ROCKER PARTS

HIGHTECH FOR BIKES

INSTALLATION INSTRUCTIONS

RocStem AiO

AiO, AiO MAX
AiO 35, AiO MAX 35

Safety & Compatibility (Before Installation)

⚠ Safety – Please Read First

• **[DANGER]** Do not ride in parking position. The stem may only be used when fully locked in riding position.
• **[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.
• **[WARNING]** Carbon handlebars: Install only if approved by the manufacturer. Use carbon assembly paste, avoid sharp edges, and ensure the clamping area is clean and free of grease.
• **[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.
• **[CAUTION]** Do not apply lifting or carrying loads to the handlebar. Do not lift or secure the bicycle by the handlebar when in parking position.
• **[CAUTION]** Limit additional loads on the handlebar. Do not use child seats or front cargo racks; handlebar bags over 2 kg are not permitted.
• **[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.

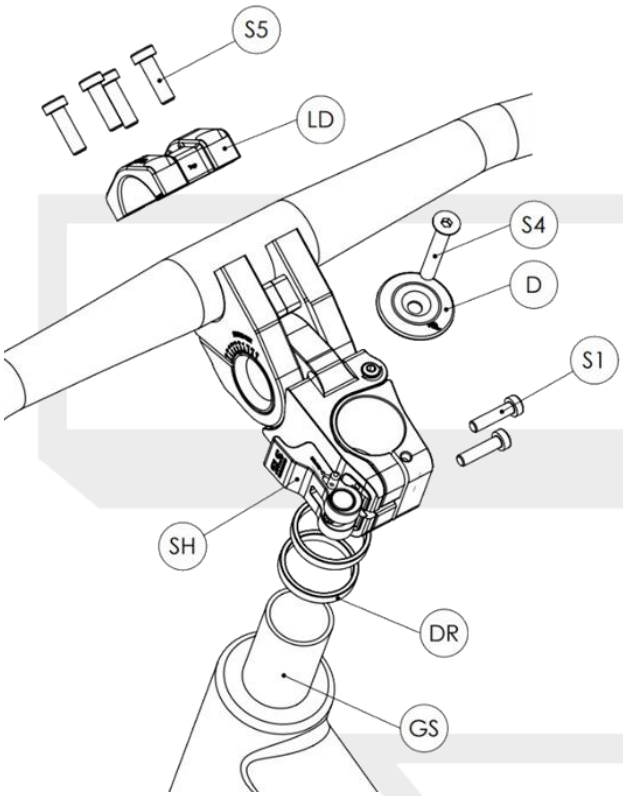
✅ Compatibility – Checklist Before Installation

• **Steerer tube:** 1 ⅛” 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).
• **Handlebar clamp:** Select the correct model for either 31.8 mm or 35 mm handlebar diameter. The clamping area of the handlebar must be smooth, undamaged, and approved for clamping (especially with carbon handlebars).
• **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.

Please observe the specified torque!

Torque values are specified in Nm. If you do not have a torque wrench, please have the installation carried out by a qualified bicycle workshop.

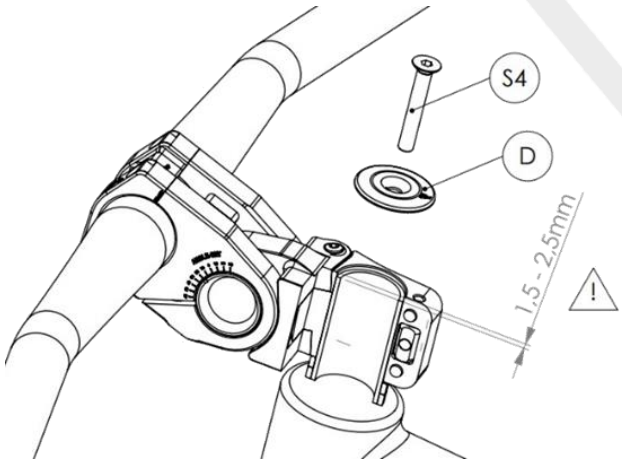
Installation / Operation



In this illustration you can see all relevant components of the RocStem Bend (MAX). Each part is marked with a label that is also used throughout this manual:

- **S1** – Clamping bolts for the steerer tube (2×)
- **S4** – Ahead top cap bolt (for adjusting headset preload)
- **S5** – Handlebar clamp bolts (4×, top/bottom)
- **SH** – Quick-release lever (for locking the swivel function)
- **D** – Ahead top cap
- **LD** – Handlebar clamp cover
- **DR** – Spacers (optional)
- **GS** – Steerer tube (original)

Your stem is pre-assembled at the factory and already greased at all relevant contact points.

