



AVOW

ADVANCED SL

FITTING GUIDE



AVOW ADVANCED SL FITTING GUIDE

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Width adjusting range and instructions

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1. FRAME GEOMETRY

The Avow is designed for two setups, time trial (TT) and triathlon, to accommodate different types of races.

The Avow Advanced SL TT Frameset comes with a shorter fork for the TT setting, providing a lower armrest stack and basebar stack (Low Position).

The Avow Advanced SL Tri Frameset comes with a longer fork for the triathlon setting, offering a higher armrest stack and basebar stack (High Position). The fork can also be cut to convert it to the TT setting (Low Position).

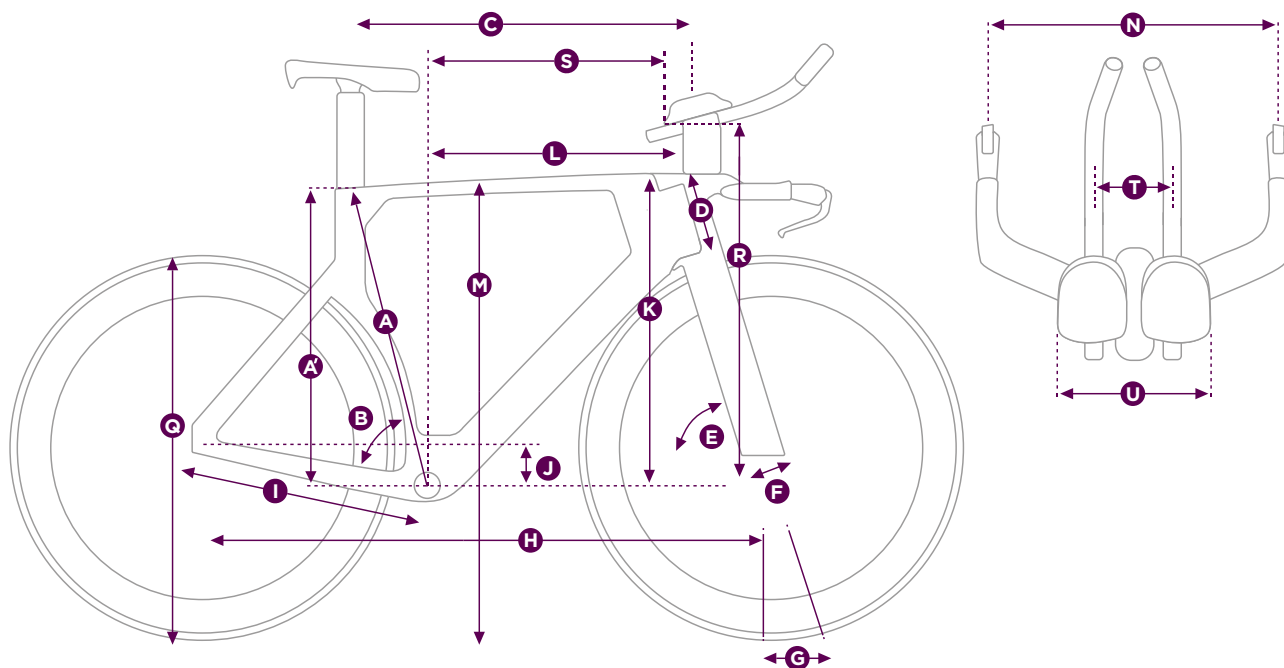
*Please note that when changing from the triathlon setting (High Position) to the TT setting (Low Position), you must cut the fork, which is an irreversible modification.



Avow Advanced SL TT Team



Avow Advanced SL Tri-FF



AVOW ADVANCED SL FITTING GUIDE

		XXS	XS	S	M
A	SEAT TUBE LENGTH (C-T)	457	482	512	542
A'	SEAT TUBE LENGTH	440	465	495	525
B	SEAT TUBE ANGLE (DEGREES)	77.0	77.0	77.0	77.0
	SEAT TUBE OFFSET	125.0	125.0	130.0	135.0
	SEATPOST LENGTH	310.0	310.0	310.0	310.0
	SEATPOST INSERT	70-115	70-137	70-162	70-187
	SADDLE CLAMP OFFSET	119 140	119 140	124 145	129 150
	SADDLE CLAMP OFFSET (EXTENDER)	149 170	149 170	154 175	159 180
C	TOP TUBE LENGTH	512	522	542	566
D	HEAD TUBE LENGTH	65	85	105	125
E	HEAD TUBE ANGLE (DEGREES)	71	72	73	73
F	FORK RAKE	40	40	40	40
G	TRAIL	79	69	63	63
H	WHEELBASE	969	974	988	1013
I	CHAINSTAY LENGTH	405	405	405	405
J	BOTTOM BRACKET DROP	70	70	70	70
K	STACK	467	490	513	532
L	REACH	387	397	412	432
M	STANDOVER HEIGHT	733	758	786	814
N	HANDLEBAR WIDTH	400	400	400	400
Q	WHEEL SIZE	700	700	700	700
	ARMREST LENGTH	125	125	125	125
T	EXTENSION WIDTH	82 102 146 166	82 102 146 166	82 102 146 166	82 102 146 166
	EXTENSION REACH ADJUSTMENT	0-93	0-93	0-93	0-93
U	ARMREST WIDTH	192-244	192-244	192-244	192-244

The Avow frameset offers two different settings, allowing you to achieve two distinct armrest stack and reach positions: TT setting with low position and Tri setting with high position.

