

# 2020 Products





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*SQLab is the most successful saddle brand in the tests of the German trade magazines.*

# Goal achieved!?



*Product manager Mitch, CEO Toby and Tibor Simai  
in the construction of a new saddle model.*

A company like SQLab never really gets there. As soon as a product is developed and in production, the next idea comes up and we have more new ideas than time to implement them.

However, since last year our product range has reached the point where we have a suitable solution for almost every cyclist and every problem.

In the meantime it is about much more than comfort or numb fingers. The right ergonomics is one of the basic prerequisites to win races and to put away the stress after high impacts. Anyone who knows Fabio Wibmer's stair jumps can imagine the importance of the durability, but also the ergonomics and damping characteristics of a handlebar.



*The laboratory is used for scientific tests, pressure measurements and developments.*



It all began in 2002 with the invention of the saddle width system and sit bone measurement, followed by the step saddle. Both concepts would probably be called „game-changer“ today. In the meantime it is almost unthinkable to buy a saddle anywhere in the world without measuring the sit bone distance.



*Sit bone measurement  
with the SQLab measuring chair.*



**ERGOLUX**

In recent years, we have devoted a great deal of time to the ERGOLUX® comfort series.

The shape of the double step was further developed despite great customer satisfaction until we were also satisfied with it and no longer know how to do even better.





## ERGOWAVE

The ERGOWAVE® concept was developed in cooperation with the scientists of the University of Applied Sciences Frankfurt and the University Hospital Frankfurt in a three-year research project, funded by the Federal Ministry of Economics and Technology. One part of the project was a human 3D model of a pelvis. This was used for computer simulations with different saddle shapes. In order to ensure the reproducibility of the simulations, no existing model was used. In three, six-hour MRT sessions, the pelvis of the SQlab managing director was scanned and modeled from this data.

This is probably the most detailed 3D model of a human pelvis. The ERGOWAVE® shape was born as a result of the extensive testing. It has since served as the basis for many other saddle models.



*SQlab grip series - For every hand, for every bike, the perfect grip.*

Last season we introduced the grips series. Four grips - the perfect fit for each hand and for each bike.

The next season we will round off the series and combine the grips with our Innerbarends®, with which we were apparently a little ahead of our time in 2007.



*Grip in wards.*



The OX series has been running for some time now. Since we are mostly perceived as a saddle brand, it was important for us to prove our expertise in aluminium and especially carbon. The big handlebar break test in the Bike Magazine 4-2019, where only Syntace® and we passed without any damage, shows the high quality we have achieved.

We are particularly proud of the damping properties of the handlebars. The results of our own study surprised us. Our engineer comes from a Formula 1 background.

He had to work a long time to incorporate four contradictory characteristics: enormous stability, low weight, complex bends and high damping. As times change, it becomes very clear here: Formula 1 was considered the measure of all things in the old world. In the new world, it is the technology around the bicycle that sets new standards and is accessible to everyone.



*hard and thin: the SQlab Shorts concept*

Our clothing project had the best start of all novelties. Consisting of three shorts made of really really high quality materials, but the main focus is on the pads. Here we were able to implement a few insights that are not possible with saddles from a technical point of view. The absorption of the shear forces can only be realized by the shorts pad. It brings a gain in comfort that we have never achieved in 16 years of saddle development.

After many small and large development steps we can present a really mature, yet simple and focused product range of very high-quality cycling shorts in 2020.



The M-D Line stands for trekking and city saddles with maximized dip. It is less designed for comfort than for the maximum possible relief of the sensitive tissue due to the increased center dip.



*Performance Line: If the form follows the function – it should be damn fast.*

From 2020, our performance line will assure that you will be the first to cross the finish line.

A race saddle, which through its ergonomics helps to bring performance more efficiently to the pedal, in addition to that it relieves the pressure excellently and in terms of weight and is one of the lightest on the market, it will certainly help riders the next season to reach the goal faster than the others.

This racer will continue to train hard and prepare for the next even bigger race, just like us at SQlab.





Tom Öhler



Fabio Wibmer



Elias Schwärzler



Jasper Jauch



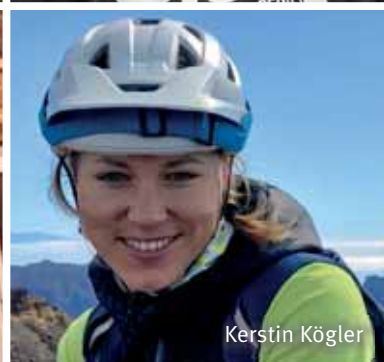
Hans Rey



Nina Hoffmann  
(German Champion Downhill 2018)



Christian Grasmann



Kerstin Kögler



Holger Meyer



Lia Schrievers (German  
Champion Elite Sprint U23 2019)



Marshall Eames



Stefan Schlie



Maloja Pushbiker



Brian Lopes



Tobias Leonhardt



Timmy C



Jakob Breitwieser





Daniel Schäfer



Elitott Lapotre



Max Brandl (German Champion Elite Cross Country 2019)



German Technology Racing Team



Timo Pritzel



Bamboo Basti



Florian Konietzko



Tibor Simai



Lexware Racing Team



Karen Eller



Mike Kluge



Christoph Malin



Philipp Walder



Julia Hofmann



Toby Woggon



Guido Tschugg



Manfred Stromberg



Julian Erhardt





*Full concentration. The Maloja Pushbiker Team at the World Championship 2018 in Innsbruck.*



If the form follows the function –  
it should be damn fast.





The new 2020 Performance Line shows how Ergonomics can win races.

All Performance products are made exclusively from the lightest materials.

- Carbon & CFK
- Superlight Foam
- Silicone rubber compound
- Titanium Screws



*The lightest SQlab products at a glance:  
711R grip, 411R Innerbarends®, 612R saddle & SQ-Short ONE12.*

# Ergonomics are the basis of success!

Only those who become one with the bike can win races through more comfort and less physical discomfort. The perfect fit is the prerequisite to convert power biomechanically optimizing propulsion.

wind and shear forces, reducing wind resistance and inertia forces - as a racer this is the prerequisite for maximum efficiency. The extra portion of advantages that ultimately decide between victory and defeat.

Avoiding and reducing wind resistance and inertia forces are the prerequisite for a racers maximum efficiency. Avoiding

Weight optimisation dominate, cost and effort are of secondary importance. The result is decisive.

612 ERGOWAVE® R Carbon - 125 g



**612R**  
ERGOWAVE



Road & MTB Race

The raised rear gives more grip and better power transmission. A big advantage is on straight roads and especially uphill. The stronger narrower mid-section and the narrow saddle nose give more legroom.

Racers combine the saddle with the SQ-Short One12. Those looking for comfort can opt for the 612 Ergowave active or combine the saddle with the SQ-Short One11 trousers with shearing force gel.



The proven SQlab Ergowave form relieves the soft tissue area and prevents energy-consuming bad posture. The saddle shell is weight and flex optimized down to the last detail.

The cover is extremely light but also abrasion-resistant and non-slip. The padding is closed-cell and strongly minimised. The comfort comes from the shape and the flex behaviour between rail - shell - foam, which is coordinated as an overall system.



Available widths:  
12 cm, 13 cm, 14 cm



Shorter - Narrower - Lighter - Faster  
More performance based ergonomics  
from 125 g.



shorter  
saddle nose



narrower  
saddle nose



stronger  
waist



Comparison 612 ERGOWAVE® & 612 ERGOWAVE® R

**311**  
FL-X



## MTB Race

## Stability

Syntace® and S QLlab are the only manufacturers to remain undamaged in the large Bike Magazine break test (04-2019). This means 300,000 load changes in the Zedler Advanced Test with up to 1600 N.

## Weight

With Low weight of 199 g & Medium 217 g the handlebar is one of the lightest and most stable on the market.



## Damping

The 311 FL-X has been developed with regard to flex behaviour.

An extensive study has led to the result that the 311 FL-X reduces vibrations and loads between 18 % and 31 %.

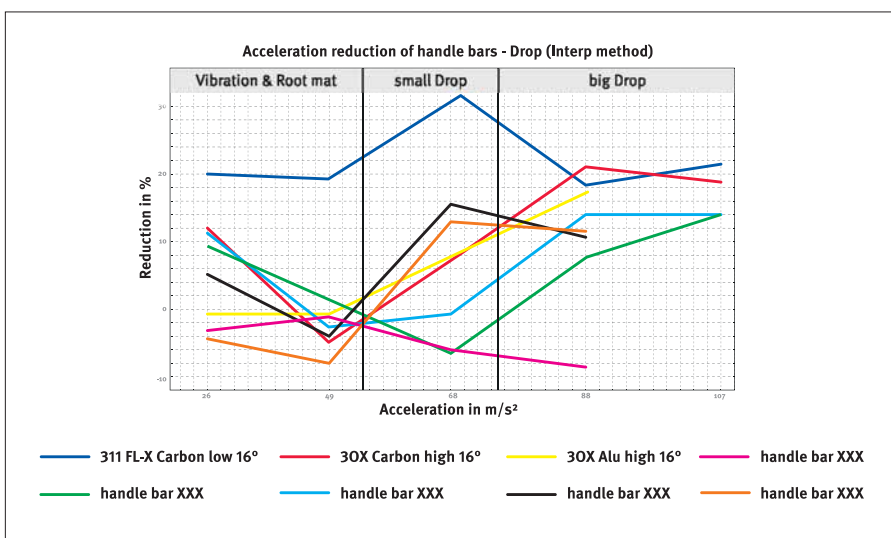
## Ergonomics

With competitors handlebar width of 740 mm and under 9° backsweep, the wrists are always overstretched. S QLlab currently has the monopoly for ergonomically designed MTB handlebars.

