SPORTENZIA

FITTING GUIDE

MEROCA BAR END PLUGS

A pair of expanding plugs that close the ends of the handlebar and hold the bar tape or grips in place. Fitting, tightening, checking and troubleshooting.

HANDLEBARS 22 TO 24 MM · M4 SCREW, 19 G PER PAIR · AL6061 ALLOY, ABS



Before fitting

Fit the plugs last, once the bar tape is wrapped or the grips are in place: the alloy flange sits against the end of the bar. Each plug has a head with a cone, a black finned expander and an M4 screw joining them. Have an Allen key that fits the screw at hand.

Steps

1. **Remove the old plug** if there is one, levering it out with a small flat screwdriver without cutting into the tape or grip.
2. **Loosen the screw** a few turns so that the expander fins are fully closed.
3. **Insert the plug** into the end of the bar until the flange sits flush. It should go in by hand, without tapping.
4. **Tighten the screw** with the Allen key, gradually. The screw draws the expander onto the cone, which spreads the fins against the inside of the bar.
5. **Check the hold** by pulling and twisting the plug by hand: it must neither move nor come out. Fit the second one the same way.

REMOVING THE PLUGS

Before changing the bar tape or grips, loosen the screw a few turns: the fins close up and the plug comes out by hand.



The alloy head with its cone, the finned expander and the M4 screw.

Specifications

Handlebars	**22 to 24 mm**	Use	**Road, gravel, MTB**
Fixing	**Expansion**	Screw	**M4 × 34 mm**
Material	**AL6061, ABS**	Weight	**19 g per pair**
Colour	**Grey**	Contents	**2 plugs + screws**

IF SOMETHING GOES WRONG

- The plug turns or works loose: tighten the screw a quarter turn and check again.
- It will not go in: loosen the screw further. If it still jams, the bar is too narrow.
- Do not overtighten: the ABS expander can split.

ON THE ROAD

- Do not ride with an open bar end: in a fall, the bare tube can cause injury.
- Check the plugs are tight after a fall or transport.

Need help?

sportenzia.com/pages/contact

Our team answers your questions about fitting.

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