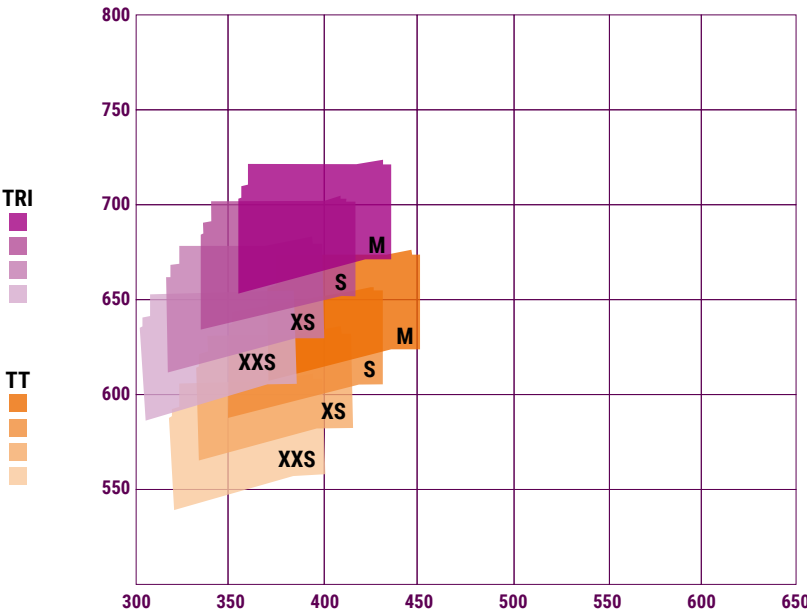
*In the rest of the guide, we will refer to these positions as "Low" for the TT setting and "High" for the Tri setting.

		XXS	XS	S	M
	TRI SETTING (HIGH POSITION)				
R	ARMREST STACK	629-709	653-733	672-752	691-771
S	ARMREST REACH	323-398	340-415	360-435	380-455

	TRI SETTING (HIGH POSITION)				
R	ARMREST STACK	556-640	582-662	605-685	624-704
S	ARMREST REACH	326-400	339-414	355-430	375-450

2. ARMREST

ARMREST GEOMETRY



ARMREST BACK TO BACK RANGE

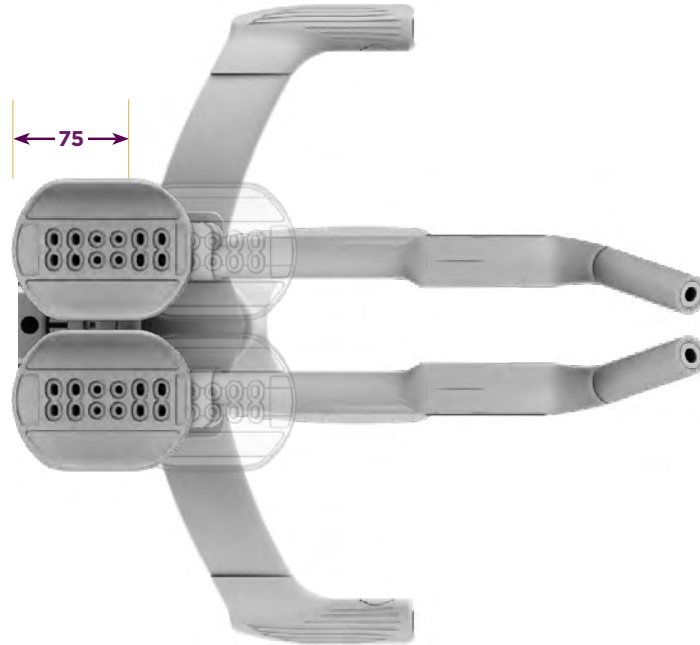
		LOW	XXS	XS	S	M	HIGH	XXS	XS	S	M
		TT					TRI				
	0°										
R	ARMREST STACK		556-640	582-662	605-685	624-704		604-686	629-709	653-733	672-752
S	ARMREST REACH		326-400	339-414	355-430	375-450		309-383	323-398	340-415	360-435
	10°										
R	ARMREST STACK		545-641	571-666	593-686	613-706		592-689	619-713	641-734	661-754
S	ARMREST REACH		323-394	335-409	351-426	371-446		306-378	320-393	336-412	356-432
	15°										
R	ARMREST STACK		539-642	564-665	587-687	606-706		586-689	612-713	635-735	654-754
S	ARMREST REACH		322-391	333-405	350-424	370-444		305-375	318-390	335-409	355-429

ARMREST MIDDLE TO MIDDLE RANGE

		LOW	XXS	XS	S	M	HIGH	XXS	XS	S	M
		TT					TRI				
	0°										
R	ARMREST STACK		559-642	582-663	605-685	624-704		606-689	630-711	653-733	672-752
S	ARMREST REACH		388-461	401-477	418-494	437-514		372-445	386-461	403-479	423-499
	10°										
R	ARMREST STACK		559-655	583-678	604-697	624-717		606-702	630-725	652-745	672-765
S	ARMREST REACH		384-455	396-470	413-488	433-508		367-439	381-455	398-473	418-493
	15°										
R	ARMREST STACK		558-661	581-682	603-703	622-722		605-708	629-730	651-751	670-770
S	ARMREST REACH		382-451	393-465	410-484	430-504		365-434	378-450	396-467	416-490

ARMREST REACH

By combining different armrest settings, you can achieve 20 unique armrest combinations that provide 11 different reach results.