## 311 FL-X Carbon

- reduction of the load
- Weight: 199 g (low), 217 g (med)
- 30 % more flex
- Width: 740 mm
- Rise: low and medium
- 16° Backsweep
- 4° Upsweep

# 30 % less vibration through the S QLlab FL-X technology



### Study damping behaviour

The acceleration was recorded with two triaxial acceleration sensors at a frequency of 400 Hz (400 measurements per second). In order to determine the difference between the handlebar end and the centre of the handlebar, one sensor was mounted centrally on the handlebar and a second sensor on the handlebar end.

The diagram shows the reduction of the load in percent. It can clearly be seen that the S QLlab 311 FL-X has a constantly high damping capacity between 18 % and 31 %.

The test lap was driven by Max Holz S QLlab Category Manager Performance and Mara-

thon Winner 2018 in Riva, Willingen and Leogang. The round included root sections, downhill and uphill sections as well as three drops at different heights.

At accelerations of up to 50 m/s<sup>2</sup> (which corresponds to approximately 5 g, i.e. 5 times the earth's gravitational pull), the S QLlab 311 FL-X reduces the loads on the handarm system by 18 % to 20 %.

The other tested handlebars can only "work" little or not at all at these accelerations and thus reduce the load only insignificantly.

These accelerations/impacts, frequently occur during mountain biking, e.g. with root sections or braking bumps.

The mountain bike specific problem "arm pump" is evident. The result is numbness of the fingers and premature fatigue.

At higher loads the 30X Carbon achieves the highest reduction according to the area of use.



The 311 FL-X reduces loads by 18 % - 31 %.



### Rigid handle bars

transmits the vibrations on the rider.  
Vision can become blurred.

### 311 FL-X handle bars

with optimized damping properties reduces fine vibrations as well as large G-forces.

*Performance Manager Max Holz tests the products at long marathon races or in the XC World Cup.*



*Fun on the bike. The „Maloja Pushbiker Fem.“ team has been riding the ERGOWAVE® models for years. The SQlab step saddle system is equally suitable for men and women.*

ERGOWAVE®



Performance based  
Ergonomics **starting at 147 g.**





Created from a SQlab research project in collaboration with the Frankfurt University of Applied Sciences and the University Clinic of Frankfurt, and funded by the Federal Ministry of Economy and Technology. For the first time in a research project, the forces involved and the maximum load limits between a person and a bike saddle

le were able to be calculated down to the deepest structures of the body.

The end result is the new ERGOWAVE® saddle shape for a more aggressive sitting position on road and MTB bikes which gives the absolute best numbers below the maximum load limits in all tests.

# Performance based Ergonomics

## Biomechanics

Thanks to the SQlab active technology – which, from a biomechanical standpoint, is similar to the lateral movement of the pelvis when walking – efficiency in the pedaling movement is increased by up to 7°. At the same time, this eases the load off the vertebral discs and increases comfort at the sit bones. Proven SQlab active-technology has been tuned firmer for road & MTB racing and is adjustable in three levels of stiffness via elastomers.



## Sporty rear

The raised wings offer more support and ensure more efficient power transmission.

## Energy saving

The ERGOWAVE's® wavy shape – stretching from the rear of the saddle to the front – perfectly fits most ischial rami. The rider does not have to assume an energy sapping posture. All your energy will be available for propulsion.



## The Perfect Fit

Maximum performance requires a fit and width that is perfectly tailored for individual athletes.

Available widths:  
12 cm, 13 cm, 14 cm, 15 cm





## Dip

The indentation in the middle of the saddle reduces pressure on the perineal area's sensitive structures.

# 611

ACTIVE  
ERGOWAVE



### MTB Tech & Trail



611 ERGOWAVE® active Carbon – 191 g

## Low and Flat

The saddle nose's flat and lightly curved shape results in a maximum contact area with ultra low pressure.

The narrow nose reduces lateral friction while pedaling.

The SQlab MaxContact® shape, has already proven itself in past SQlab race models, and has been carried over to the ERGOWAVE®-series.

# 612

ACTIVE  
ERGOWAVE



### Road & MTB Race









Gravity & E-Performance

## Reliable and Robust

Whether All Mountain, DH, Freeride or Tour - you can rely on the OX Series. The OX series provides ultimate reliability without creating stress or pressure.

Always there when you need it, even when things get rough!



Youtube star Fabio Wibmer is well known for long jumps, tricks and videos. Everyone who knows him knows: **The material must last.**



# FABIO WIBMER

# Reliable. Pleasant. Robust.

## Pressure Relief

The wave-shaped elevation stretching forward from the rear provides considerable pressure relief in the soft tissue area. The flat shaped saddle nose, which lies lower, also ensures less pressure in the same sensitive areas of men and women alike. The 60X saddle is optimal for long, steep climbs while providing extreme relief.

## More Hold

The rear of the 60X has been raised to give the E-MTB more support, providing SQlab's proven pressure distribution.

## active-System - Sport

The proven SQlab active technology increases the efficiency of the pedalling motion and comfort. At the same time, the spinal discs are relieved.



## The Perfect Fit

Maximum performance requires a fit and width that is perfectly tailored for individual athletes.

Available widths:  
13 cm, 14 cm, 15 cm, 16 cm





60X ERGOWAVE® active – 270 g



**60X**



Gravity & E-Performance

### More Grip

The grip material on the raised step offers additional support to the rear.

### Combined Advantages

The 60X combines the advantages of the successful saddle models ERGOWAVE® and ERGOLUX®.



# OX-Series

Gravity & E-Performance



7OX



The 7OX offers perfect grip ergonomics for advanced users. Special texture zones on the surface offer maximum grip in rough terrain, even in wet and muddy conditions.



3OX

## Upsweep & Rise

The upsweep determines the elbow position for an active riding style. The 15 mm, 30 mm or 45 mm Rise (handlebar height) allows individual adjustment in the sitting position.



## 12° Backsweep

Upright riding position, All Mountain, Enduro, Gravity

The 12° backsweep with its short reach provides a natural transition from the lower arm to the hand when in a more upright riding position thus protecting the wrist from the extreme strain occurring in downhill riding.



## 16° Backsweep

stretched out riding position, Hardtail, Racefully

The 16° backsweep provides a natural transition from the lower arm to the hand when in a more stretched riding position.



## 70X Color variations



**30X** *camo*



### 9° Backsweep

#### **ltd. Edition**

#### **Fabio Wibmer and Elias Schwärzler**

The carbon layup is designed for maximum stability. The flexing characteristics are designed for the upper range with extremely hard impacts.

The 30X Camo significantly reduces the strain on the wrists in particular at high G-forces. Fabio and Elias both ride all models of the OX series. Depending on the

bike and reach, i.e. the distance between the handlebars and the upper body with the optimum backsweep.

The shorter the reach and the closer the handlebars are to the upper body, the lower the backsweep can be. This model, with very reduced bends, is only available in this design and only for a short time.







*Comfortable and relieving, whether in the city or in nature.*

ERGOLUX®



Stay  
seated!



Weightlessly travel through the city and reach your destination in ultimate comfort. Experience the airflow created by your own strength while you experience the joy of cycling. For over 200 years, bicycling continues to be the most fascinating and efficient method of transportation in spite of new technology such as the automobile, motorcycle and space shuttle!

As part of a research project, scientists, doctors, technicians and a multitude of cyclists have researched down to the last detail and made continuous improvements.

After the second season of ERGOWAVE®, we are now ready to present the comfort variant for cyclists, who sit somewhat more upright on their touring, city and trekking bikes.

ERGOLUX® – more freedom – greater movement – less pressure. ERGOLUX® is the comfort version of the successful SQlab ERGOWAVE® saddle shape.

Offered in three models, each with different widths for every range of application, for every bike and, above all, for every behind.

# More Comfort – less Pressure!

## Infinergy® Damper

The new damper consists of the wellknown and with running shoes very wellproven, Infinergy® material from BASF.



## Comfortable Sitting Position

The ERGOLUX's® wavy shape – stretching from the rear to the front – perfectly fits most ischial rami. Its enlarged, surface ensures the best possible pressure distribution for the ischial rami.

## Low and Flat

The saddle nose's flat and lightly curved shape results in a maximum contact area with correspondingly low pressure. As a result, the nose is simultaneously very narrow, and lateral friction during pedaling is reduced to a minimum.

## Perfect Hold

The up swept rear provides better support for the back and ensures more efficient force transfer.







## Relief for Men and Women

Due to the dropped nose design both male and female perineal areas are relieved. This reduces pressure on sensitive tissues.



### MTB Tour & Travel

Available widths:  
13 cm, 14 cm, 15 cm, 16 cm



### Trekking

Available widths:  
14 cm, 15 cm, 16 cm, 17 cm



### City/Comfort

Available widths:  
18 cm, 21 cm, 24 cm



*Finally carefree cycling. With the M-D Line, the emphasis is on freedom of pressure at the most important points.*



More Space –  
less Pressure





The M-D Line was developed for maximum relief of sensitive areas. A pressure distribution according to medical aspects.

The M-D Line stands for Maximized Dip and, in combination with the high classical step shape, distributes the body weight to the sit bones. If you want maximum relief in the male problem areas of the perineum and prostate or in the more female prob-

lems of the coccyx and pubic curves, the M-D Line is the ideal choice.

It is best to combine the M-D Line with the cycling liner SQ-Short One10 with shear force gel. If you are looking for more comfort, then the ERGOLUX® models are the right choice for you. The matching 702 grips also provides more comfort and relief in sensitive areas.



