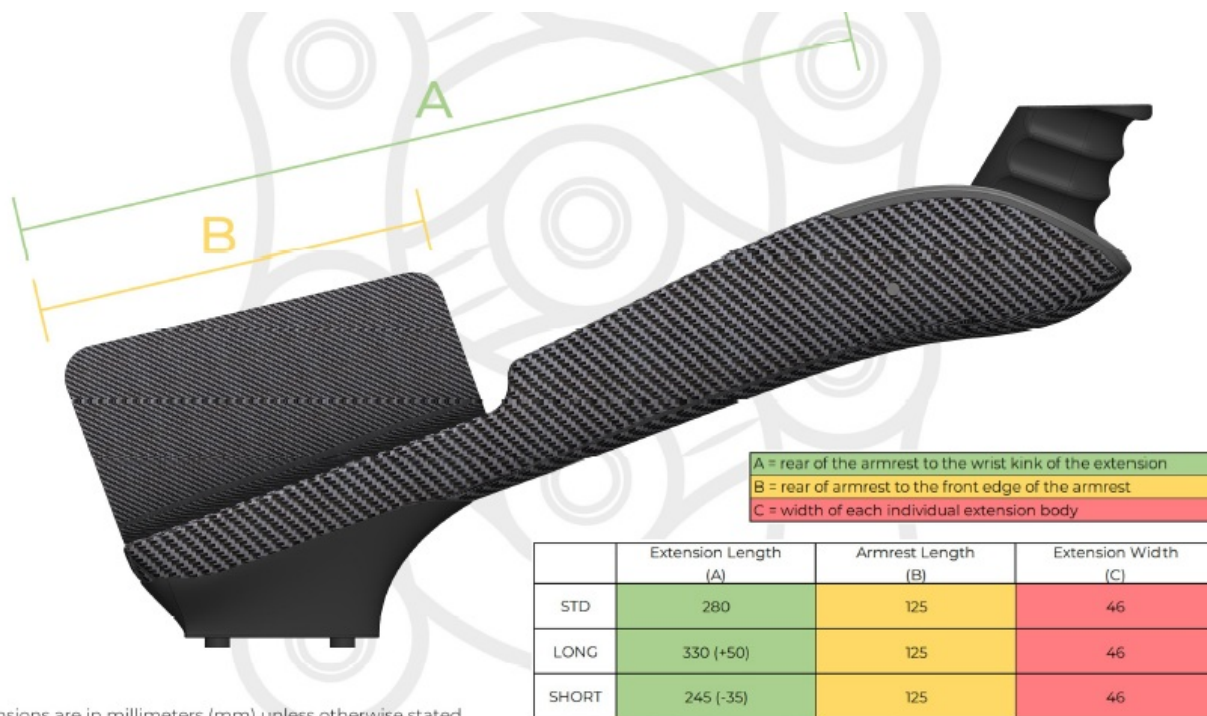


Description

EXTENSION INFORMATION



EXTENSION DIMENSIONS



BUILD OPTION

For mono riser stack Systems there is only one build option available. It is critical to ascertain the correct size bracket to meet your requirements

BRACKET

Core components

- Extensions
- Handgrips
- Armrests
- Base bar-specific adjustable riser
- Fixed angled riser
- Crossbreed computer mount
- Bracket

Install method

The bracket attaches to your existing mono stack riser. In turn, the basebar-specific riser or fixed angled riser will attach to the bracket

WattShop Product Compatibility

Compatible with the complete range of WattShop componentry.

Due to the controlled lateral centres of this mounting option our crossbar:re BTA mount and computer mount are the optimal choice for this build.