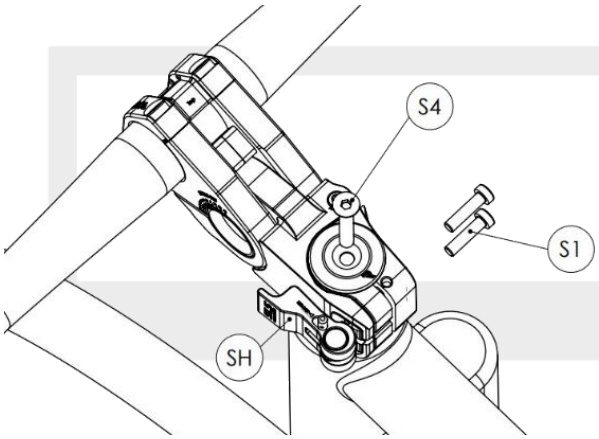


Before installation, make sure that the steerer tube is compatible with your stem:

- The stem is designed for **a 1 ⅛ inch Ahead steerer tube without external thread.**
- The upper end of the steerer tube should end approximately **1.5–2 mm below the top edge of the stem.**
- If necessary, use appropriate spacers (DR) to adjust the height correctly.

Only then can the headset preload be properly adjusted later using the Ahead top cap bolt (S4). The spacers (DR) and the Ahead top cap (D) are not included in the scope of delivery.

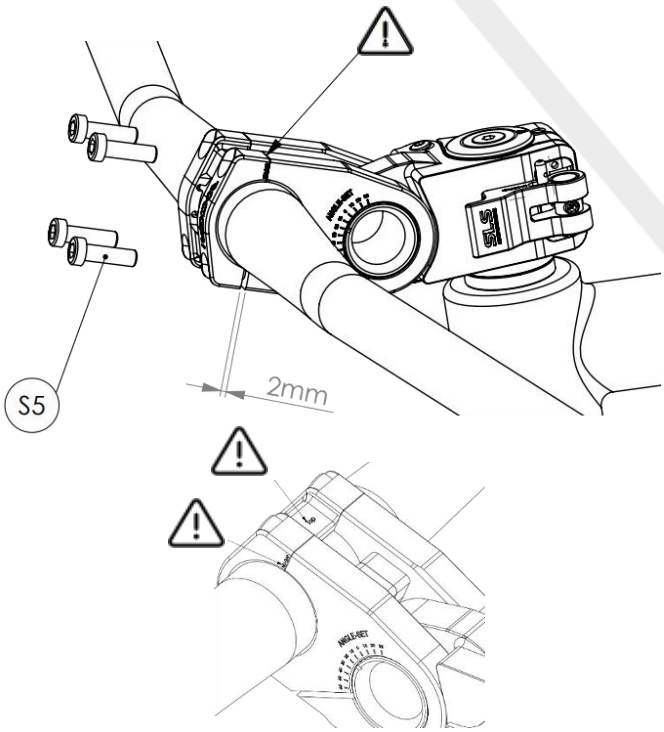
Installation / Operation



Place the stem onto the prepared steerer tube.
👉 **Note:** It is recommended to apply a thin layer of **assembly paste.** This makes installation easier and helps prevent noise.

Now adjust the headset preload:
• Roughly align the stem with the front wheel.
• Tighten the Ahead top cap bolt (S4) to **1.5–2 Nm** until there is no noticeable play in the headset.
• Make sure the handlebar can still turn smoothly.

Important: The (S4) bolt is used only to adjust the headset preload – not to secure the stem.
Once the headset preload is correctly set, align the stem precisely with the front wheel.
Then tighten the two clamping bolts (S1) on the steerer tube evenly and gradually to a **torque of 6 Nm**.