*Maximum relief through the M-D saddles, the 702 grip and the 521 pedal.*



# More Space – less Pressure

Pressure distribution according to medical experts with maximized dip and elevated level.

## 80 % Relief

For trekking bikes with moderate to upright seating position. The relief of the perineum area is at very high 80%, normally sufficient for age-related, enlarged prostate. Talk to your doctor to be on the safe side.

**602**  
ACTIVE



Trekking



## Difference M-D Line – ERGOLUX®

If the relief of the perineum area is not so important to you, but the comfort at the seat bones should be maximum, we recommend the ERGOLUX® series.

## Relief of the intervertebral discs

In contrast to the ERGOLUX® series, the active system is slightly firmer with the black damper. The active movement of the 602 M-D active can be adjusted via two comfort sticks.



Available widths:  
14 cm, 15 cm, 16 cm, 17 cm

## 85 % Relief

For City bikes with slightly forward body lean to very upright sitting position. The 621 M-D offers 85 % relief. This is the highest relief for perineum and prostate from the entire SQLab product range. Only the 600 active offers a little more with 100 % relief.

**621**  
ACTIVE



City/Comfort



## Suitable for heavier riders

The width of 24 cm offers a large contact area. This enables the saddle to absorb higher body weights. The M-D line also features our active system and chromoly rails, making this series even more suitable for heavier riders



## active - System

The active system of the 621 M-D active can be set via four comfort sticks.

Available widths:  
18 cm, 21 cm, 24 cm



*For every hand, for every bike, the perfect grip.*



SQLab  
Grip Series





The perfect fit for a bicycle grip is crucial for comfort and safety. The grip width is the distance from the tip of the middle finger to the crook of the thumb. Because that's exactly how you hold the grip. The grip sizes differ in diameter, length and shape.

# SQlab Grip Concept Comfort

## Maximum Surface

Flat across the top while stretched forward and backwards so that the surface area is as large as possible, for different riding styles. This allows the fingers to securely grasp the grip.

*Comparison Grips  
702 & 710*



## Comfort & Relief

The downward sloping shape matches the natural position of the hand and relieves manual nerve tracts.

## Raised

The raised grip end supports the outside of the hand and gives the hand protection. The pressure is distributed across a large area.



## Grip Security

Safety comes before comfort. Thanks to our size system, the the outer wing and the Ergobar, you can always fully enclose the handle.

## Angular and Areal

The flat, slightly angular underside of the grip fits perfectly to the angled, bent fingers. You can grasp the grip loosely and relaxed and still have everything under control.



## Grip Size Measurement

The right grip size is crucial for a secure hold. Our grips are available in three sizes & diameters (S, M, L).

## Wing-Position

The relief wing is located at the very edge for securely grasping the grip body.



*Wing placed at the very edge - more space for an active riding style.*



# 702



## Trekking & City Comfort

### Grip Security & Comfort

The relief wing, which is located at the very edge and deeply extends downwards, supports the wrist.

The raised end of the grip externally nestles against the side of the hand, while the insi-

de is somewhat more elevated. As a result, it specifically relieves the ulnar nerve, the median nerve and the carpal tunnel pass. Ergobar offers a secure grip and optimum support for your fingers on the front and bottom of the grip.



### Comfort Upgrade

Existing 710 and 702 handles can easily be upgraded with Innerbarends® 410/402.

# 710



## MTB Tour & Travel

### The best selling of the grip series

The well thought-out shape, with the wings pulled down far, make for the perfect combination of comfort and driving dynamics.

The comfort level in the 710 matches the 702. While offering a lower level of outside support, the freedom of movement and grip security exceptionally high in the 710.



NEU



### 710 Short

with short, right side for twist grip shifting.

# 70X



Gravity & E-Performance

## Grip ergonomics for experts

The perfect fit for maximum control. The surface offers maximum grip, even in moisture and mud. Fingers are optimally supported in any situation by the front and bottom. The inside clamping and the new shape provide extra damping and the necessary comfort on the outside.



# WIBMER'S CHOICE

## Texture Zone 70X



### Diamond Zone

for the perfect support  
in any weather.

### Comfort Zone

for optimum shock absorption.

### Grip Zone

for a secure grip  
with every single finger.



# 711R



## MTB Race



### Every Gram counts!

On the basis of the 70X all material was eliminated that was not absolutely necessary. Material needed for a heavy wing is eliminated.

The second advantage is that the handle remains perfectly round in terms of driving dynamics. The slightly angular, flat shape on the underside saves material and provides a perfect fit. This ensures that the grip lies loosely and securely in the hand. This saves energy and prevents arm pumping.



### New Material

Silicone rubber compound

### Surface

The flattened shape on the outside increases the contact surface and maximizes comfort.



*light - durable - damping - non-slip  
starting at 59 g/Pair*

# 711



## MTB Tech & Trail

### Grip ergonomics for the long haul

The outer contact area is less round but flattened instead. The flattened area also raises slightly towards the outside for support. Based on the natural contour of the hand on a grip, contact is drawn forward and slightly rearward at the same time. The clamping is inside and the clamping sleeve lies only in the inner third. This allows more material for increased cushioning and a confident “tacky” feel. The flat angular bottom offers a perfect form fit. The design organically flows with your palm and fingers providing the ideal interface and optimal cushioning. The handle can be loosely guided, yet the bike is always under control. The advantages are noticeable in the first few meters and especially at the end of a hard marathon.

### Grip Security

The raised grips keep hands on the handlebar, even when things get rough.

### Clamping

The grip is clamped on the inner third of the grip, allowing increased damping and comfort on the outside of the hand.



*Maximum volume for more cushioning.*

*Clamp shim only in the first third.*

### Surface

The flattened outer shape drawn slightly forward and rearward reduces pressure.

### Cushioning

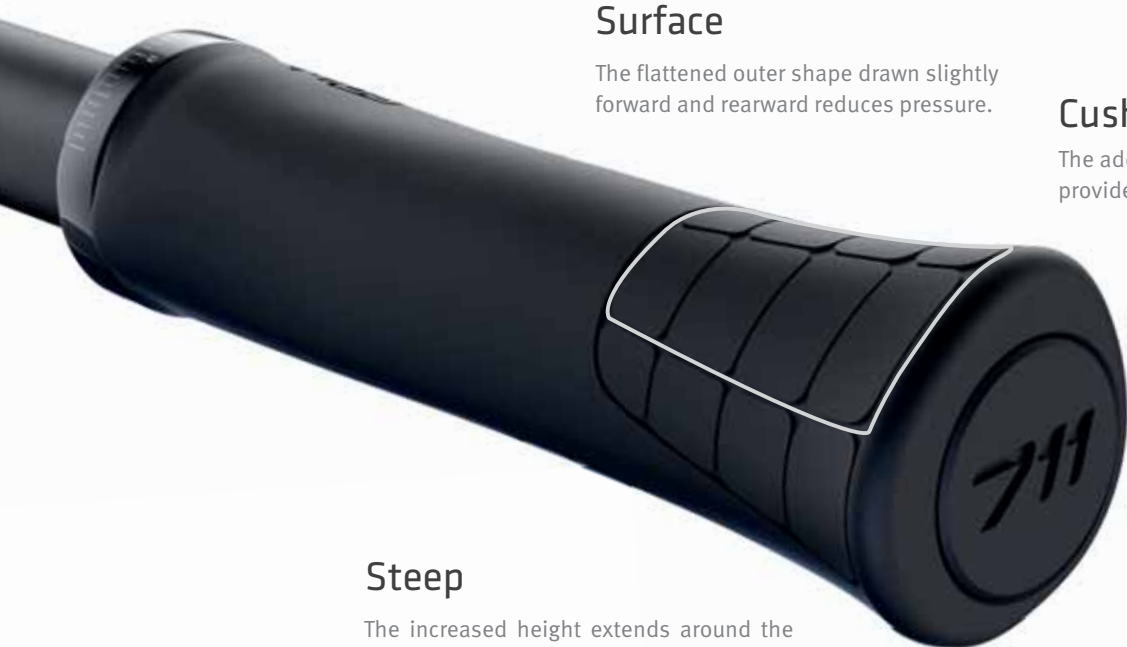
The added material at the end of the grip provides more „spring deflection“.

### Steep

The increased height extends around the grip so that maximum cushioning is always provided, even in steep descents.

### One Piece

The end of the grip is closed. End plugs are no longer needed.



# 712



## Road

### Grip und Comfort

The 712 features a special rubber compound with integrated knob structures that mimic the 70X grip. This allows for a perfect grip in all weather conditions, while providing extra damping on your road and gravel rides.



### Knob Structure

The knob structure in the middle of the handlebar tape increases damping and comfort.

### SQLab Handlebar Tape sizing system

The three rows of knobs serve as a reference point for the handle size and winding thickness. As with the SQLab grips, the winding thickness can be determined using the handle width template.

**Size S:** The handlebar tape is wound in such a way that all three rows of knobs are visible.

**Size M:** The handlebar tape is wound in such a way that two rows of knobs are visible.

**Size L:** The handlebar tape is wound in such a way that only one row of knobs is visible.

This winding technique is mainly recommended for the lower bar bends, where you grip in the descents and experience the highest pressure on your hands. With the proper wrapping technique, hand strength is optimized and helps avoid cramping.







*Faster to the finish line with the 411 Innerbarends®.*



SQLab  
Innerbarends®





## Bar ends on the inside = Innerbarends®!

Bar ends date back to the beginnings of mountain bikes and are normally installed on the ends of the handlebar. This was a very good idea from an ergonomic standpoint. Over time, as straight handlebars faded away, and raised handlebars became more common, barends disappeared again. Since handlebars have now become flat and significantly wider, bar ends are once again useful. However, we install the bar ends inside to keep them from hooking on things like trees and rocks, hence the somewhat contradicting name Innerbarends®!



