

PRO-LITE

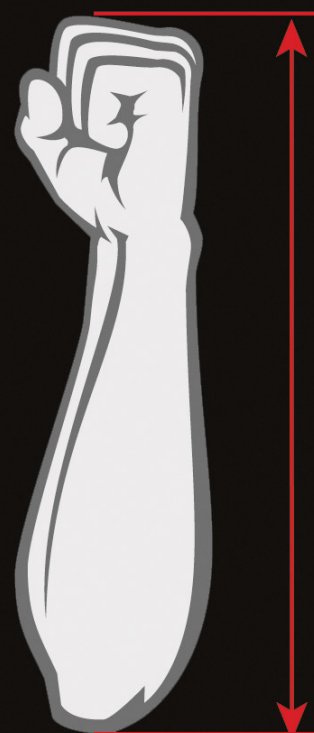
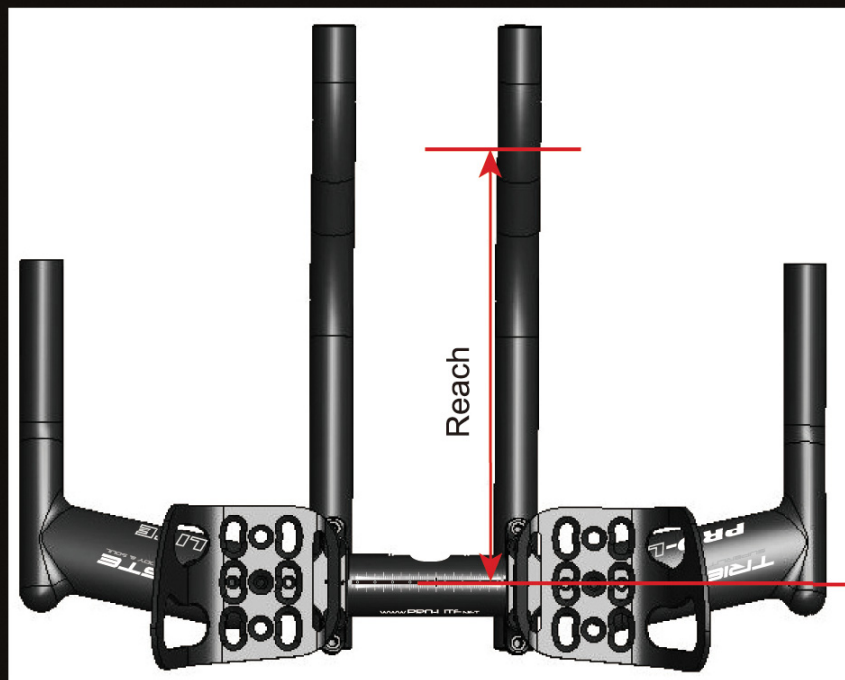
TRIESTE

TECHNICAL MANUAL

www.pro-lite.net

PRO-LITE

SIZING GUIDELINES FOR TRIESTE



Measure to Knuckle



REACH: Measured from center of bar to start of bend that creates the handle.

Determining Your Bar Size

Place your elbow on a flat surface (preferably against a wall or other vertical surface). With your fist clinched as shown above, measure the distance to the top of your highest knuckle. Based on this measurement determine your size as follows:

Measurement		AeroForce Bar Size
31–34 cm		Small
34–36 cm		Small or Medium
36–39 cm		Medium
39–41 cm		Medium or Large
41+ cm		Large