Instructions for use

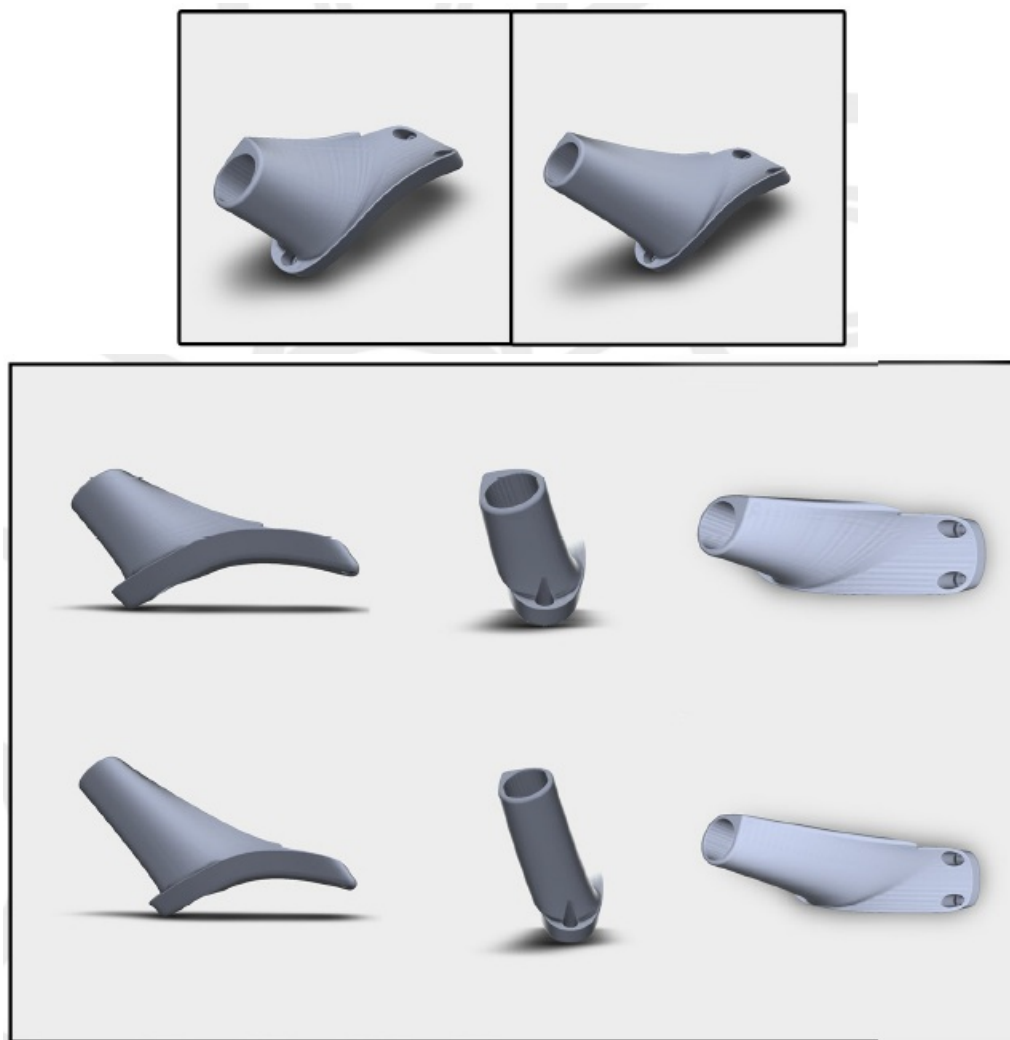
HANDGRIP SELECTION

STANDARD POLE +

STANDARD POLE (LONG)

The standard pole handgrip mirrors the traditional pole end shifter. It is compatible with the following shifters

- SHIMANO 29160
- SHIMANO SW671
- SRAM CLICS



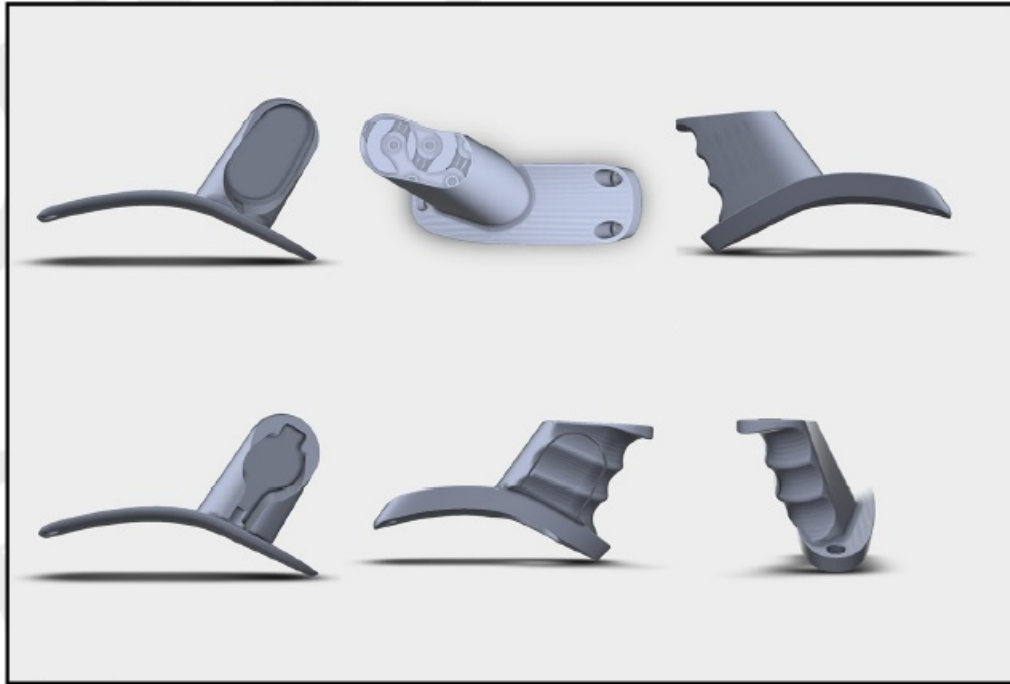
The handgrips will be available in a standard length for athletes competing under UCI regulations who want to maximise their extension angle, and a longer length for athletes competing under non-IJCI regulated events