# SQlab Innerbarends®

## Comfortabel. Aerodynamic. Inside.

As a result, Innerbarends® are a new, innovative evolution of the original bar ends, but with an unprecedented safety aspect. Despite the altered handle position, the brake lever is always available. It feels slightly similar to a triathlon clip on bar. Inner bar ends do not weigh much and are not bothersome – we simply recommend that you try them out.

Innerbarends® have no definitive application. They are primarily suited for the

mountain bike: MTB racing, cross country, marathon, trail bikes, touring bikes, all-mountain – but the combination of comfort and improved aerodynamics provides a great competitive advantage in marathons. Bar ends also offer an ideal option to change the handle position on the handlebars of trekking bikes and even city bikes.

SQlab has offered bar ends that are installed inside the handles since 2007.



## 411

### Small & Light

Innerbarends® 411: 108 g/Pair  
Innerbarends® 411 R Carbon: 40 g/Pair

### Natural Hand Position

The SQlab Innerbarends® 411 enable a natural hand position.

### Perfect Muscle Relief

The perfect solution for relieving muscle groups in the arms, shoulders and backs by changing the arm position on the bike, especially over long distances.

### Maximum Speed

The aerodynamic, relaxed elbow position ensures maximum speed.

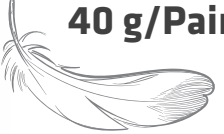


## SQLab Study on Wind Resistance

An internal study by SQLab on the track has shown that test riders with their hands on the inner bar ends were able to cover the same distance in the same time at 14 watts less. 10 test runs were each conducted at the track at a constant speed of 36 km/h. To precisely log the watt values, two power meters – provided by the company SRM – were used. On average, the riders had to muster up 293 watts without inner bar ends and 279 watts with them.



Innerbarends® 411R Carbon

 **40 g/Pair**



## Multiposition

The future of gripping. After Barends mounted on the outside and elaborately bent, so-called multiposition handlebars, from now on the handle is gripped inwards.

You will immediately notice it during the first test ride. Moving your hand inwards and returning the hand position to its natural position immediately feels pleasant and correct. The neck musculature relaxes, there is a relief of the typical pressure loads on the hand and even the pedalling movement of the legs feels more efficient and lighter. The noticeably lower wind resistance increases speed without further effort.



410/402 Immerbarends®

# Barends are out – Innerbarends® are in



## 410/402

One part saved and a clean transition from the grip to the Innerbarend.

The slightly flattened surface of the grips 702 and 710 additionally increases the comfort at the Innerbarend grip position.



*Existing 710 and 702 handles can easily be upgraded with Innerbarends® 410/402.*





*SQ-Short ONE12 – 4 mm thin, hard, super light and comfortable.*

# ONE

For Racer,  
who are sick  
of diapers!



## Hard and Thin

The new SQ pads are only 4, 6, 8 mm thick and initially feel exceptionally firm and high-quality. The first riding impression with the SQ pads is very similar to that of the SQLab saddles. Initially a bit unusual, but with increasing mileage it becomes more and more comfortable.



# ONE

## One Size

One would have expected more from the inventor of the seat bone measurement and the saddle width system - at least several different pad widths. The SQ pads are universally suitable for any seat bone distance. The slight excess width ensures that the seat bones rest firmly on the pad during the pedalling movement and do not push it inwards.

## Multi-layered

Despite the very flat, only 6-8 mm thick construction, the ONE11 and ONE10 cushions conceal several layers that are coordinated with each other.

## No Pressure Points

Unlike many thick and soft pads, the flat SQ-Pad 12 maintains its shape due to its firm design and does not become unpleasantly wedged in when pedaling.

## No Shear Forces

The pain is caused by the periosteum, where the pressure is less the problem than the shear forces caused by the pedalling movement. The slight but constant movement of the pelvis on the saddle causes painful shearing forces on the bone skin. The new shorts pads SQ- Pad 10 and 11 have a thin layer of orthopaedic TPE gel. This gel has been specially developed to absorb shear forces in the medical field.



The TPE shearing force gel can optimally develop its ability to absorb horizontal movements on the underside of the pad.





## ONE12 SQ-SHORT



### Road & MTB Race

+ 4 mm thin SQ-Pad 12



## ONE11 SQ-SHORT



### MTB Tech & Trail

- + 6 mm thin SQ-Pad 11
- + TPE layer to absorb shear forces
- + SAS-Tec Tripleflex Protector for additional fall protection



## ONE10 SQ-SHORT



### MTB Tour & Travel

- liner for the upright sitting position.
- + 8 mm thin SQ-Pad 10
- + TPE layer to absorb shear forces