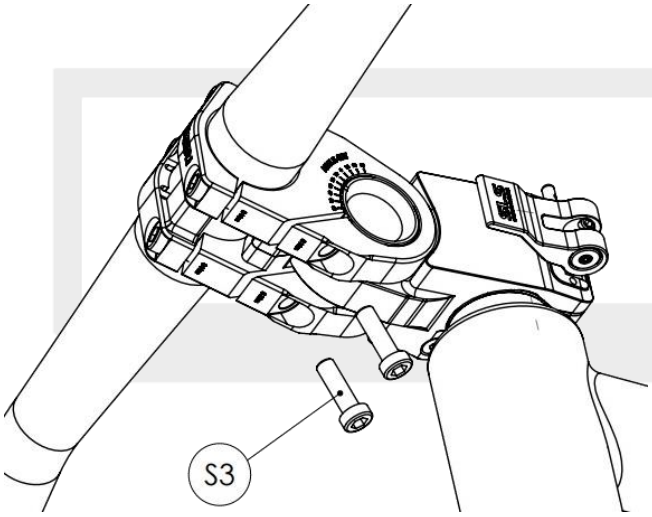


Place the handlebar centrally into the handlebar clamp.
👉 **Note:** It is recommended to apply a thin layer of **assembly paste**. This makes installation easier and helps prevent noise.

Make sure the markings on the handlebar are centered and the handlebar is aligned symmetrically.
The handlebar clamp consists of two upper and two lower bolts (S5):
• First tighten the **upper bolts** lightly so that there is no gap (“no gap”).
• Then lightly tighten the **lower bolts**.

This ensures that the clamp cover and the handlebar are correctly positioned.

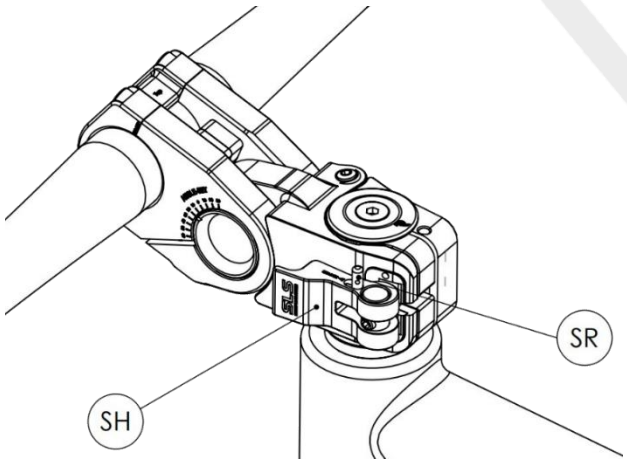
Installation / Operation



Then adjust the handlebar to the desired height and angle.
For this, the clamping bolts [S3] must be completely loosened. Position the handlebar so that it is centered and aligned symmetrically.
Now tighten the bolts in the following order using a torque wrench:

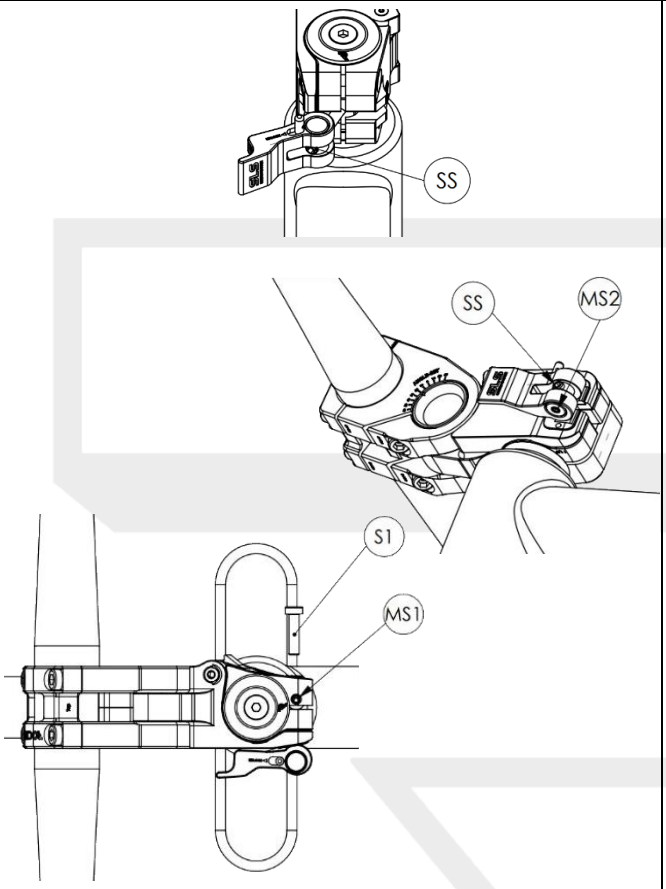
• Clamping bolts [S5]: first tighten the two upper bolts evenly, then the two lower ones. Torque: 6–8 Nm (always follow the manufacturer’s specifications when using carbon handlebars).
• Clamping bolts [S3]: after fixing the handlebar, tighten to 8 Nm to permanently secure height and angle.