ERGO

The ergo handgrip is available in four different versions. They are named as following:

- SHIMANO 29150
- SRAM WIRELESS BLIPS
- SRAM WIRED BLIPS
- TRACK

All versions with exception of the track handgrip will be supplied with an inner and outer component. Your shifter button will attach to the inner componentry whilst the outer component slides over the top, This increases the shifter contact area when shifting



UCI HAND HEIGHT COMPLIANCE

When competing under CICI regulations you will need to ensure you are compliant with the LJCI regulations applicable to your height category,

- **CATEGORY 1** – riders are allowed 100mm mid-point of the armrest to the extension tip.
- **CATEGORY 2** – riders are allowed 120mm mid-point of the armrest to the extension tip.
- **CATEGORY 3** – riders are allowed 140mm mid-point of the armrest to the extension tip,
- **NON-CATEGORY** – riders are allowed 100mm mid-point of the armrest to the extension tip.

Please note mid-point to extension tip measurements are measured vertically All accessories are included in these dimensions



COMPLIANT
CONDITIONS APPLY
NON-COMPLIANT

UCI NON CATEGORY									
Riser Angle	Handgrip + Extension Length								
	Ergo			Standard Pole			Standard Pole (Long)		
	Standard	Long	Short	Standard	Long	Short	Standard	Long	Short
10	68	82	61	66	80	59	86	100	78
15	90	108	81	90	108	80	111	129	102
20	112	134	100	113	135	101	136	158	124
25	135	162	123	134	161	121	159	185	146
30	159	188	147	156	185	144	182	211	166

UCI CATEGORY 2									
Riser Angle	Handgrip + Extension Length								
	Ergo			Standard Pole			Standard Pole (Long)		
	Standard	Long	Short	Standard	Long	Short	Standard	Long	Short
10	68	82	61	66	80	59	86	100	78
15	90	108	81	90	108	80	111	129	102
20	112	134	100	113	135	101	136	158	124
25	135	162	123	134	161	121	159	185	146
30	159	188	147	156	185	144	182	211	166

UCI CATEGORY 1									
Riser Angle	Handgrip + Extension Length								
	Ergo			Standard Pole			Standard Pole (Long)		
	Standard	Long	Short	Standard	Long	Short	Standard	Long	Short
10	68	82	61	66	80	59	86	100	78
15	90	108	81	90	108	80	111	129	102
20	112	134	100	113	135	101	136	158	124
25	135	162	123	134	161	121	159	185	146
30	159	188	147	156	185	144	182	211	166

UCI CATEGORY 3									
Riser Angle	Handgrip + Extension Length								
	Ergo			Standard Pole			Standard Pole (Long)		
	Standard	Long	Short	Standard	Long	Short	Standard	Long	Short
10	68	82	61	66	80	59	86	100	78
15	90	108	81	90	108	80	111	129	102
20	112	134	100	113	135	101	136	158	124
25	135	162	123	134	161	121	159	185	146
30	159	188	147	156	185	144	182	211	166

All dimensions are in millimeters (mm) unless otherwise stated Standard = Standard extensions. Long = Long

extensions. Short = Short extensions.

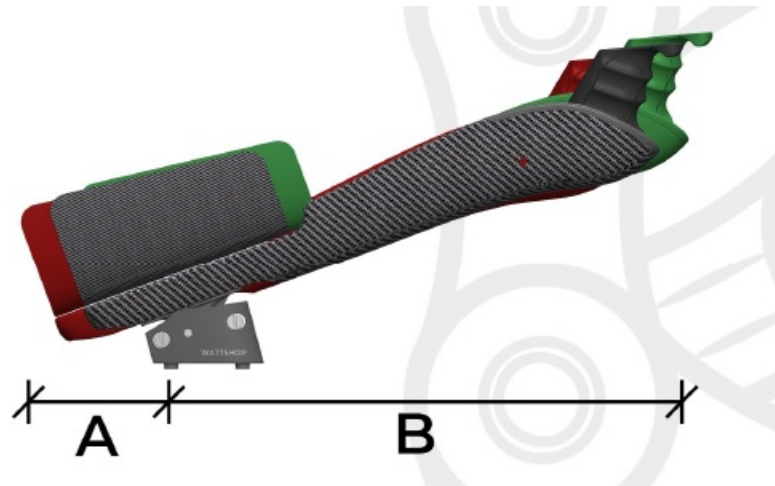
All standard pole handgrips can be trimmed to fit your desired category. Please note the standard pole dimensions above are excluding the shifter.