# SQLab Saddles

## 600 active



129,95 €



Medical

**max. Load**  
120 kg

**Length**  
245 mm

**Width**  
S, M, L

**Weight**  
844 g

**Item No.**  
1337

**Rail Material**  
CrMo

**Perineal Relief**  
100 %

**Hardness**  
45 SQ-Shore

## 603 soft



49,95 €



Trekking

**max. Load**  
100 kg

**Length**  
282 mm

**Width**  
14 cm

**Weight**  
398 g

**Item No.**  
1711

15 cm 413 g 1712

16 cm 420 g 1713

17 cm 429 g 1836

**Rail Material**  
CrMo

**Perineal Relief**  
60 %

**Hardness**  
40 SQ-Shore

## 604 active



79,95 €



disc. Model



Trekking

**max. Load**  
130 kg

**Length**  
280 mm

**Width**  
14 cm

**Weight**  
443 g

**Item No.**  
1932

15 cm 448 g 1933

16 cm 452 g 1934

17 cm 459 g 1935

**Rail Material**  
CrMo

**Perineal Relief**  
70 %

**Hardness**  
40 SQ-Shore

## 621 active



79,95 €



disc. Model



Comfort

**max. Load**  
130 kg

**Length**  
277 mm

**Width**  
18 cm

**Weight**  
635 g

**Item No.**  
1179

21 cm 660 g 1180

24 cm 685 g 1181

**Rail Material**  
CrMo

**Perineal Relief**  
75 %

**Hardness**  
45 SQ-Shore

## 621 soft



59,95 €

disc. Model



Comfort

**max. Load**  
100 kg

**Length**  
263 mm

**Width**  
18 cm

**Weight**  
610 g

**Item No.**  
1707

21 cm 720 g 1708

**Rail Material**  
CrMo

**Perineal Relief**  
70 %

**Hardness**  
35 SQ-Shore

## 621 Münster



69,95 €



disc. Model



Comfort

**max. Load**  
130 kg

**Length**  
277 mm

**Width**  
18 cm

**Weight**  
635 g

**Item No.**  
1956

21 cm 660 g 1957

24 cm 685 g 1978

**Rail Material**  
CrMo

**Perineal Relief**  
75 %

**Hardness**  
45 SQ-Shore

### 621 M-D Line active



79,95 €  **NEW**



City/Comfort

**max. Load**  
150 kg

**Length**  
277 mm

**Width**  
18 cm

**Weight**  
630 g

**Item No.**  
2289

21 cm

640 g

2290

24 cm

650 g

2291

**Rail Material**  
CrMo

**Perineal Relief**  
85 %

**Hardness**  
40 SQ-Shore

### 602 M-D Line active



89,95 €  **NEW**



Trekking

**max. Load**  
150 kg

**Length**  
288 mm

**Width**  
14 cm

**Weight**  
470 g

**Item No.**  
2292

15 cm

475 g

2293

16 cm

480 g

2294

17 cm

490 g

2295

**Rail Material**  
CrMo

**Perineal Relief**  
80 %

**Hardness**  
45 SQ-Shore

### 621 ERGOLUX® active Infinergy® 2.0



89,95 € 



City/Comfort

**max. Load**  
130 kg

**Length**  
277 mm

**Width**  
18 cm

**Weight**  
542 g

**Item No.**  
2201

21 cm

547 g

2202

24 cm

564 g

2203

**Rail Material**  
CrMo

**Perineal Relief**  
70 %

**Hardness**  
45 SQ-Shore

### 602 ERGOLUX® active Infinergy® 2.0



99,95 € 



Trekking

**max. Load**  
130 kg

**Length**  
280 mm

**Width**  
14 cm

**Weight**  
421 g

**Item No.**  
2197

15 cm

458 g

2198

16 cm

441 g

2199

17 cm

455 g

2200

**Rail Material**  
CrMo

**Perineal Relief**  
65 %

**Hardness**  
45 SQ-Shore

### 610 ERGOLUX® active 2.0



129,95 € 



MTB Tour & Travel

**max. Load**  
100 kg

**Length**  
275 mm

**Width**  
13 cm

**Weight**  
275 g

**Item No.**  
2228

14 cm

284 g

2229

15 cm

286 g

2230

16 cm

293 g

2231

**Rail Material**  
CrMo

**Perineal Relief**  
72 %

**Hardness**  
50 SQ-Shore

### 610 ERGOLUX® 2.0



89,95 €



MTB Tour & Travel

**max. Load**  
100 kg

**Length**  
275 mm

**Width**  
13 cm

**Weight**  
245 g

**Item No.**  
2232

14 cm

254 g

2233

15 cm

259 g

2234

16 cm

266 g

2235

**Rail Material**  
CrMo

**Perineal Relief**  
70 %

**Hardness**  
50 SQ-Shore



# SQLab Saddles

## 60X ERGOWAVE® active



149,95 € 



Gravity &  
E-Performance

**Rail Material**  
S-Tube

**max. Load**  
110 kg

**Perineal Relief**  
72 %

**Length**  
280 mm

**Hardness**  
50 SQ-Shore

**Width**  
13 cm

14 cm  
15 cm  
16 cm

**Weight**  
270 g

280 g  
285 g  
295 g

**Item No.**

1791  
1792  
1793  
2142

## 611 ERGOWAVE® active Carbon



229,95 € 



MTB Tech & Trail

**Rail Material**  
Carbon Fibre  
(oval shape 7 mm × 9,6 mm)

**max. Load**  
90 kg

**Perineal Relief**  
65 %

**Length**  
280 mm

**Hardness**  
55 SQ-Shore

**Width**  
12 cm

13 cm  
14 cm  
15 cm

**Weight**  
191g

194g  
196g  
199g

**Item No.**

1898  
1899  
1900  
1901

## 611 ERGOWAVE® active



149,95 € 



MTB Tech & Trail

**Rail Material**  
S-Tube

**max. Load**  
100 kg

**Perineal Relief**  
65 %

**Length**  
280 mm

**Hardness**  
55 SQ-Shore

**Width**  
12 cm

13 cm  
14 cm  
15 cm

**Weight**  
220 g

222 g  
226 g  
228 g

**Item No.**

1894  
1895  
1896  
1897

## 611 ERGOWAVE® Carbon



189,95 €



MTB Tech & Trail

**Rail Material**  
Carbon Fibre  
(oval shape 7 mm × 9,6 mm)

**max. Load**  
90 kg

**Perineal Relief**  
65 %

**Length**  
280 mm

**Hardness**  
55 SQ-Shore

**Width**  
12 cm

13 cm  
14 cm  
15 cm

**Weight**  
150 g

153 g  
157 g  
161 g

**Item No.**

1886  
1887  
1888  
1889

## 611 ERGOWAVE®



129,95 €



MTB Tech & Trail

**Rail Material**  
S-Tube

**max. Load**  
90 kg

**Perineal Relief**  
65 %

**Length**  
280 mm

**Hardness**  
55 SQ-Shore

**Width**  
12 cm

13 cm  
14 cm  
15 cm

**Weight**  
185 g

187 g  
191 g  
193 g

**Item No.**

1882  
1883  
1884  
1885

## 611 ERGOWAVE® CrMo



89,95 €



MTB Tech & Trail

**Rail Material**  
CrMo

**max. Load**  
90 kg

**Perineal Relief**  
65 %

**Length**  
280 mm

**Hardness**  
55 SQ-Shore

**Width**  
12 cm

13 cm  
14 cm  
15 cm

**Weight**  
244 g

248 g  
250 g  
254 g

**Item No.**

2046  
2047  
2048  
2049

**611 ERGOWAVE® active  
ltd. RUH**



149,95 €  **NEW**



MTB Tech & Trail

**Rail Material**  
S-Tube

**max. Load**  
100 kg

**Perineal Relief**  
65 %

**Length**  
280 mm

**Hardness**  
55 SQ-Shore

**Width**  
12 cm  
13 cm  
14 cm  
15 cm

**Weight**  
220 g  
222 g  
226 g  
228 g

**Item No.**  
2277  
2278  
2279  
2280

**611 ERGOWAVE® active  
ltd. Flow Yellow**



149,95 € 



MTB Tech & Trail

**Rail Material**  
S-Tube

**max. Load**  
100 kg

**Perineal Relief**  
65 %

**Length**  
280 mm

**Hardness**  
55 SQ-Shore

**Width**  
12 cm  
13 cm  
14 cm  
15 cm

**Weight**  
220 g  
222 g  
226 g  
228 g

**Item No.**  
2160  
2161  
2162  
2163

**611 ERGOWAVE® active  
Endless Summer**



149,95 € 



MTB Tech & Trail

**Rail Material**  
S-Tube

**max. Load**  
100 kg

**Perineal Relief**  
65 %

**Length**  
280 mm

**Hardness**  
55 SQ-Shore

**Width**  
12 cm  
13 cm  
14 cm  
15 cm

**Weight**  
220 g  
222 g  
226 g  
228 g

**Item No.**  
2087  
2088  
2089  
2090

**611 ERGOWAVE® active  
ltd. S`Qantara**



149,95 € 



MTB Tech & Trail

**Rail Material**  
S-Tube

**max. Load**  
100 kg

**Perineal Relief**  
65 %

**Length**  
280 mm

**Hardness**  
55 SQ-Shore

**Width**  
12 cm  
13 cm  
14 cm  
15 cm

**Weight**  
220 g  
222 g  
226 g  
228 g

**Item No.**  
1964  
1965  
1966  
1967

**611 ERGOWAVE®  
ltd. S`Qantara**



129,95 €



MTB Tech & Trail

**Rail Material**  
S-Tube

**max. Load**  
90 kg

**Perineal Relief**  
65 %

**Length**  
280 mm

**Hardness**  
55 SQ-Shore

**Width**  
12 cm  
13 cm  
14 cm  
15 cm

**Weight**  
185 g  
187 g  
191 g  
193 g

**Item No.**  
1968  
1969  
1970  
1971

**611 active CrMo**



129,95 €  **disc. Model**



MTB Tech & Trail

**Rail Material**  
CrMo

**max. Load**  
100 kg

**Perineal Relief**  
75 %

**Length**  
302 mm

**Hardness**  
60 SQ-Shore

**Width**  
13 cm  
14 cm  
15 cm

**Weight**  
285 g  
286 g  
290 g

**Item No.**  
1407  
1408  
1409

# SQlab Saddles

## 612 ERGOWAVE® R Carbon



229,95 €

NEW



Road & MTB Race

**Rail Material**  
Carbon Fibre  
(oval shape 7 mm × 9,6 mm)

**max. Load**  
90 kg

**Perineal Relief**  
63 %

**Length**  
252 mm

**Hardness**  
60 SQ-Shore

**Width**  
12 cm  
13 cm  
14 cm

**Weight**  
125 g  
130 g  
140 g

**Item No.**

2299  
2300  
2301

## 612 ERGOWAVE® R S-Tube



149,95 €

NEW



Road & MTB Race

**Rail Material**  
S-Tube

**max. Load**  
90 kg

**Perineal Relief**  
63 %

**Length**  
252 mm

**Hardness**  
60 SQ-Shore

**Width**  
12 cm  
13 cm  
14 cm

**Weight**  
150 g  
155 g  
165 g

**Item No.**

2296  
2297  
2298

## 612 ERGOWAVE® active Carbon



229,95 €

€



Road & MTB Race

**Rail Material**  
Carbon Fibre  
(oval shape 7 mm × 9,6 mm)

**max. Load**  
90 kg

**Perineal Relief**  
63 %

**Length**  
275 mm

**Hardness**  
60 SQ-Shore

**Width**  
12 cm  
13 cm  
14 cm  
15 cm

**Weight**  
183 g  
184 g  
185 g  
189 g

**Item No.**

1857  
1858  
1859  
1860

## 612 ERGOWAVE® active



149,95 €

€



Road & MTB Race

**Rail Material**  
S-Tube

**max. Load**  
100 kg

**Perineal Relief**  
63 %

**Length**  
275 mm

**Hardness**  
60 SQ-Shore

**Width**  
12 cm  
13 cm  
14 cm  
15 cm

**Weight**  
211 g  
213 g  
214 g  
218 g

**Item No.**

1861  
1788  
1789  
1790

## 612 ERGOWAVE® Carbon



189,95 €



Road & MTB Race

**Rail Material**  
Carbon Fibre  
(oval shape 7 mm × 9,6 mm)

**max. Load**  
90 kg

**Perineal Relief**  
63 %

**Length**  
275 mm

**Hardness**  
60 SQ-Shore

**Width**  
12 cm  
13 cm  
14 cm  
15 cm

**Weight**  
147 g  
150 g  
154 g  
158 g

**Item No.**

1853  
1854  
1855  
1856

## 612 ERGOWAVE®



129,95 €



Road & MTB Race

**Rail Material**  
S-Tube

**max. Load**  
90 kg

**Perineal Relief**  
63 %

**Length**  
275 mm

**Hardness**  
60 SQ-Shore

**Width**  
12 cm  
13 cm  
14 cm  
15 cm

**Weight**  
175 g  
178 g  
179 g  
182 g

**Item No.**

1866  
1867  
1868  
1869



### 612 ERGOWAVE® ltd. Sixtus Carbon



189,95 €



Road & MTB Race

**Rail Material**  
Carbon Fibre  
(oval shape 7 mm × 9,6 mm)

**max. Load**  
90 kg

**Perineal Relief**  
63 %

**Length**  
275 mm

**Hardness**  
60 SQ-Shore

**Width**  
12 cm  
13 cm  
14 cm  
15 cm

**Weight**  
147 g  
150 g  
154 g  
158 g

**Item No.**  
2170  
2171  
2172  
2173

### 612 ERGOWAVE® ltd. Sixtus



129,95 €



Road & MTB Race

**Rail Material**  
S-Tube

**max. Load**  
90 kg

**Perineal Relief**  
63 %

**Length**  
275 mm

**Hardness**  
60 SQ-Shore

**Width**  
12 cm  
13 cm  
14 cm  
15 cm

**Weight**  
175 g  
178 g  
179 g  
182 g

**Item No.**  
2166  
2167  
2168  
2169

### 612 ERGOWAVE® active ltd. RUH



149,95 € 



Road & MTB Race

**Rail Material**  
S-Tube

**max. Load**  
100 kg

**Perineal Relief**  
63 %

**Length**  
275 mm

**Hardness**  
60 SQ-Shore

**Width**  
12 cm  
13 cm  
14 cm  
15 cm

**Weight**  
211 g  
213 g  
214 g  
218 g

**Item No.**  
2143  
2144  
2145  
2146

### 613 ltd. Sixtus Carbon



179,95 €



Triathlon

**Rail Material**  
Carbon Fibre  
(oval shape 7 mm × 9,6 mm)

**max. Load**  
80 kg

**Perineal Relief**  
40 %

**Length**  
278 mm

**Hardness**  
55 SQ-Shore

**Width**  
12 cm  
13 cm

**Weight**  
175 g  
180 g

**Item No.**  
2174  
2175

### 613



179,95 €



Triathlon

**Rail Material**  
Carbon Fibre  
(oval shape 7 mm × 9,6 mm)

**max. Load**  
80 kg

**Perineal Relief**  
40 %

**Length**  
278 mm

**Hardness**  
55 SQ-Shore

**Width**  
12 cm  
13 cm

**Weight**  
175 g  
180 g

**Item No.**  
1481  
1773



**E-Bike ready**  
E-Bike ready products  
are suitable for E-Bike use.

The E-Bike and E-MTB allow longer and steeper routes. You usually sit longer in the saddle. In addition, the E-Bike is significantly more stable due to the higher weight and the heavier wheels. SQlab saddles are generally characterized by the

step saddle shape, which offers more grip in addition to improved pressure distribution. This is a big advantage for E-Bikes.

