



Installation Instructions

# Anti-Vibration Bar Insert





**First Insert the Anti-Vibration Bar Insert into the bar with out the o-ring on it.**



Verify that the Insert will fit all the way in,  
flush up the bar insert cap.



Remove the Insert



**Install the o-ring that best works for  
you application on the Anti-Vibe Insert**



Apply a small amount of grease to the o-ring



Insert the Anti-Vibe Insert into the bar,  
pushing on the bolt with a 5mm allen.



It is important to only apply pressure only to the bolt and the the end cap.





If pressure is applied to the end cap it will expand the elastomer making it difficult for the Insert to go into the bar



Once the Anti-Vibe insert cap is flush up against the bar tighten the allen bolt.



Beware not to over tighten the allen bolt as it could damage the elastomer

**Please call or email with any questions or concerns**