BAR SIZE	REACH
Small	160 mm
Medium	185 mm
Large	210 mm

PRO-LITE

TRIESTE

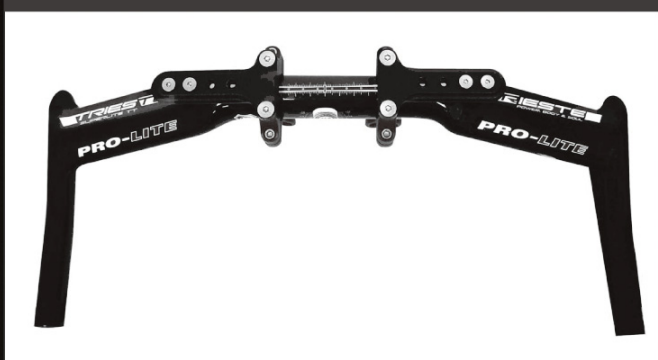


TIME TRIAL



TRIATHLON

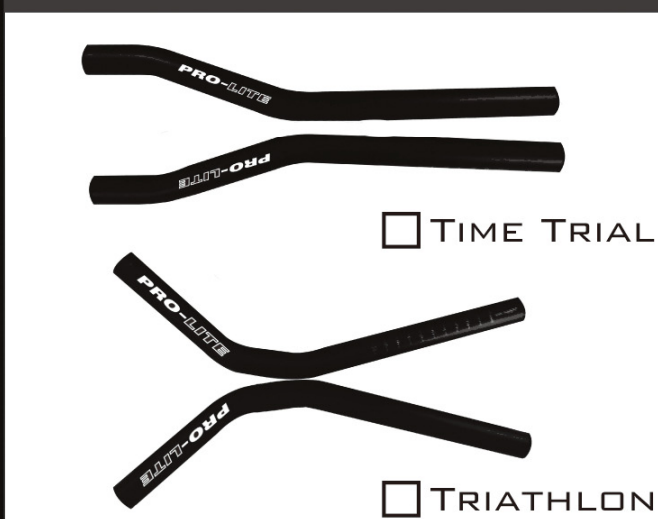
CONTENTS



(BAR WITH BRACKRT) X1



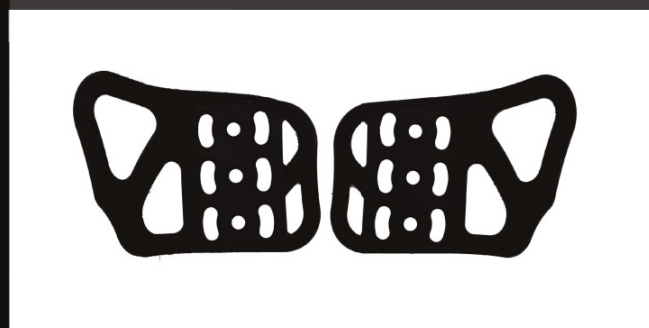
ARM REST PADS



☐ TIME TRIAL

☐ TRIATHLON

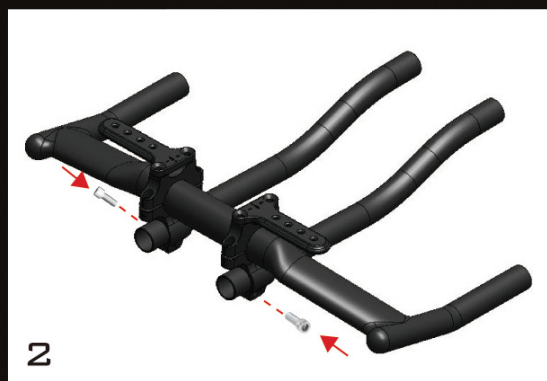
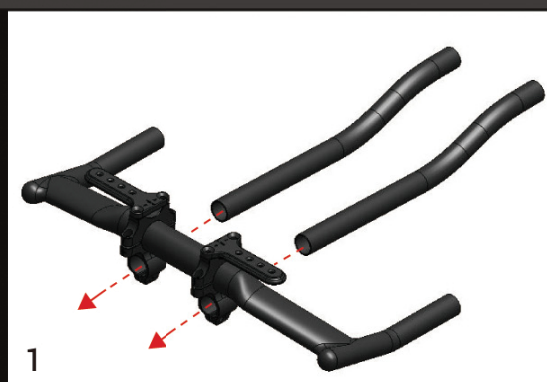
EXTENSIONBAR



ARM REST BASE

PRO-LITE

ASSEMBLING STEP



WIDTH AND ANGLE
OF ARM RESTS
FULLY ADJUSTABLE