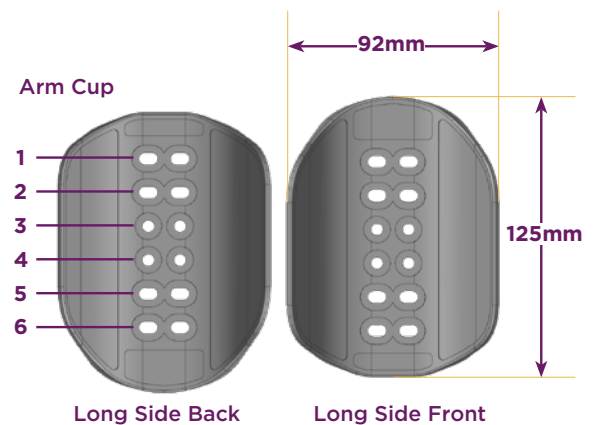
Adjustment instructions:

- **Armrest Direction:**

- Long Side Back: Shorter reach, armrests closer to you.
- Long Side Front: Longer reach, armrests farther from you

- **Hole Position on Armrest:**

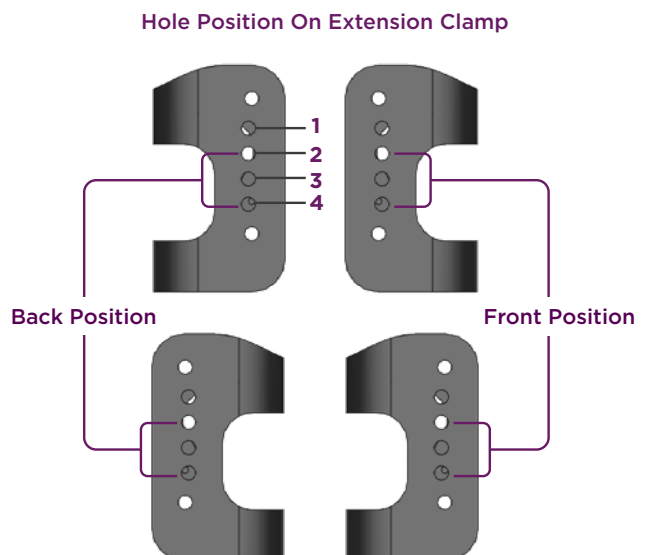
- The armrests have 5 reach positions, using adjacent hole pairs (1+2 through 5+6).



- **Armrest Position on Extension Clamp:**

- Back Position: Use holes (2) and (4) for shorter reach.
- Front Position: Use holes (1) and (3) for longer reach.

*Only use holes (1), (2), (3), and (4) for proper installation.



ARMREST REACH TABLE / 0°

XXS		XS		S		M				
LOW	HIGH	LOW	HIGH	LOW	HIGH	LOW	HIGH	ADJUSTMENT		
TT	TRI	TT	TRI	TT	TRI	TT	TRI	ARMREST DIRECTION	ARMREST POSITION ON EXTENSION CLAMP	HOLE POSITION ON ARMREST
REACH RANGE										
326-400	309-383	339-414	323-398	355-430	340-415	375-450	360-435			
326.0	309.0	339.0	323.0	355.0	340.0	375.0	360.0	LONG SIDE BACK	BACK	1+2
333.4	316.4	346.5	330.5	362.5	347.5	382.5	367.5	LONG SIDE BACK	FRONT	1+2
333.4	316.4	346.5	330.5	362.5	347.5	382.5	367.5	LONG SIDE FRONT	BACK	1+2
340.8	323.8	354.0	338.0	370.0	355.0	390.0	375.0	LONG SIDE BACK	BACK	2+3
340.8	323.8	354.0	338.0	370.0	355.0	390.0	375.0	LONG SIDE FRONT	FRONT	1+2
348.2	331.2	361.5	345.5	377.5	362.5	397.5	382.5	LONG SIDE BACK	FRONT	2+3
348.2	331.2	361.5	345.5	377.5	362.5	397.5	382.5	LONG SIDE FRONT	BACK	2+3
355.6	338.6	369.0	353.0	385.0	370.0	405.0	390.0	LONG SIDE BACK	BACK	3+4
355.6	338.6	369.0	353.0	385.0	370.0	405.0	390.0	LONG SIDE FRONT	FRONT	2+3
363.0	346.0	376.5	360.5	392.5	377.5	412.5	397.5	LONG SIDE BACK	FRONT	3+4
363.0	346.0	376.5	360.5	392.5	377.5	412.5	397.5	LONG SIDE FRONT	BACK	3+4
370.4	353.4	384.0	368.0	400.0	385.0	420.0	405.0	LONG SIDE BACK	BACK	4+5
370.4	353.4	384.0	368.0	400.0	385.0	420.0	405.0	LONG SIDE FRONT	FRONT	3+4
377.8	360.8	391.5	375.5	407.5	392.5	427.5	412.5	LONG SIDE BACK	FRONT	4+5
377.8	360.8	391.5	375.5	407.5	392.5	427.5	412.5	LONG SIDE FRONT	BACK	4+5
385.2	368.2	399.0	383.0	415.0	400.0	435.0	420.0	LONG SIDE BACK	BACK	5+6
385.2	368.2	399.0	383.0	415.0	400.0	435.0	420.0	LONG SIDE FRONT	FRONT	4+5
392.6	375.6	406.5	390.5	422.5	407.5	442.5	427.5	LONG SIDE BACK	FRONT	5+6
392.6	375.6	406.5	390.5	422.5	407.5	442.5	427.5	LONG SIDE FRONT	BACK	5+6
400.0	383.0	414.0	398.0	430.0	415.0	450.0	435.0	LONG SIDE FRONT	FRONT	5+6