Caution: The S3 bolts are loosened in the delivery condition. Please make sure to tighten them to 8 Nm!



The locking latch (SR) secures the quick-release lever (SH) and therefore the swivel mechanism. It is pre-installed at the factory. The locking latch engages in the riding position and prevents the quick-release lever from being opened unintentionally.

Installation / Operation

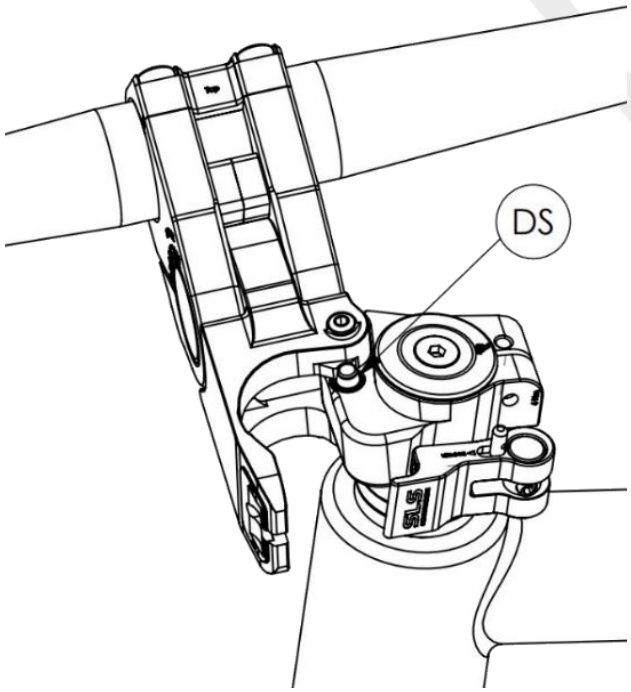


If necessary, you can readjust the quick-release lever using the tension screw (SS).

The set screws MS1 and MS2 secure the tension screw (please tighten only lightly by hand).

How to adjust the quick-release lever – **Two-finger rule:**
• Close the quick-release lever.
• Turn the tension screw (SS) until the lever closes **with noticeable resistance** – not too loose, but not excessively tight.
• The quick-release lever should be possible to open with two fingers.
• **It should not be possible with only one finger** → the preload is too weak.
• **If more force than two fingers is required** → the preload is too strong.
• Close the lever and check that the stem is firmly fixed in the riding position without any play.

<u>When locking, always ensure that the locking latch [SR] clearly engages.</u>



Slide the locking latch (SR) forward and fully open the quick-release lever (rotate and swing it backwards).

• You can now swivel the handlebar sideways (parking position) until the locking latch engages with an audible click.
• To return it, press the pressure pin (DS) – this unlocks the swivel mechanism.
• Turn the handlebar back into the riding position and lock it with the quick-release lever.

Important:
👉 **Do not ride in the parking position.**
👉 **Do not lift the bicycle by the handlebar when the stem is in the parking position (open).**
👉 **Cable routing must remain free of tension in both end positions. With internal cable routing (ICR), use our compatible ICR cable guide if necessary.**

Maintenance & Care Instructions

Your stem 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 steerer tube for cracks,
- **deformation, or damage.** If anything unusual is found, stop using the bicycle and contact a professional bicycle dealer.
- **Lubricate the swivel mechanism:** Lightly grease the moving parts (pressure pin, joint) regularly – recommended every **3 months or 1,000 km**, or more frequently after riding in the rain. Use a water-resistant, adhesive grease.
- **Cleaning:** Do not use a pressure washer. Remove dirt with a soft cloth and mild cleaner, then lightly re-grease the joint.
- **Tools:** Always tighten bolts (M5, M6) **using a torque wrench.**

This will help keep your RocStem reliable and safe for a long time.

Safety & Intended Use

Age restriction: This product is not intended for use by children without adult supervision. Improper installation or adjustment may lead to accidents and serious injury.

The following instructions are crucial for your safety and for the service life of the stem. Please strictly follow these guidelines.

Failure to follow these instructions may result in serious injury or death.

The RocStem stem is a safety-relevant bicycle component. Improper installation, misuse, or failure to maintain the product may lead to material damage, loss of control of the bicycle, crashes, and serious injury. Please carefully observe the following instructions:

Torque values: All bolts (M5, M6) must be tightened only to the specified torque values using a calibrated torque wrench. Over-tightening or under-tightening bolts may cause component failure, slippage, or damage to the handlebar or steerer tube. Always follow the lower torque limit specified by either the handlebar manufacturer or the stem manufacturer.