The usually tighter padding is very well suited for a longer "saddle time". In particular, the active func-

tion compensates for the high driving stability and brings back the comfort. The MTB saddles have a sturdy cover on the sides, as the usually heavier E-MTBs in a fall otherwise damage the saddle quickly.

# SQlab Handlebars

321 25.4 2.0



49,95 €



Comfort

**Material**  
Aluminium

**Clamp**  
25,4 mm

**Weight**  
288 g

**Backsweep**  
45°

**Up-/Downsweep**  
0° 0°

**Width**  
630 mm

**Stretch**  
5 mm

**Rise** 0 mm  
**Item No.** 2215

302 31.8  
Comfort 2.0



59,95 €



Trekking

**Material**  
Aluminium

**Clamp**  
31,8 mm

**Weight**  
275 g

**Backsweep**  
35°

**Up-/Downsweep**  
0° 10°

**Width**  
660 mm

**Stretch**  
20 mm

**Rise** 0 mm  
**Item No.** 2214

302 25.4  
Sport 2.0



49,95 €



Trekking

**Material**  
Aluminium

**Clamp**  
25,4 mm

**Weight**  
271 g

**Backsweep**  
16°

**Up-/Downsweep**  
0° 0°

**Width**  
680 mm

**Stretch**  
10 mm

**Rise** 23 mm  
**Item No.** 2212

302 31.8  
Sport 2.0



59,95 €



Trekking

**Material**  
Aluminium

**Clamp**  
31,8 mm

**Weight**  
269 g

**Backsweep**  
16°

**Up-/Downsweep**  
0° 0°

**Width**  
680 mm

**Stretch**  
15 mm

**Rise** 25 mm  
**Item No.** 2213

310 31.8 2.0



59,95 €



Trekking

**Material**  
Aluminium

**Clamp**  
31,8 mm

**Weight**  
257 g

**Backsweep**  
16°

**Up-/Downsweep**  
0° 0°

**Width**  
680 mm

**Stretch**  
20 mm

**Rise** 15 mm  
**Item No.** 2211

310 31.8  
Sport 2.0



59,95 €



MTB Tour & Travel

**Material**  
Aluminium

**Clamp**  
31,8 mm

**Weight**  
269 g

**Backsweep**  
16°

**Up-/Downsweep**  
0° 10°

**Width**  
660 mm

**Stretch**  
20 mm

**Rise** 0 mm  
**Item No.** 2210

### 30X 12°



89,95 €



Gravity & E-Performance

**Clamp**  
31,8 mm

**Material**  
Aluminium

**Weight**  
ab 325 g

**Backsweep**  
12°

**Up-/Downsweep**  
4° 0°

**Width**  
780 mm

**Stretch**  
0 mm

**Rise**  
45 mm  
30 mm  
15 mm

**Item No.**  
2059  
2058  
2057

### 30X 12° Carbon



199,95 €



Gravity & E-Performance

**Clamp**  
31,8 mm

**Material**  
Carbon

**Weight**  
ab 235 g

**Backsweep**  
12°

**Up-/Downsweep**  
4° 0°

**Width**  
780 mm

**Stretch**  
0 mm

**Rise**  
45 mm  
30 mm  
15 mm

**Item No.**  
2053  
2052  
2051

### 30X 16°



89,95 €



Gravity & E-Performance

**Clamp**  
31,8 mm

**Material**  
Aluminium

**Weight**  
ab 325 g

**Backsweep**  
16°

**Up-/Downsweep**  
4° 0°

**Width**  
780 mm

**Stretch**  
0 mm

**Rise**  
45 mm  
30 mm  
15 mm

**Item No.**  
2062  
2061  
2060

### 30X 16° Carbon



199,95 €



Gravity & E-Performance

**Clamp**  
31,8 mm

**Material**  
Carbon

**Weight**  
ab 235 g

**Backsweep**  
16°

**Up-/Downsweep**  
4° 0°

**Width**  
780 mm

**Stretch**  
0 mm

**Rise**  
45 mm  
30 mm  
15 mm

**Item No.**  
2056  
2055  
2054

### 30X ltd. Camo 9°



199,95 € **NEW**



Gravity & E-Performance

**Clamp**  
31,8 mm

**Material**  
Carbon

**Weight**  
235 g

**Backsweep**  
9°

**Up-/Downsweep**  
4° 0°

**Width**  
780 mm

**Stretch**  
0 mm

**Rise**  
30 mm

**Item No.**  
2312



# SQlab Handlebars

## 311 27.0 2.0



89,95 €



MTB Tech & Trail

**Material**  
Aluminium

**Clamp**  
27,0 (incl. Shim  
31,8 mm)

**Weight**  
starting at  
320 g

**Backsweep**  
16°

**Up-/Downsweep**  
5°/2,5°/2,5°  
0°/0°/0°

**Width**  
740 mm

**Stretch**  
10 mm

**Rise**  
50 mm  
25 mm  
15 mm

**Item No.**  
2207  
2208  
2209

## 311 31.8 2.0



89,95 €



MTB Tech & Trail

**Material**  
Aluminium

**Clamp**  
31,8 mm

**Weight**  
starting at  
320 g

**Backsweep**  
16°

**Up-/Downsweep**  
5°/2,5°/2,5°  
0°/0°/0°

**Width**  
740 mm

**Stretch**  
10 mm

**Rise**  
50 mm  
25 mm  
15 mm

**Item No.**  
2204  
2205  
2206

## 311 FL-X Carbon 16°



249,95 €



MTB Race

**Material**  
Carbon

**Clamp**  
31,8 mm

**Weight**  
starting at  
199 g

**Backsweep**  
16°

**Up-/Downsweep**  
4° 0°

**Width**  
740 mm

**Stretch**  
0 mm

**Rise**  
30 mm  
15 mm

**Item No.**  
2165  
2164

# SQlab Stems

821 2.0



**Comfort**

Length	Weight	Stem angle	Clamp	Item No.
70 mm	144 g	+/-35°	25,4 mm	2223
90 mm	149 g			2224
100 mm	159 g			2225
<b>Material</b>				
Aluminium				

29,95 €

802 2.0



**Trekking**

Length	Weight	Stem angle	Clamp	Item No.
70 mm	144 g	+/-35°	31,8 mm	2220
90 mm	149 g			2221
100 mm	159 g			2222
<b>Material</b>				
Aluminium				

29,95 €

811 2.0



**MTB Tech & Trail**

Length	Weight	Stem angle	Clamp	Item No.
70 mm	136 g	+/-7°	31,8 mm	2217
90 mm	139 g			2218
100 mm	142 g			2219
<b>Material</b>				
Aluminium				

49,95 €

80X\*



**Gravity & E-Performance**

Length	Weight	Rise	Reach	Height	Item No.
35 mm	138 g	3,7 mm	34,8 mm	38,5 mm	2313
50 mm	149 g	5,2 mm	49,7 mm		2063
60 mm	163 g	6,3 mm	59,7 mm	6°	2064
70 mm	169 g	7,3 mm	69,6 mm		2065
80 mm	173 g	8,4 mm	79,6 mm		2066
90 mm	180 g	9,4 mm	89,5 mm	52,0 mm	2067
100 mm	190 g	10,5 mm	99,5 mm		2068
110 mm	199 g	11,5 mm	109,4 mm		2069
120 mm	206 g	12,5 mm	119,3 mm		2070

89,95 €

**Handlebar Diameter**  
31,8 mm

**Material Bolts**  
Stahl

**min. Head Tube Overlap**  
32 mm

80X ltd.\*



**Gravity & E-Performance**

Length	Weight	Rise	Reach	Height	Item No.
35 mm	128 g	3,7 mm	34,8 mm	38,5 mm	2314
50 mm	139 g	5,2 mm	49,7 mm		2091
60 mm	153 g	6,3 mm	59,7 mm	6°	2092
70 mm	159 g	7,3 mm	69,6 mm		2093
80 mm	163 g	8,4 mm	79,6 mm		2094
90 mm	170 g	9,4 mm	89,5 mm		2095

119,95 €

**Handlebar Diameter**  
31,8 mm

**Material Bolts**  
Titan







**Clamp width**  
52,0 mm

**min. Head Tube Overlap**  
32 mm

\*The pictured SQlab Ahead Cap 1 1/8" and countersunk screw is not included in the scope of delivery.