ARMREST REACH TABLE / 10°

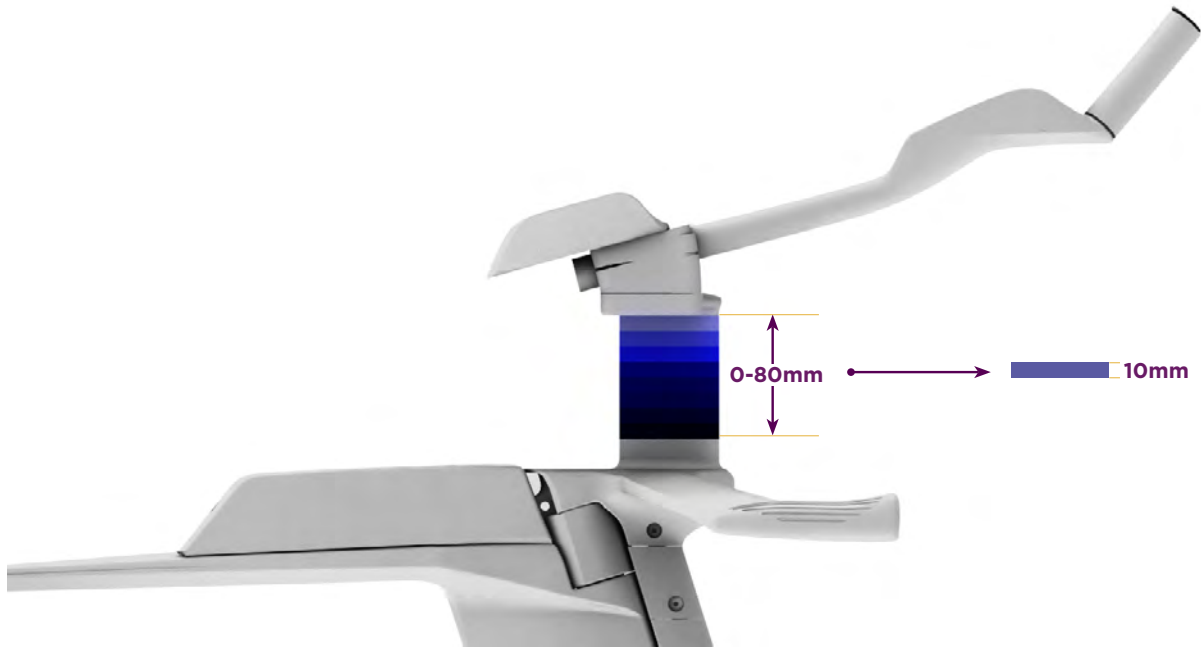
XXS		XS		S		M				
LOW	HIGH	LOW	HIGH	LOW	HIGH	LOW	HIGH	ADJUSTMENT		
TT	TRI	TT	TRI	TT	TRI	TT	TRI	ARMREST DIRECTION	ARMREST POSITION ON EXTENSION CLAMP	HOLE POSITION ON ARMREST
REACH RANGE										
323-394	306-378	335-409	320-393	351-426	336-412	371-446	356-432			
323.0	306.0	335.0	320.0	351.0	336.0	371.0	356.0	LONG SIDE BACK	BACK	1+2
330.1	313.2	342.4	327.3	358.5	343.6	378.5	363.6	LONG SIDE BACK	FRONT	1+2
330.1	313.2	342.4	327.3	358.5	343.6	378.5	363.6	LONG SIDE FRONT	BACK	1+2
337.2	320.4	349.8	334.6	366.0	351.2	386.0	371.2	LONG SIDE BACK	BACK	2+3
337.2	320.4	349.8	334.6	366.0	351.2	386.0	371.2	LONG SIDE FRONT	FRONT	1+2
344.3	327.6	357.2	341.9	373.5	358.8	393.5	378.8	LONG SIDE BACK	FRONT	2+3
344.3	327.6	357.2	341.9	373.5	358.8	393.5	378.8	LONG SIDE FRONT	BACK	2+3
351.4	334.8	364.6	349.2	381.0	366.4	401.0	386.4	LONG SIDE BACK	BACK	3+4
351.4	334.8	364.6	349.2	381.0	366.4	401.0	386.4	LONG SIDE FRONT	FRONT	2+3
358.5	342.0	372.0	356.5	388.5	374.0	408.5	394.0	LONG SIDE BACK	FRONT	3+4
358.5	342.0	372.0	356.5	388.5	374.0	408.5	394.0	LONG SIDE FRONT	BACK	3+4
365.6	349.2	379.4	363.8	396.0	381.6	416.0	401.6	LONG SIDE BACK	BACK	4+5
365.6	349.2	379.4	363.8	396.0	381.6	416.0	401.6	LONG SIDE FRONT	FRONT	3+4
372.7	356.4	386.8	371.1	403.5	389.2	423.5	409.2	LONG SIDE BACK	FRONT	4+5
372.7	356.4	386.8	371.1	403.5	389.2	423.5	409.2	LONG SIDE FRONT	BACK	4+5
379.8	363.6	394.2	378.4	411.0	396.8	431.0	416.8	LONG SIDE BACK	BACK	5+6
379.8	363.6	394.2	378.4	411.0	396.8	431.0	416.8	LONG SIDE FRONT	FRONT	4+5
386.9	370.8	401.6	385.7	418.5	404.4	438.5	424.4	LONG SIDE BACK	FRONT	5+6
386.9	370.8	401.6	385.7	418.5	404.4	438.5	424.4	LONG SIDE FRONT	BACK	5+6
394.0	378.0	409.0	393.0	426.0	412.0	446.0	432.0	LONG SIDE FRONT	FRONT	5+6

