

**ROCKER** PARTS  
HIGHTECH FOR BIKES



**INSTALLATION INSTRUCTIONS**



**Cable Routing  
ICR**



## Safety & Compatibility (Before Installation)

### ⚠ Safety – Please Read First

- **[WARNING]** Only install on properly maintained bicycles. Incorrect installation may lead to crashes and serious injury.
- **[WARNING]** Observe **torque** specifications. Tighten all bolts using a torque wrench. For the handlebar clamp, always follow the lower torque limit specified by either the handlebar manufacturer or the stem specification.
- **[CAUTION]** Keep cables and hoses free to move. The swivel mechanism requires sufficient slack. Avoid tension or kinks throughout the entire swivel and steering range.
- **[NOTICE]** Check regularly. After the first rides and at regular intervals: check bolt torques, headset play, cable freedom of movement, and proper locking function.
- **[NOTICE]** Lubrication / maintenance. Lightly lubricate the swivel joint and pressure pin (use water-resistant, adhesive grease). Remove dirt and do not use high-pressure cleaners.
- **[WARNING]** Failure to follow these instructions may endanger health and life.
- **[NOTICE]** For correct installation of the stem, please refer to the manufacturer's instructions!

### ✅ Compatibility – Checklist Before Installation

- **Steerer tube:** 1 1/8" Ahead (without external thread), metal (aluminum/steel). No carbon steerer tube unless explicitly approved by the fork manufacturer.
- **Head tube / stack height:** The end of the steerer tube should sit approx. 2 mm below the top edge of the stem (adjust spacers if necessary).
- **Cables / hoses:** Sufficient length reserve for steering and swiveling must be available; avoid tight bending radii. With internal cable routing through the headset (ICR), additional cable guidance may be required.
- **Brake / shift levers & accessories:** Install so that nothing interferes during full swivel movement (frame, display, light, baskets, etc.).
- **Intended use:** Everyday riding, trekking, MTB, and e-bikes under typical road and trail conditions. Not intended for downhill, jumps, bike parks, or unusual impact loads.
- **Unmodified use:** Do not modify the stem. Use original parts only.

### Bitte Drehmomentangaben beachten!



Drehmomente werden in Nm angegeben. Sollte kein Drehmomentschlüssel vorhanden sein, bitte eine Fachwerkstatt aufsuchen.



## Installation

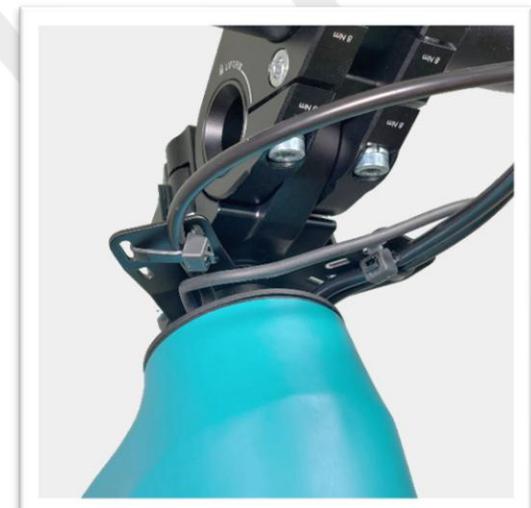
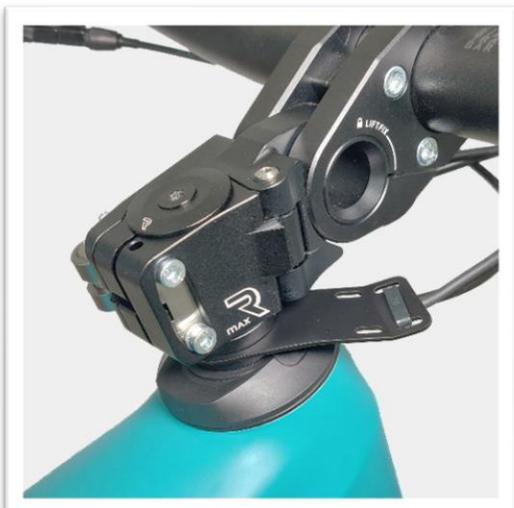
The ICR cable guide made of stainless steel ensures that your RocStem stem can swivel freely even with internally routed cables (through the headset into the frame).

1. Preparation
2. Place the bicycle securely on a stable stand.
3. Remove the existing stem.
4. Remove one original spacer from below the stem.
5. Installing the cable guide
6. Place the ICR cable guide onto the steerer tube of the front fork – the two arms must point forward.
7. Insert the supplied narrow spacers below or above the cable guide until the correct installation height is reached:
  - o Important: The end of the steerer tube must sit approx. 2 mm below the top edge of the stem.
  - o Only then can the headset preload be correctly adjusted using the Ahead top cap.
8. Installing the RocStem stem
9. Place the pre-assembled RocStem stem onto the steerer tube (tighten the side bolts only lightly).
10. Secure the hydraulic hoses or Bowden cables using the supplied cable ties. The cable tie lock must face downward.
11. Make sure the cables are not kinked and can move freely.
12. Fine adjustment & headset preload
13. Check whether the stem can swivel freely with the cables installed.
14. If the cables become tight during swiveling, carefully bend the arms of the cable guide slightly downward to create more clearance.
15. Install the Ahead top cap and adjust the headset preload.
16. Only then tighten the side clamping bolts of the stem to the torque specified by the manufacturer.
17. Final check
18. Test the swivel function again – cables must neither block nor be under tension.

Important notes:

- For the final installation of the stem, be sure to follow the separate RocStem installation instructions.
- Correct installation is essential for safe riding and full functionality of the stem.

## Installation Images



## Maintenance & Care Instructions

The cable guide requires little maintenance, but it is not maintenance-free. Please observe the following:

- Retighten bolts: Retighten all bolts after the first 50 km, then during every service interval as well as at least once per year or every 1,000 km using the specified torque values.
- Regular visual inspection: Regularly check the stem, handlebar, and cable guide for correct installation.
- Tools: Always tighten bolts (M5, M6) according to the manufacturer's specifications using a suitable torque wrench.

## Sicherheit & Einsatzbereich

**The following instructions are crucial for your safety and for the service life of the product. Please strictly follow these guidelines – improper use may lead to material damage or serious accidents.**

- Observe torque values: Tighten all bolts (M5, M6) only to the torque values specified by the bicycle manufacturer or stem manufacturer.
- Cables, wires, hoses: Ensure that cables, control wires, and hoses are routed without tension throughout the entire steering and swivel range. Do not allow kinks or tension.
- Intended use: The cable guide can be combined with all common RocStem stems.
- No modifications: Alterations, machining, or modifications to the cable guide are not permitted. Use original parts only.

## Recommended Accessories

Deckel Steuersatz Ahead- Art.Nr.: 100-0011-01



Klapp-Pedale Z3 - Art.Nr.: 940-0105-01



Sprühfett - Art.Nr.: 990-0128-01



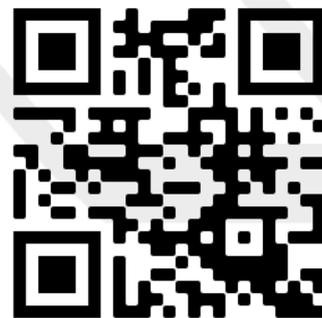
Mietwerkzeug - Art.Nr.: 899-0001-01



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