We reserve the right to make technical, price and color changes. Prices incl. statutory VAT. Print errors and mistakes excepted.

# SQlab Innerbarends® & Grips


<p><b>410/402 Innerbarends®</b></p>  <p>39,95 € <b>NEW</b></p>	<p><b>Material</b> Fiber-reinforced plastic (FRP)</p> <p><b>Compatibly</b> with the 710 and 702 grips</p>	<p><b>Color</b> black</p>	<p><b>Clamp</b> 22,2 mm</p>	<p><b>Weight</b> 118 g</p>	<p><b>Item No.</b> 2311</p>
<p><b>411 Innerbarends®</b></p>  <p>39,95 €</p>	<p><b>Material</b> Fiber-reinforced plastic (FRP)</p>	<p><b>Color</b> black</p>	<p><b>Clamp</b> 22,2 mm</p>	<p><b>Weight</b> 108 g</p>	<p><b>Item No.</b> 1996</p>
<p><b>411 Innerbarends® ltd. RUH</b></p>  <p>39,95 € <b>NEW</b></p>	<p><b>Material</b> Fiber-reinforced plastic (FRP)</p>	<p><b>Color</b> red</p>	<p><b>Clamp</b> 22,2 mm</p>	<p><b>Weight</b> 108 g</p>	<p><b>Item No.</b> 2284</p>
<p><b>411 Innerbarends® R Carbon</b></p>  <p>129,95 € <b>NEW</b></p>	<p><b>Material</b> Carbon</p>	<p><b>Color</b> black</p>	<p><b>Clamp</b> 22,2 mm</p>	<p><b>Weight</b> 40 g</p>	<p><b>Item No.</b> 2310</p>
<p><b>712 Handlebar Tape</b></p>  <p>19,95 € <b>NEW</b></p>	<p><b>Road &amp; Gravel</b></p> <p><b>Length</b> 2000 mm</p> <p>incl. handlebar plugs and end tape</p>	<p><b>Width</b> 30 mm</p>	<p><b>Color</b> black</p>	<p><b>Weight</b> 70 g</p>	<p><b>Item No.</b> 2308</p>
<p><b>712 Handlebar Tape ltd. RUH</b></p>  <p>19,95 € <b>NEW</b></p>	<p><b>Road &amp; Gravel</b></p> <p><b>Length</b> 2000 mm</p> <p>incl. handlebar plugs and end tape</p>	<p><b>Width</b> 30 mm</p>	<p><b>Color</b> red</p>	<p><b>Weight</b> 70 g</p>	<p><b>Item No.</b> 2309</p>




# SQLab Grips

702	Trekking & City Comfort	Size	Length	Range	Weight	Item No.
	S	139,1 mm	108,0 mm	258 g	1794	
	M	143,6 mm	110,8 mm	280 g	1795	
	L	145,8 mm	123,7 mm	315 g	1796	

39,95 €


710	MTB Tour & Travel	Size	Length	Range	Weight	Item No.
	S	136,8 mm	102,6 mm	193 g	2116	
	M	139,1 mm	106,0 mm	215 g	2117	
	L	145,0 mm	115,2 mm	244 g	2118	

34,95 €


710 Short	MTB Tour & Travel	Size	Length (l./r.)	Range	Weight	Item No.
	S	136,8 / 97,5 mm	102,6 mm	165 g	2302	
	M	139,1 / 97,5 mm	106,0 mm	174 g	2303	
	L	145,0 / 97,5 mm	115,2 mm	188 g	2304	

34,95 €

NEW


711	MTB Tech & Trail	Size	Length	Range	Weight	Item No.
	S	134,8 mm	98,0 mm	128 g	1797	
	M	134,8 mm	103,0 mm	150 g	1798	
	L	134,8 mm	112,0 mm	186 g	1799	

29,95 €

711 ltd. RUH	MTB Tech & Trail	Size	Length	Range	Weight	Item No.
	S	134,8 mm	98,0 mm	128 g	2281	
	M	134,8 mm	103,0 mm	150 g	2282	
	L	134,8 mm	112,0 mm	186 g	2283	

29,95 €

NEW

711 R	MTB Race	Size	Length	Range	Weight	Item No.
	S	128,0 mm	100,0 mm	59 g	2305	
	M	128,0 mm	105,0 mm	79 g	2306	
	L	128,0 mm	110,0 mm	89 g	2307	
	XL	128,0 mm	119,0 mm	114 g	2332	

19,95 €

NEW

# SQlab Grips

## 70X

### Gravity & E-Performance



Size	Length	Range	Weight	Item No.
S	134,8 mm	96,8 mm	132 g	1800
M	134,8 mm	101,4 mm	155 g	1801

29,95 €

## 70X gelb

### Gravity & E-Performance



Size	Length	Range	Weight	Item No.
S	134,8 mm	96,8 mm	132 g	2147
M	134,8 mm	101,4 mm	155 g	2148

29,95 €

## 70X Endless Summer

### Gravity & E-Performance



Size	Length	Range	Weight	Item No.
S	134,8 mm	96,8 mm	132 g	2274
M	134,8 mm	101,4 mm	155 g	2275

29,95 €

## 711 LE short

### Comfort



Size	Length	Material	Weight	Item No.
M	left 141 mm	Genuine leather,	132 g	1328
L	right 96 mm	Triple density compound	152 g	1329

39,95 €

## 711 short


### Tour & Travel




Size	Length	Material	Weight	Item No.
S	left 138 mm	Triple density compound	120 g	1322
M	right 91 mm		140 g	1323
L			155 g	1324

24,95 €

# SQlab Clothing

<b>SQ-Short ONE10</b>		<b>Material</b>	<b>Polster</b>	<b>Color</b>	<b>Size</b>	<b>Item No.</b>
		82% Polyester 18% Elastane	SQ-Pad 10, 8 mm thin + TPE layer	black	XS	2251
					S	2252
					M	2253
					L	2254
					XL	2255
					XXL	2256


99,95 €

<b>SQ-Short ONE11</b>		<b>Material</b>	<b>Polster</b>	<b>Color</b>	<b>Size</b>	<b>Item No.</b>
		78% recycled Nylon 22% Elastane	SQ-Pad 11, 6 mm thin + TPE layer	black	XS	2245
					S	2246
					M	2247
					L	2248
					XL	2249
					XXL	2250


189,95 €

<b>SQ-Short ONE12</b>		<b>Material</b>	<b>Polster</b>	<b>Color</b>	<b>Size</b>	<b>Item No.</b>
		65% Nylon 35% Elastane	SQ-Pad 12, 4 mm thin	black	XS	2239
					S	2240
					M	2241
					L	2242
					XL	2243
					XXL	2244

189,95 €

<b>SQ-Vest ONE11</b>		<b>Material</b>	<b>Features</b>	<b>Color</b>	<b>Size</b>	<b>Item No.</b>
		100% Polyester Main Fabric 2: 83% Nylon 17% Spandex	Multisport vest, breathable, wind- proof, water- repellent, reflec- tive logos and seams	black	XS	2257
					S	2258
					M	2259
					L	2260
					XL	2261
					XXL	2262

129,95 €

<b>Community Buff® Classic</b>		<b>Features</b>	<b>Color</b>	<b>Item No.</b>
		– 100 % Polyester Microfibre	black	1144
		– easy to stow		
		– versatile use		

17,95 €



# SQlab Pedals & Insoles

521

## City Comfort

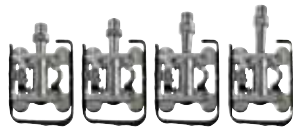


29,95 €

Axle length	Body Material	Sizes	Weight	Item No.
-5 mm	Alu/Plastic	S	265 g	1914
Standard		M	275 g	1915
+8 mm		L	305 g	1916
+15 mm	<b>Axis Material</b> CrMo	XL	321 g	1917

502

## MTB Trekking



79,95 €

Axle length	Body Material	Sizes	Weight	Item No.
-5 mm	Alu	S	355 g	1696
Standard		M	378 g	1697
+8 mm	<b>Axis Material</b> CrMo	L	389 g	1912
+15 mm		XL	398 g	1913

511

## Road & MTB Race



79,95 €

Axle length	Body Material	Sizes	Weight	Item No.
-5 mm	Alu	S	310 g	1197
Standard		M	322 g	1198
+8 mm		L	341 g	1910
+15 mm	<b>Axis Material</b> CrMo	XL	367 g	1911

216 high



39,95 €

Use	Size	Item No.
High support Longitudinal arch	S = 36,5-38,5	2108
	M = 39-41	2109
	L = 41,5-43,5	2110
	XL = 44-46	2111
	XXL = 46,5-48,5	2112

215 medium



39,95 €

Use	Size	Item No.
Middle support Longitudinal arch	S = 36,5-38,5	2103
	M = 39-41	2104
	L = 41,5-43,5	2105
	XL = 44-46	2106
	XXL = 46,5-48,5	2107

214 low



39,95 €

Use	Size	Item No.
Flat support Longitudinal arch	S = 36,5-38,5	2098
	M = 39-41	2099
	L = 41,5-43,5	2100
	XL = 44-46	2101
	XXL = 46,5-48,5	2102

# SQLab Equipment

## Slackline Endless Summer



89,95 €

### Features

- 6-piece complete set
- 20 m Slackline
- chafing protection
- incl. shackles and tree slings

**Item No.**  
2096

## Spacer Set 1 1/8" 2,5/5/10 mm



9,95 €

**Material**  
Aluminium

**Inner diameter**  
1 x 2,5 mm  
1 x 5 mm  
1 x 10 mm

**Outer diameter**  
1 1/8"

**Weight**  
13 g (Set)

**Color**  
black/  
orange

**Item No.**  
1986

## Ahead Cap 1 1/8"



12,95 €

**Material**  
Aluminium

**Outer diameter**  
1 1/8 Zoll

**Weight**  
10 g

**Color**  
black

**Item No.**  
1987

## Handlebar shim 25,4/31,8\*\*



5,95 €

**Material**  
Plastic

**Inner diameter**  
25,4 mm

**Outer diameter**  
31,8 mm

**Color**  
black

**Item No.**  
1214

## Handlebar shim 27,0/31,8\*\*\*



5,95 €

**Material**  
Plastic

**Inner diameter**  
27,0 mm

**Outer diameter**  
31,8 mm

**Color**  
black

**Item No.**  
1701

\* Suitable for all handlebars with a clamp diameter of 25.4 mm that are intended to be clamped in a 31.8 mm handlebar stem.