BRACKET BUILD

IMPORTANT – Mount plates are not compatible with the bracket build.

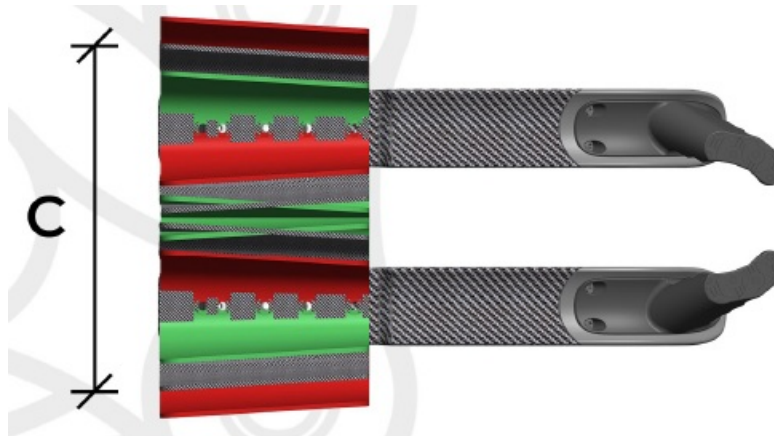
REACH

All reach dimensions are measured from the rear riser bolt hole horizontally to the extension tip.



WIDTH

All width dimensions are measured from outside to outside at the rear of each armrest.