ARMREST REACH TABLE / 15°

XXS		XS		S		M				
LOW	HIGH	LOW	HIGH	LOW	HIGH	LOW	HIGH	ADJUSTMENT		
TT	TRI	TT	TRI	TT	TRI	TT	TRI	ARMREST DIRECTION	ARMREST POSITION ON EXTENSION CLAMP	HOLE POSITION ON ARMREST
REACH RANGE										
322-391	305-375	333-405	318-390	350-424	335-409	370-444	355-429			
322.0	305.0	333.0	318.0	350.0	335.0	370.0	355.0	LONG SIDE BACK	BACK	1+2
328.9	312.0	340.2	325.2	357.4	342.4	377.4	362.4	LONG SIDE BACK	FRONT	1+2
328.9	312.0	340.2	325.2	357.4	342.4	377.4	362.4	LONG SIDE FRONT	BACK	1+2
335.8	319.0	347.4	332.4	364.8	349.8	384.8	369.8	LONG SIDE BACK	BACK	2+3
335.8	319.0	347.4	332.4	364.8	349.8	384.8	369.8	LONG SIDE FRONT	FRONT	1+2
342.7	326.0	354.6	339.6	372.2	357.2	392.2	377.2	LONG SIDE BACK	FRONT	2+3
342.7	326.0	354.6	339.6	372.2	357.2	392.2	377.2	LONG SIDE FRONT	BACK	2+3
349.6	333.0	361.8	346.8	379.6	364.6	399.6	384.6	LONG SIDE BACK	BACK	3+4
349.6	333.0	361.8	346.8	379.6	364.6	399.6	384.6	LONG SIDE FRONT	FRONT	2+3
356.5	340.0	369.0	354.0	387.0	372.0	407.0	392.0	LONG SIDE BACK	FRONT	3+4
356.5	340.0	369.0	354.0	387.0	372.0	407.0	392.0	LONG SIDE FRONT	BACK	3+4
363.4	347.0	376.2	361.2	394.4	379.4	414.4	399.4	LONG SIDE BACK	BACK	4+5
363.4	347.0	376.2	361.2	394.4	379.4	414.4	399.4	LONG SIDE FRONT	FRONT	3+4
370.3	354.0	383.4	368.4	401.8	386.8	421.8	406.8	LONG SIDE BACK	FRONT	4+5
370.3	354.0	383.4	368.4	401.8	386.8	421.8	406.8	LONG SIDE FRONT	BACK	4+5
377.2	361.0	390.6	375.6	409.2	394.2	429.2	414.2	LONG SIDE BACK	BACK	5+6
377.2	361.0	390.6	375.6	409.2	394.2	429.2	414.2	LONG SIDE FRONT	FRONT	4+5
384.1	368.0	397.8	382.8	416.6	401.6	436.6	421.6	LONG SIDE BACK	FRONT	5+6
384.1	368.0	397.8	382.8	416.6	401.6	436.6	421.6	LONG SIDE FRONT	BACK	5+6
391.0	375.0	405.0	390.0	424.0	409.0	444.0	429.0	LONG SIDE FRONT	FRONT	5+6

ARMREST STACK

The Avow armrests come with 8 spacers, allowing you to adjust the stack height from 0mm to 80mm in 10mm increments. This provides 9 different stack height options, ranging from 0mm (no spacers) to 80mm (8 spacers).



ARMREST STACK TABLE / 0°

	XXS				XS				S				M			
	LOW		HIGH		LOW		HIGH		LOW		HIGH		LOW		HIGH	
	TT	SPACER	TRI	SPACER	TT	SPACER	TRI	SPACER	TT	SPACER	TRI	SPACER	TT	SPACER	TRI	SPACER
STACK RANGE	556-640		604-686		582-662		629-709		605-685		653-733		624-704		672-752	
	556	0														
	567	1														
	577	2														
	588	3			582	0										
	598	4			592	1										
	609	5	604	0	602	2			605	0						
	619	6	614	1	612	3			615	1						
	630	7	625	2	622	4	629	0	625	2			624	0		
	640	8	635	3	632	5	639	1	635	3			634	1		
			645	4	642	6	649	2	645	4			644	2		
			655	5	652	7	659	3	655	5	653	0	654	3		
			666	6	662	8	669	4	665	6	663	1	664	4		
			676	7			679	5	675	7	673	2	674	5	672	0
			686	8			689	6	685	8	683	3	684	6	682	1
							699	7			693	4	694	7	692	2
							709	8			703	5	704	8	702	3
											713	6			712	4
											723	7			722	5
											733	8			732	6
															742	7
															752	8