Cables, wires, and hoses: Ensure that all cables, control wires, and hydraulic hoses are routed without tension throughout the entire steering and swivel range.

• Cables must move freely in all steering and swivel positions. • Avoid tight bending radii, kinks, or tension.

• After installation, turn the handlebar fully to both sides and swivel the stem to verify that cables and hoses move freely.

Improper cable routing may impair steering or braking performance.

Additional attachments: Do not mount child seats, front cargo racks, baskets, or other heavy accessories directly to the stem or handlebar. Excessive loads may cause damage to the stem or handlebar and may result in loss of control of the bicycle. Exception: lightweight handlebar bags up to **max. 2 kg**.

Intended use: The RocStem stem is designed exclusively for use on **bicycles**. It is intended for everyday riding on:

• city bikes • trekking bikes • mountain bikes • e-bikes

under typical road and trail conditions.

Recommended **maximum handlebar width:** 680 mm / Permitted rider weight including luggage: **up to 120 kg**

Use only on bicycles: This product is designed **exclusively for bicycles**. Do not install or use this product on:

• motorcycles • mopeds • motor vehicles • aircraft • other machinery or vehicles

Use outside of its intended purpose may lead to component failure and serious accidents.

Prohibited use / extreme riding: The RocStem is **not designed for extreme riding conditions**.

The following uses are strictly prohibited:

• downhill riding • dual slalom • dirt jumping • freeride • bike park use • jumps higher than **50 cm** • riding with unusually high impact loads

Using the stem under such conditions may lead to material failure.

No modifications: Do not modify the stem in any way. The following actions are strictly prohibited:

• drilling • grinding • welding • machining • bending • structural alterations of any kind

Use only original RocStem parts and approved accessories. Unauthorized modifications may significantly reduce the structural integrity of the component.

Crash or impact inspection: After any crash, fall, or severe impact, the stem must be inspected by a **qualified bicycle mechanic** before the bicycle is used again. Hidden damage may not be immediately visible but can lead to sudden component failure.

Damage and wear: Do not use the stem if any of the following conditions are observed:

• cracks • deformation • corrosion • excessive wear • looseness or abnormal movement • damaged bolts or threads

If any irregularities are detected, stop using the bicycle immediately and have the component inspected by a professional bicycle dealer.

Professional installation: If you are unsure about installation or adjustment, have the stem installed and checked by a **qualified bicycle workshop**. Incorrect installation may lead to malfunction of the steering system and may cause serious accidents.

Regular inspection: Check the stem and all bolts regularly, especially:

• after the first rides • after transport of the bicycle • after maintenance work • after riding on rough terrain

Ensure that:

• all bolts are tightened to the specified torque • the locking mechanism engages correctly • there is no play in the stem or handlebar

General safety notice: The RocStem stem is a structural component of the bicycle steering system.

Failure of this component may result in **loss of control of the bicycle and serious injury or death**.

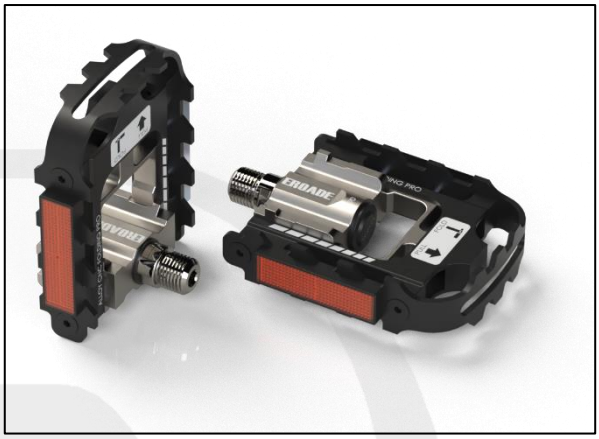
Always follow the instructions in this manual and ensure that the product is used only within its specified limits.

Rocker Parts GmbH shall not be liable for damages resulting from improper installation, misuse, unauthorized modifications, or use of the product outside its intended purpose.

Recommended Accessories

Kabelführung ICR - Art.Nr.: 140-0124-01

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



Sprühfett - Art.Nr.: 990-0128-01

Rocker Parts GmbH

Christmannshof 10
79206 Breisach am Rhein

WhatsApp: +49 17684804407
Signal: +49 17684804407
info@rocker-parts.de

www.rocker-parts.de

ROCKER PARTS
HIGHTECH FOR BIKES