\*\* Suitable for all handlebars with a 27.0 mm clamp diameter that are intended to be clamped in a 31.8 mm handlebar stem. The plastic sleeve is included when purchasing an SQLab handlebar with a clamp diameter of 27.0 mm.

Note  
As of current knowledge, SQLab is currently the only manufacturer of 27.0 mm handlebars and, as a result, the handlebar sleeve currently fits the only the SQLab 27.0 mm handlebar product range.

# SQlab Equipment

## Neoprene Saddle Cover



9,95 €

**Features**  
Suitable for every saddle model

**Size**  
S: Race/MTB  
M: Trekking  
L: City/Comfort

**Item No.**  
1028  
1029  
1030

## Elastomer Kit ERGOWAVE®/ ERGOLUX® active



9,95 €

**Features**  
Replacement kit for the SQlab ERGOWAVE®/ ERGOLUX® active saddle models

**Item No.**  
2000

## Elastomer Kit 610/611 active



9,95 €

**Features**  
Replacement kit for the SQlab 610/611 active saddle models

**Item No.**  
2038

## Sun Protection



14,95 €/pc.

**Features**  
– 150 ml  
– LSF 50  
– Sweat resistant and extra waterproof  
– Fast retracting without greasing  
– Does not run into the eyes

**Item No.**  
1 pc.  
2150  
12 pcs.  
2152

## Sit Creme



19,95 €/pc.

**Features**  
– 150 ml  
– Intensive care for cycling, is directly applied to the Pants pad applied  
– Avoids shear forces between trouser pad and buttocks  
– Prevents wound friction, pressure sores and blistering  
– Protects and cares thanks to natural ingredients

**Item No.**  
1 pc.  
2149  
12 pcs.  
2151

## Lanyard Edelrid



49,95 €

**Features**  
– Band length: 115cm  
– Width: 15 mm  
– lead capacity up to 400 kg

**Item No.**  
2125

# SQLab Features



## SQLab sitting position: upright

The completely upright position is mainly found on a comfort bike.



## SQLab sitting position: slightly bent forward

The comfort oriented city or trekking cyclist that is slightly bent forward, Enduro riders are often found in this more upright riding position.



## SQLab sitting position: moderate

Saddle and bars are approx. at the same height. Most mountain bikers and a dynamic position on a trekking bike usually correspond to this position.



## SQLab sitting position: stretched

This position corresponds to that of being in the drop bars or that typically used by marathon racers where the saddle is higher than the bars.



## SQLab sitting position: triathlon

This sitting position corresponds to that of a triathlon cyclist with far forward upper body.

# SQLab Measuring Systems



Sit bone measurement



Grip Size Measurement



Type of foot



# Q [kju:]

a SQLab Sports Ergonomics Project



At SQLab we have been developing sport ergonomics for over 15 years.  
We solve problems and help to increase performance. Now also in sleep.



# Sleep to perform

Q [kju:] – The modular mattress for athletes

## Q [kju:] – self adjustable Set-up

The Q [kju:] sleeping system consists of seven separate foam layers and three pressure relieving wedges that are not glued together.

The adjustable mattress Set-up determines how hard or soft the mattress is, whether you prefer to sleep on point-

elastic high performance foam, on adaptable viscoelastic foam or on breathable Xdura.

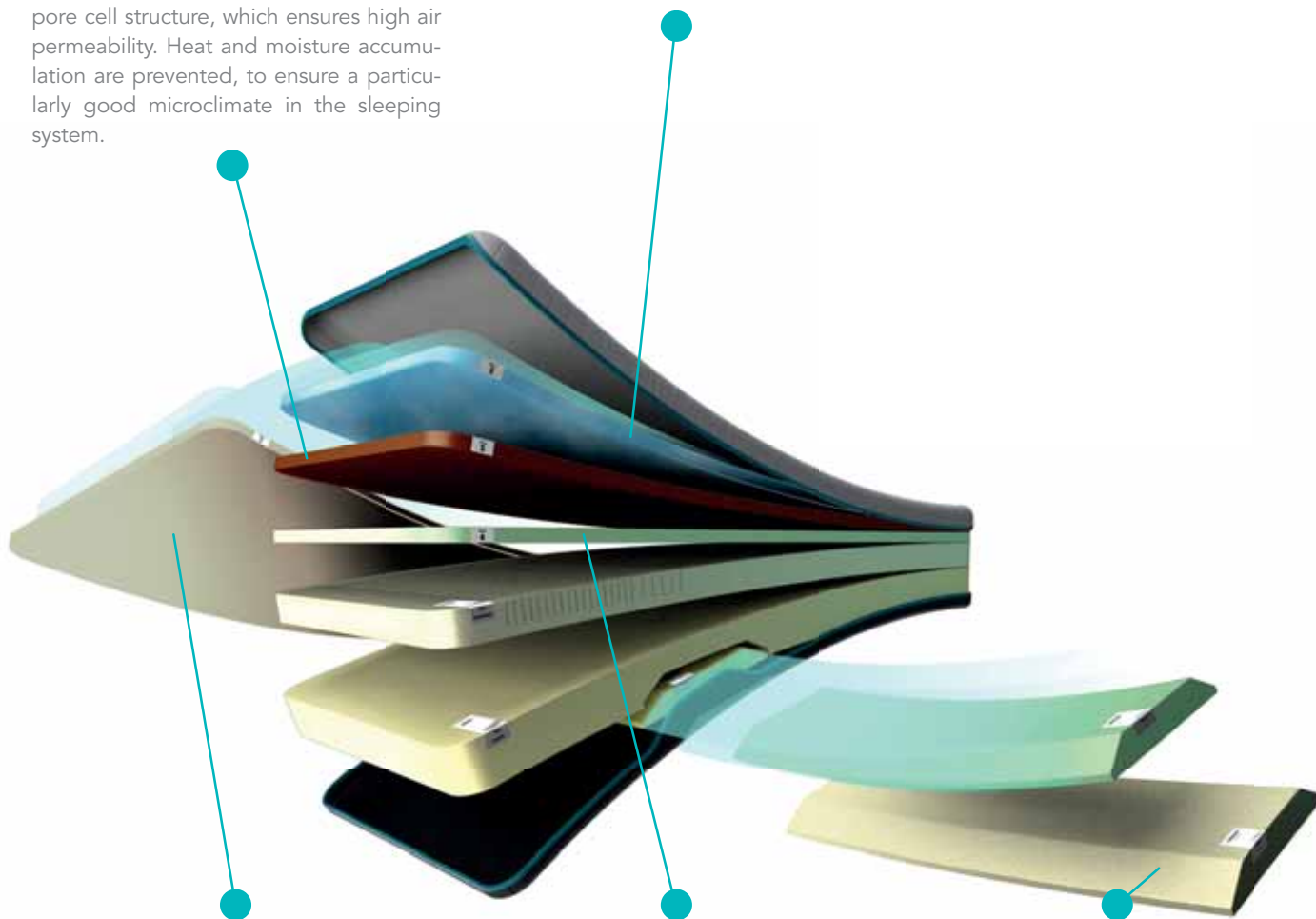
You do not know that yet? With the Q [kju:] sleeping system you will find out what is best for you.

### Q [kju:] Xdura foam

With the Xdura foam the sleeping climate is right. The foam has a particularly open-pore cell structure, which ensures high air permeability. Heat and moisture accumulation are prevented, to ensure a particularly good microclimate in the sleeping system.

### Q [kju:] Gel foam

The mix of gel and foam will give you a feeling of floating.



### Q [kju:] Soft foam

For side sleepers who need relief on the shoulders and hips, the soft foam has to be the top layer. Due to the high point elasticity broad shoulders can sink in deeply.

### Q [kju:] Memory foam

The memory foam adapts very well to your body, thereby reducing pressure points. We recommend the memory foam for the middle position. Memory Foam lovers will put this layer on top.

### Q [kju:] Relief wedge

The heart of the Q [kju:] mattress is the relief wedge in the lower layer, the so-called relief base. The delivery includes three wedges with differing firmnesses. *Soft (back sleeper), Medium (belly sleeper) and Hard (side sleeper).*



## Your Retailer



### **SQLab GmbH**

Postweg 4

D - 82024 Taufkirchen

Tel.: +49 (0)89 - 666 10 46-0

Fax: +49 (0)89 - 666 10 46-18

info@sq-lab.com

www.sq-lab.com

#### Photos:

Heinz Endler, Jan Greune, Martin Erd, Nathan Hughes,  
Sebastian Hofer, Kirsten Sörries, Colin Stewart,  
Urs Golling, Thomas Streubel, Andreas Jacob,  
Frontalvision

#### Design + Graphic Arts

SQLab GmbH, Lob + Koelle GbR

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