ARMREST STACK TABLE / 10°

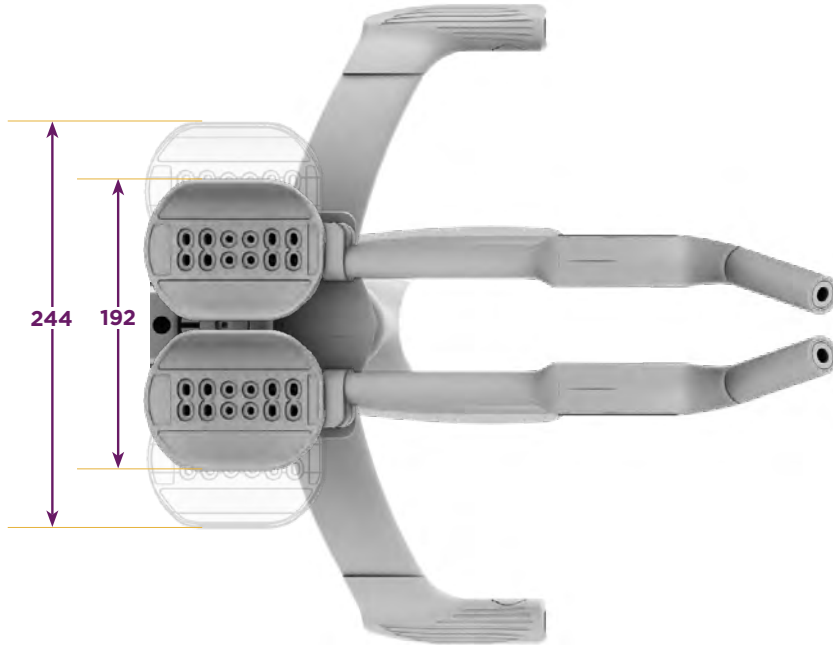
	XXS				XS				S				M			
	LOW		HIGH		LOW		HIGH		LOW		HIGH		LOW		HIGH	
	TT	SPACER	TRI	SPACER	TT	SPACER	TRI	SPACER	TT	SPACER	TRI	SPACER	TT	SPACER	TRI	SPACER
STACK RANGE	545-641		592-689		571-666		619-713		593-686		641-734		613-706		661-754	
	545	0														
	557	1														
	569	2			571	0										
	581	3			583	1										
	593	4			595	2			593	0						
	605	5			607	3			605	1						
	617	6			619	4	619	0	616	2			613	0		
	629	7	592	0	630	5	631	1	628	3			625	1		
	641	8	604	1	642	6	643	2	640	4	641	0	636	2		
			616	2	654	7	654	3	651	5	653	1	648	3		
			628	3	666	8	666	4	663	6	664	2	660	4	661	0
			641	4			678	5	674	7	676	3	671	5	673	1
			653	5			690	6	686	8	688	4	683	6	684	2
			665	6			701	7			699	5	694	7	696	3
			677	7			713	8			711	6	706	8	708	4
			689	8							722	7			719	5
											734	8			731	6
															742	7
															754	8

ARMREST STACK TABLE / 15°

	XXS				XS				S				M			
	LOW		HIGH		LOW		HIGH		LOW		HIGH		LOW		HIGH	
	TT	SPACER	TRI	SPACER	TT	SPACER	TRI	SPACER	TT	SPACER	TRI	SPACER	TT	SPACER	TRI	SPACER
STACK RANGE	539-642		586-689		564-665		612-713		587-687		635-735		606-706		654-754	
	539	0														
	552	1			564	0										
	565	2			577	1										
	578	3			589	2			587	0						
	591	4	586	0	602	3			600	1						
	603	5	599	1	615	4	612	0	612	2			606	0		
	616	6	612	2	627	5	625	1	625	3			619	1		
	629	7	625	3	640	6	637	2	637	4	635	0	631	2		
	642	8	638	4	652	7	650	3	650	5	648	1	644	3		
			650	5	665	8	663	4	662	6	660	2	656	4	654	0
			663	6			675	5	675	7	673	3	669	5	667	1
			676	7			688	6	687	8	685	4	681	6	679	2
			689	8			700	7			698	5	694	7	692	3
							713	8			710	6	706	8	704	4
											723	7			717	5
											735	8			729	6
															742	7
															754	8

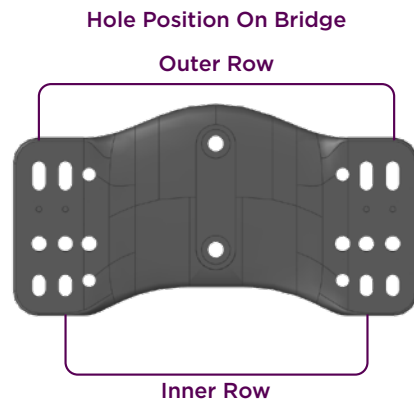
ARMREST WIDTH

The Avow offers unparalleled adjustability, featuring 8 different armrest width positions ranging from 192mm to 244mm.



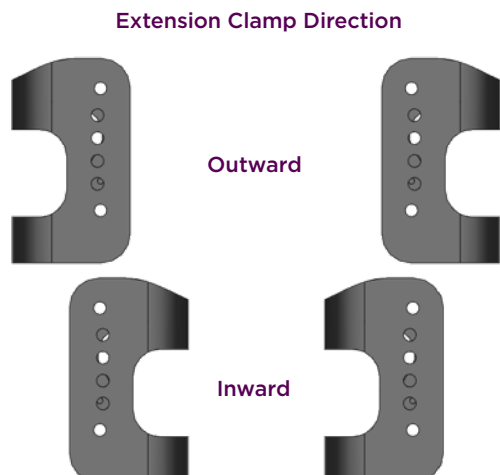
• Hole Position on Bridge

- Inner Row for narrower width
- Outer Row for wider width

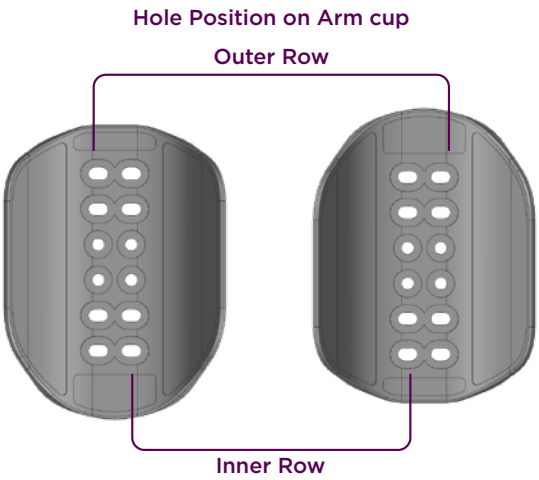


• Extension Clamp Direction

- Inward for narrower width
- Outward for wider width



- **Hole Position on Armrest**
 - Inner Row for narrower width
 - Outer Row for wider width