STANDARD	Adjustable Riser (Degrees)	Reach Window (B)		Bracket Size (A)										Total (A + B)					
		SP		Extra Short		Short		Medium		Long		Extra Long		Extra Short		Short		Medium	
		Min	Max	Min	Max	Min	Max	Min	Max	Min	Max	Min	Max	Min	Max	Min	Max	Min	Max
	10	289	322	-40	-20	-20	0	0	20	20	40	40	60	249	302	269	322	289	342
	15	280	313	-40	-20	-20	0	0	20	20	40	40	60	240	293	260	313	280	333
	20	271	301	-40	-20	-20	0	0	20	20	40	40	60	231	281	251	301	271	321
	25	259	287	-40	-20	-20	0	0	20	20	40	40	60	219	267	239	287	259	307
	30	246	271	-40	-20	-20	0	0	20	20	40	40	60	206	251	226	271	246	291
	Adjustable Riser (Degrees)	Reach Window (B)		Bracket Size (A)										Total (A + B)					
	SP (Long)		Extra Short		Short		Medium		Long		Extra Long		Extra Short		Short		Medium		
	Min	Max	Min	Max	Min	Max	Min	Max	Min	Max	Min	Max	Min	Max	Min	Max	Min	Max	
10	309	343	-40	-20	-20	0	0	20	20	40	40	60	269	323	289	343	309	363	
15	298	332	-40	-20	-20	0	0	20	20	40	40	60	258	312	278	332	298	352	
20	287	318	-40	-20	-20	0	0	20	20	40	40	60	247	298	267	318	287	338	
25	273	301	-40	-20	-20	0	0	20	20	40	40	60	233	281	253	301	273	321	
30	258	283	-40	-20	-20	0	0	20	20	40	40	60	218	263	238	283	258	303	
Adjustable Riser (Degrees)	Reach Window (B)		Bracket Size (A)										Total (A + B)						
	Ergo		Extra Short		Short		Medium		Long		Extra Long		Extra Short		Short		Medium		
	Min	Max	Min	Max	Min	Max	Min	Max	Min	Max	Min	Max	Min	Max	Min	Max	Min	Max	
10	294	327	-40	-20	-20	0	0	20	20	40	40	60	254	307	274	327	294	347	
15	283	316	-40	-20	-20	0	0	20	20	40	40	60	243	296	263	316	283	336	
20	272	303	-40	-20	-20	0	0	20	20	40	40	60	232	283	252	303	272	323	
25	259	287	-40	-20	-20	0	0	20	20	40	40	60	219	267	239	287	259	307	
30	244	269	-40	-20	-20	0	0	20	20	40	40	60	204	249	224	269	244	289	
				Fixed Riser (Degrees)	Reach (B) SP	Total (A + B)										Adjustable/Fixed Riser (Degrees)	Armrest Width (C)		
Long		Extra Long				Extra Short		Short		Medium		Long		Extra Long			Min	Max	
Min	Max	Min	Max	10	322	282	302	302	322	322	342	342	362	362	382	10	170	240	
309	362	329	382	15	313	273	293	293	313	313	333	333	353	353	373	15	170	240	
300	353	320	373	20	301	261	281	281	301	301	321	321	341	341	361	20	170	240	
291	341	311	361	25	287	247	267	267	287	287	307	307	327	327	347	25	170	240	
279	327	299	347	30	271	231	251	251	271	271	291	291	311	311	331	30	170	240	
266	311	286	331																
				Fixed Riser (Degrees)	Reach (B) SP/L	Total (A + B)													
Long		Extra Long				Extra Short		Short		Medium		Long		Extra Long					
Min	Max	Min	Max	10	343	303	323	323	343	343	363	363	383	383	403				
329	383	349	403	15	332	292	312	312	332	332	352	352	372	372	392				
318	372	338	392	20	318	278	298	298	318	318	338	338	358	358	378				
307	358	327	378	25	301	261	281	281	301	301	321	321	341	341	361				
293	341	313	361	30	283	243	263	263	283	283	303	303	323	323	343				
278	323	298	343																
				Fixed Riser (Degrees)	Reach (B) Ergo	Total (A + B)													
Long		Extra Long				Extra Short		Short		Medium		Long		Extra Long					
Min	Max	Min	Max	10	327	287	307	307	327	327	347	347	367	367	387				
314	367	334	387	15	316	276	296	296	316	316	336	336	356	356	376				
303	356	323	376	20	303	263	283	283	303	303	323	323	343	343	363				
292	343	312	363	25	287	247	267	267	287	287	307	307	327	327	347				
279	327	299	347	30	269	229	249	249	269	269	289	289	309	309	329				
264	309	284	329																
LONG	Adjustable Riser (Degrees)	Reach Window (B)		Bracket Size (A)										Total (A + B)					
		SP		Extra Short		Short		Medium		Long		Extra Long		Extra Short		Short		Medium	
		Min	Max	Min	Max	Min	Max	Min	Max	Min	Max	Min	Max	Min	Max	Min	Max	Min	Max
	10	336	370	-40	-20	-20	0	0	20	20	40	40	60	296	350	316	370	336	390
	15	326	360	-40	-20	-20	0	0	20	20	40	40	60	286	340	306	360	326	380
	20	313	346	-40	-20	-20	0	0	20	20	40	40	60	273	326	293	346	313	366
	25	298	330	-40	-20	-20	0	0	20	20	40	40	60	258	310	278	330	298	350
	30	281	311	-40	-20	-20	0	0	20	20	40	40	60	241	291	261	311	281	331
	Adjustable Riser (Degrees)	Reach Window (B)		Bracket Size (A)										Total (A + B)					
	SP (Long)		Extra Short		Short		Medium		Long		Extra Long		Extra Short		Short		Medium		
	Min	Max	Min	Max	Min	Max	Min	Max	Min	Max	Min	Max	Min	Max	Min	Max	Min	Max	
10	356	391	-40	-20	-20	0	0	20	20	40	40	60	316	371	336	391	356	411	
15	344	378	-40	-20	-20	0	0	20	20	40	40	60	304	358	324	378	344	398	
20	330	362	-40	-20	-20	0	0	20	20	40	40	60	290	342	310	362	330	382	
25	313	344	-40	-20	-20	0	0	20	20	40	40	60	273	324	293	344	313	364	
30	293	324	-40	-20	-20	0	0	20	20	40	40	60	253	304	273	324	293	344	
Adjustable Riser (Degrees)	Reach Window (B)		Bracket Size (A)										Total (A + B)						
	Ergo		Extra Short		Short		Medium		Long		Extra Long		Extra Short		Short		Medium		
	Min	Max	Min	Max	Min	Max	Min	Max	Min	Max	Min	Max	Min	Max	Min	Max	Min	Max	
10	343	377	-40	-20	-20	0	0	20	20	40	40	60	303	357	323	377	343	397	
15	332	366	-40	-20	-20	0	0	20	20	40	40	60	292	346	312	366	332	386	
20	318	351	-40	-20	-20	0	0	20	20	40	40	60	278	331	298	351	318	371	
25	303	334	-40	-20	-20	0	0	20	20	40	40	60	263	314	283	334	303	354	
30	285	315	-40	-20	-20	0	0	20	20	40	40	60	245	295	265	315	285	335	