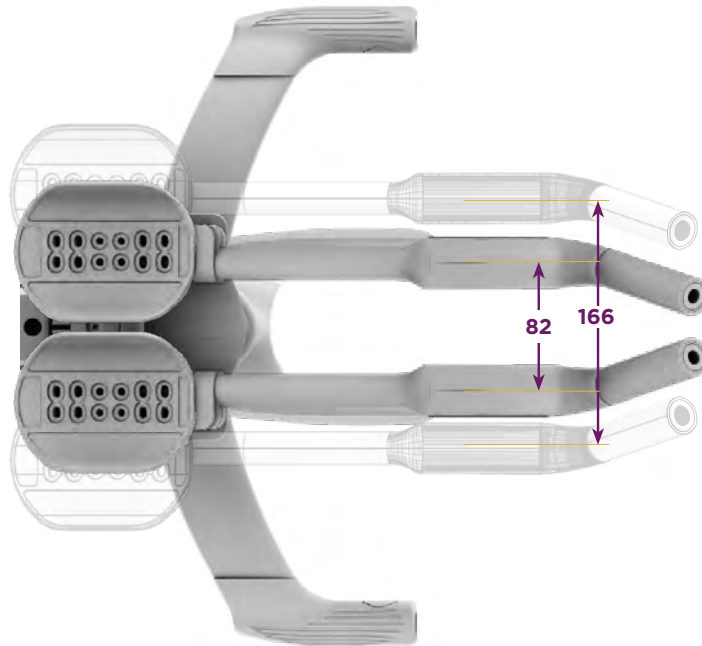


ARMREST WIDTH TABLE

	ADJUSTMENT		
WIDTH RANGE	HOLE POSITION ON BRIDGE	EXTENSION CLAMP	HOLE POSITION ON ARMREST
192	INNER ROW	INWARD	INNER ROW
196	INNER ROW	OUTWARD	INNER ROW
212	OUTER ROW	INWARD	INNER ROW
216	OUTER ROW	OUTWARD	INNER ROW
220	INNER ROW	INWARD	OUTER ROW
224	INNER ROW	OUTWARD	OUTER ROW
240	OUTER ROW	INWARD	OUTER ROW
244	OUTER ROW	OUTWARD	OUTER ROW

EXTENSION BAR

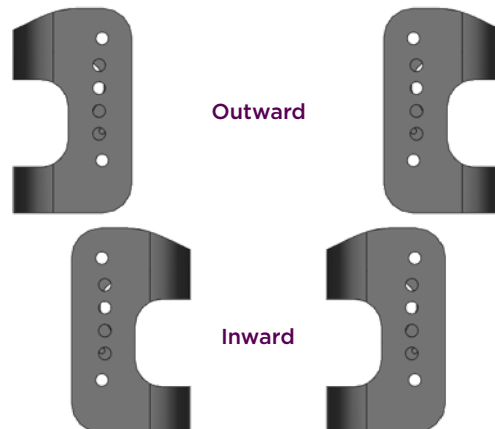
1. The Avow offers 4 Extension Bar width combinations, achieved by adjusting the Extension Clamps.



• Extension Clamp Direction

- Inward for narrower width
- Outward for wider width

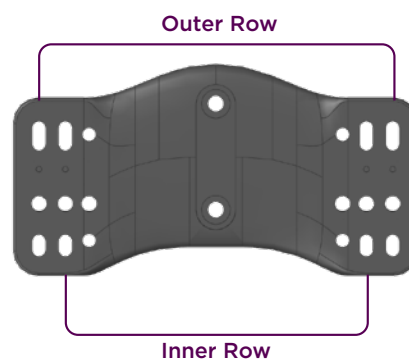
Extension Clamp Direction



• EHole Position on Bridge

- Inner Row for narrower width
- Outer Row for wider width

Hole Position On Bridge

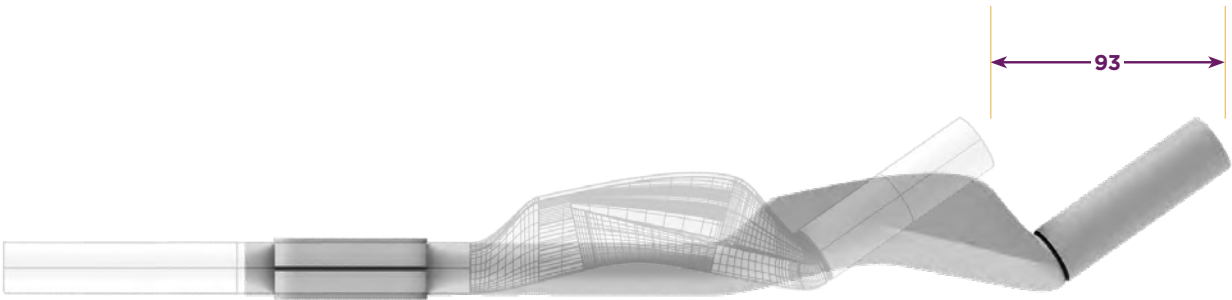


EXTENSION BAR WIDTH TABLE

	ADJUSTMENT	
WIDTH RANGE	EXTENSION CLAMP	HOLE POSITION ON BRIDGE
82	INWARD	INNER ROW
102	INWARD	OUTER ROW
146	OUTWARD	INNER ROW
166	OUTWARD	OUTER ROW

2. Extension Bar Range

The Sync extension bars on the Avow provide an impressive range of reach adjustment, spanning from 0mm to 93mm.