Long				Extra Long				Fixed Riser (Degrees)	Reach (B)	Total (A + B)									
Min	Max	Min	Max	Min	Max	Min	Max			Extra Short		Short		Medium		Long		Extra Long	
356	410	376	430	346	400	366	420	10	370	330	350	350	370	370	390	390	410	410	430
346	400	366	420	333	386	353	406	15	360	320	340	340	360	360	380	380	400	400	420
333	386	353	406	318	370	338	390	20	346	306	326	326	346	346	366	366	386	386	406
318	370	338	390	301	353	313	365	25	330	290	310	310	330	330	350	350	370	370	390
301	351	321	371	282	334	294	346	30	311	271	291	291	311	311	331	331	351	351	371

Adjustable/ Fixed Riser (Degrees)	Armrest Width (C)	
	Min	Max
10	170	240
15	170	240
20	170	240
25	170	240
30	170	240

Long				Extra Long				Fixed Riser (Degrees)	Reach (B)	Total (A + B)									
Min	Max	Min	Max	Min	Max	Min	Max			Extra Short		Short		Medium		Long		Extra Long	
376	431	396	451	364	418	384	438	10	391	351	371	371	391	391	411	411	431	431	451
364	418	384	438	350	402	370	422	15	378	338	358	358	378	378	398	398	418	418	438
350	402	370	422	333	384	353	404	20	362	322	342	342	362	362	382	382	402	402	422
333	384	353	404	313	364	333	384	25	344	304	324	324	344	344	364	364	384	384	404
313	364	333	384	284	334	304	354	30	324	284	304	304	324	324	344	344	364	364	384

Long				Extra Long				Fixed Riser (Degrees)	Reach (B)	Total (A + B)									
Min	Max	Min	Max	Min	Max	Min	Max			Extra Short		Short		Medium		Long		Extra Long	
363	417	383	437	352	406	372	426	10	377	337	357	357	377	377	397	397	417	417	437
352	406	372	426	338	391	358	411	15	366	326	346	346	366	366	386	386	406	406	426
338	391	358	411	323	374	343	394	20	351	311	331	331	351	351	371	371	391	391	411
323	374	343	394	305	355	325	375	25	334	294	314	314	334	334	354	354	374	374	394
305	355	325	375	275	325	295	345	30	315	275	295	295	315	315	335	335	355	355	375

Adjustable Riser (Degrees)	Reach Window (B)		Bracket Size (A)										Total (A + B)					
	SP		Extra Short		Short		Medium		Long		Extra Long		Extra Short		Short		Medium	
	Min	Max	Min	Max	Min	Max	Min	Max	Min	Max	Min	Max	Min	Max	Min	Max	Min	Max
10	262	297	-40	-20	-20	0	0	20	20	40	40	60	222	277	242	297	262	317
15	254	288	-40	-20	-20	0	0	20	20	40	40	60	214	268	234	288	254	308
20	244	278	-40	-20	-20	0	0	20	20	40	40	60	204	258	224	278	244	298
25	232	264	-40	-20	-20	0	0	20	20	40	40	60	192	244	212	264	232	284
30	219	249	-40	-20	-20	0	0	20	20	40	40	60	179	229	199	249	219	269

Adjustable Riser (Degrees)	Reach Window (B)		Bracket Size (A)										Total (A + B)					
	SP (Long)		Extra Short		Short		Medium		Long		Extra Long		Extra Short		Short		Medium	
	Min	Max	Min	Max	Min	Max	Min	Max	Min	Max	Min	Max	Min	Max	Min	Max	Min	Max
10	283	317	-40	-20	-20	0	0	20	20	40	40	60	243	297	263	317	283	337
15	273	307	-40	-20	-20	0	0	20	20	40	40	60	233	287	253	307	273	327
20	261	294	-40	-20	-20	0	0	20	20	40	40	60	221	274	241	294	261	314
25	247	279	-40	-20	-20	0	0	20	20	40	40	60	207	259	227	279	247	299
30	231	262	-40	-20	-20	0	0	20	20	40	40	60	191	242	211	262	231	282

Adjustable Riser (Degrees)	Reach Window (B)		Bracket Size (A)										Total (A + B)					
	Ergo		Extra Short		Short		Medium		Long		Extra Long		Extra Short		Short		Medium	
	Min	Max	Min	Max	Min	Max	Min	Max	Min	Max	Min	Max	Min	Max	Min	Max	Min	Max
10	269	304	-40	-20	-20	0	0	20	20	40	40	60	229	284	249	304	269	324
15	260	294	-40	-20	-20	0	0	20	20	40	40	60	220	274	240	294	260	314
20	249	282	-40	-20	-20	0	0	20	20	40	40	60	209	262	229	282	249	302
25	237	269	-40	-20	-20	0	0	20	20	40	40	60	197	249	217	269	237	289
30	223	253	-40	-20	-20	0	0	20	20	40	40	60	183	233	203	253	223	273