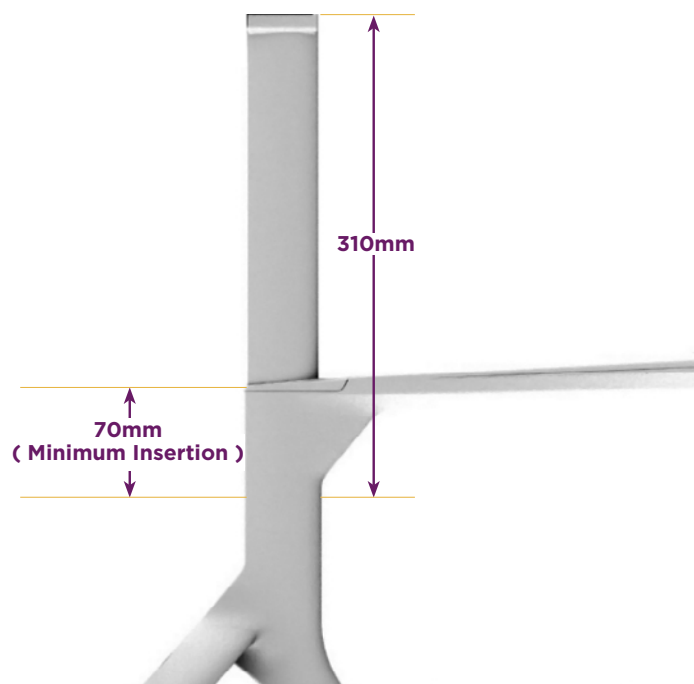
3. SEATPOST AND SADDLE

SEATPOST & SADDLE FITTING TABLE

	XXS	XS	S	M
SEATPOST LENGTH	310	310	310	310
SEATPOST INSERT	70-115	70-137	70-162	70-187
SEAT TUBE OFFSET	125.0	125	130	135
SADDLE CLAMP OFFSET	119 140	119 140	124 145	129 150
SADDLE CLAMP OFFSET (WITH EXTENDER)	149 170	149 170	154 175	159 180
SADDLE CLAMP ANGLE	76-80	76-81	77-81	77-81
SADDLE CLAMP ANGLE (WITH ENTENDER)	73-80	74-81	74-81	74-81
SEAT CLAMP HEIGHT (MM)	562-710	587-734	617-765	648-795
SEATPOST LENGTH (TO CLAMP)	330	330	330	330

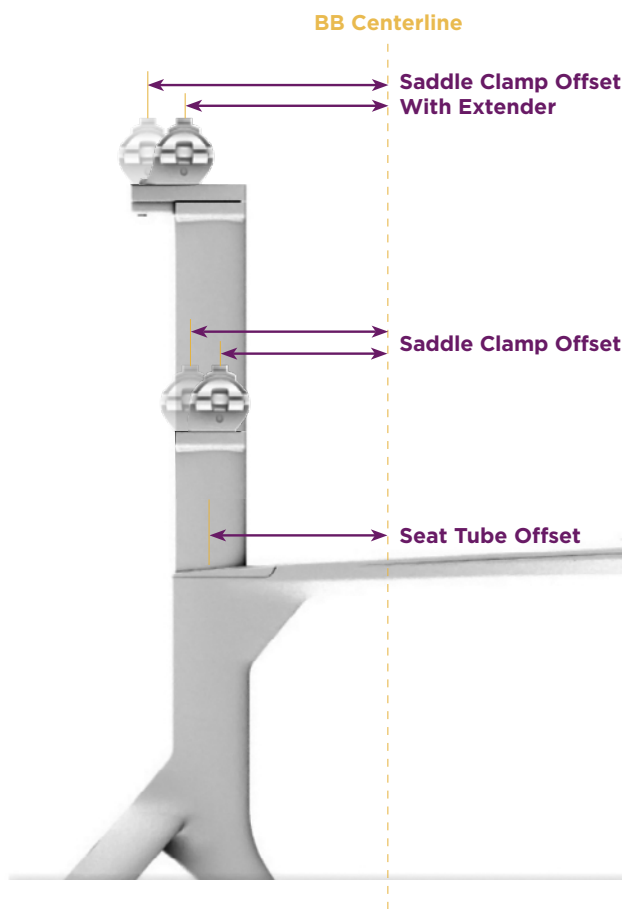
SEATPOST LENGTH

The Avow seatpost is 310mm long with a minimum insert length of 70mm.



SADDLE CLAMP OFFSET

The Avow seatpost features 4 saddle clamp positions with different offsets, including front and back settings, and an extender for even greater offset options, allowing for highly customizable saddle positioning.



SADDLE CLAMP ANGLE

The Avow offers 4 saddle clamp positions with a wide range of angles, and an extender enables even finer angle increments, providing extensive saddle positioning customization.