Long				Extra Long				Fixed Riser (Degrees)	Reach (B)	Total (A + B)									
Min	Max	Min	Max	Min	Max	Min	Max			Extra Short		Short		Medium		Long		Extra Long	
282	337	302	357	274	328	294	348	10	297	257	277	277	297	297	317	317	337	337	357
274	328	294	348	264	318	284	338	15	288	248	268	268	288	288	308	308	328	328	348
264	318	284	338	252	304	272	324	20	278	238	258	258	278	278	298	298	318	318	338
252	304	272	324	239	289	259	309	25	264	224	244	244	264	264	284	284	304	304	324
239	289	259	309	229	279	249	299	30	249	209	229	229	249	249	269	269	289	289	309

Long				Extra Long				Fixed Riser (Degrees)	Reach (B)	Total (A + B)									
Min	Max	Min	Max	Min	Max	Min	Max			Extra Short		Short		Medium		Long		Extra Long	
303	357	323	377	293	347	313	367	10	317	277	297	297	317	317	337	337	357	357	377
293	347	313	367	281	334	301	354	15	307	267	287	287	307	307	327	327	347	347	367
281	334	301	354	267	319	287	339	20	294	254	274	274	294	294	314	314	334	334	354
267	319	287	339	251	302	271	322	25	279	239	259	259	279	279	299	299	319	319	339
251	302	271	322	222	272	242	292	30	262	222	242	242	262	262	282	282	302	302	322

Long				Extra Long				Fixed Riser (Degrees)	Reach (B)	Total (A + B)									
Min	Max	Min	Max	Min	Max	Min	Max			Extra Short		Short		Medium		Long		Extra Long	
289	344	309	364	280	334	300	354	10	304	264	284	284	304	304	324	324	344	344	364
280	334	300	354	269	322	289	342	15	294	254	274	274	294	294	314	314	334	334	354
269	322	289	342	257	309	277	329	20	282	242	262	262	282	282	302	302	322	322	342
257	309	277	329	243	293	263	313	25	269	229	249	249	269	269	289	289	309	309	329
243	293	263	313	213	263	233	283	30	253	213	233	233	253	253	273	273	293	293	313

RISER SELECTION

ADJUSTABLE RISER

The adjustable riser is available in two different options. For the Bracket build you will receive the basebar-specific riser option.

BASEBAR SPECIFIC ADJUSTABLE RISER

These risers have threaded bosses on the underside which provides easier installation and seamless integration with WattShop componentry.



FIXED ANGLED RISER

Designed to provide you with a clean and seamless integration between riser and extension, the fixed angled riser is available in five different angles, each of which came with 2 degrees of toe-in. This may be the preferred option for riders who know their optimal extension angle or want to maximise their within the CICI regulations.

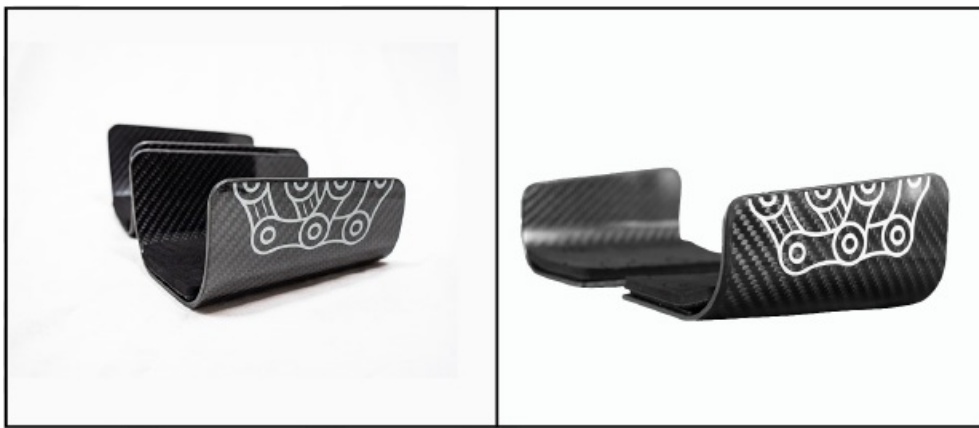
- 10 DEGREES
- 15 DEGREES
- 20 DEGREES
- 25 DEGREES
- 30 DEGREES



ARMREST + COMPUTER MOUNT SELECTION

ARMRESTS

Available in two different styles. Both are slotted to provide width adjustment.



DUAL SIDED

Each armrest has a high sided inside and outside supporting faces, giving the armrest a shape. We recommend this style armrests for widths 220mm or wider this ensures you will benefit from the support of the inside edge.

SINGLE SIDED

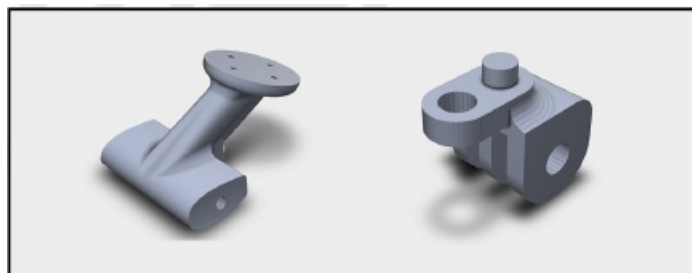
Each armrest has a high sided outside supporting face. We recommend this for armrest widths less than 220mm, At less than 220mm your forearms are likely touching so the of the inside supporting face is reduced.

COMPUTER MOUNT

Available in two different options; Carmin and Wahoo, with only one extension interface option.

CROSSBRACE MOUNT

Comes supplied as standard with the Bracket build. This computer mount attaches to both extensions to centralize and provide additional strength. GoPro style accessories are available to allow CoPro and front light attachments.



BRACKET SELECTION

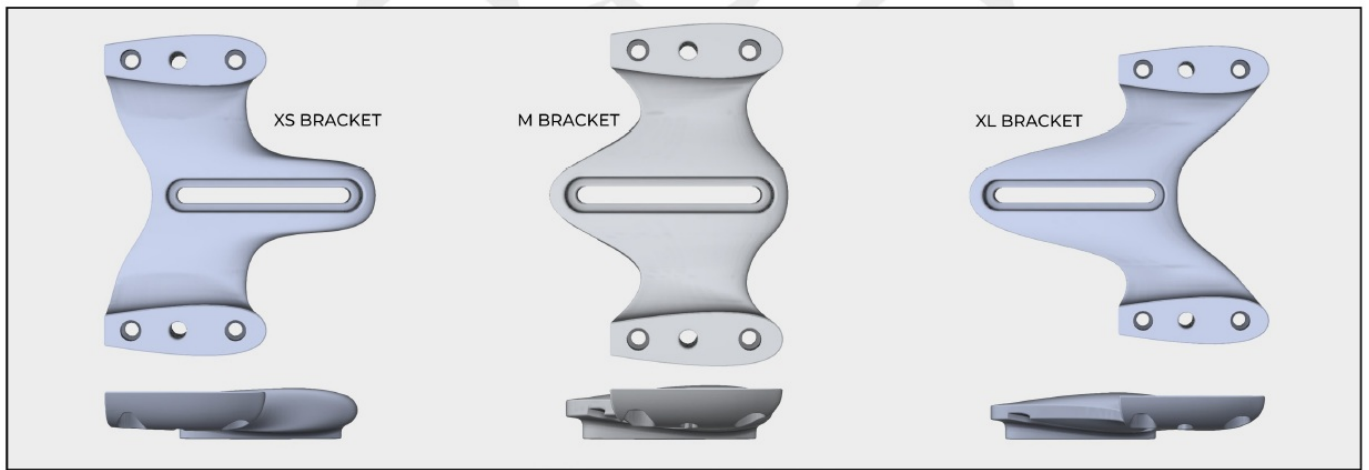
BRACKETS

The mono brackets are available in three different sizes, each bracket offers 20mm of reach adjustment. Your build will come with the bracket size of your choice

Across the three sizes and when used in conjunction with the adjustable riser, the system provides a large reach window

- EXTRA SHORT (XS)
- MEDIUM (M)
- EXTRA LONG (XL)

When using in combination with the fixed angled risers you may find yourself between reach sizes as the reach window is reduced. If this applies to you please contact us and we can offer SHORT (S) and LONG (L) brackets Please note each bracket is specific to the mounting it is named after. I.E Shiv Tri brackets are only compatible with Shiv Tri bikes.



- WattShop
- shopforwatts
- info@shopforwatts.co.uk
- www.shopforwatts.co.uk

Documents / Resources



[WATTSHOP MK2 Anemoui Extension Mono Stack](#) [pdf] Instruction Manual
MK2, MK2 Anemoui Extension Mono Stack, Anemoui Extension Mono Stack, Extension Mono Stack, Mono Stack

References

- [User Manual](#)

[Manuals+](#), [Privacy Policy](#)

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