Introduction

Congratulations on your Full Speed Ahead product. Please read these instructions and follow them for correct use. Failure to follow the warnings and instructions could result in damage to product not covered under warranty, damage to bicycle; or cause an accident resulting in injury or death. Since specific tools and experience are necessary for proper installation, it is recommended that the product be installed by a qualified bicycle technician. FSA & Vision assumes no responsibility for damages or injury related to improperly installed components.

Warranty

Full Speed Ahead (FSA) warrants all FSA, Gravity, Vision, Metropolis and RPM products to be free from defects in materials or workmanship for a period of two years after original purchase unless otherwise stated in the full warranty policy. The warranty is non-transferable and valid to the original purchaser of the product only. Any attempt to modify the product in any way such as drilling, grinding, and painting will void the warranty. For more information on warranty policy and instructions for completing a warranty claim, check out the Full Warranty Policy found at our website: http://www.fullspeedahead.com/techdoc

Specification

Item Number / Model Name: All Conventional, Internal, Integrated, Cyclocross, Internally Threaded, and Threaded headset models. Cyclocross headsets are available for both internal (with cups) and integrated (without cup) applications.

Components

Follow the assembly order in the illustration:

1. Crown Race
2. Lower Seal
3a. Upper Cup
3b. Lower Cup
4. Upper Bearing

3a. Ball bearing
4a. Tapered compressing ring
5. Upper Bearing Cover
5a. Upper Seal
5b. O-ring

6. Cable Housing Stop (CX only)
6a. Barrel Nut
7. Threaded Top Cover
7a. Top Seal
8. Spacer
9. Lock nut

Note: Description of numbered parts is comprehensive and for reference only. Headset models vary and may not include all parts listed above.
Conventional, Internal, Integrated, Cyclocross Headset installation

Attention: All frame & fork mating surfaces must be prepared correctly. Headtube and fork crown should be faced and/or reamed. Headtube facing and reaming cutters are available from various bicycle tool manufacturers. Consult facing and reaming cutter instructions for proper use. All surfaces should be clean and free of metal chips, paint, and debris.

Mounting the crown race onto the fork steerer: (When possible, always face the crown race seat on the fork with a crown race cutter to ensure the surface is flat and square before installing crown race. Crown race cutters are available from various bicycle tool manufacturers. Refer to cutter instructions for proper use).
1. Press the crown race ① onto the fork steerer using crown race setting tool (available from various bicycle tool manufacturers). Refer to crown race setting tool instructions for use.
   Failure to use tool and any included fittings correctly may result in damage to crown race and headset.

Pressing the cups into the head tube: (Conventional, threaded, internally threaded, and Internal models only. For Integrated models, skip to Headset Assembly below)
1. Apply a thin layer of grease to the inside surfaces of the head tube.
2. Press the cups ② into the head tube using headset press (available from various bicycle tool manufacturers). Note: Refer to headset press instructions for use. Failure to use tool correctly may result in damage to poor performance or damage to headset or frame. Pressure should NOT be placed on bearings or bearing races by tool or fittings during installation.
   If the headset cups are not installed in the headtube squarely, damage to the head tube, headset cups, and bearings may occur. Always face and ream headtube of bicycle to ensure.

**CAUTION** The headset cups are installed square in the frame.

Headset assembly:
1. Apply a thin layer of grease to all mating parts.
2. Push the bearings ③ into the cups (conventional, internal) or the head tube bearing seats (integrated). Install the Ball bearing ③b on Upper Bearing ③.
3. Slide the fork with installed crown race and any included lower seal ①a through the head tube.
4. Slide on the upper race ④ onto the steerer and seat against the upper bearing.
5. Slide on the upper bearing cover ⑤ and any included upper seal ⑤a and O-ring ⑤b onto the steerer. Note: If parts ⑤a are grooved for an o-ring, ensure the o-ring is installed correctly.
   For CX headsets: Ensure the brake cable housing stop ⑥ faces forward.
6. Install any headset spacers and the stem. Note: Some stems may require the use of a spacer between the stem and headset to allow for proper headset adjustment.
7. Install the compression device or the star-fangled nut & top cap assembly.

**CAUTION** Do not use a star-fangled nut in a carbon steerer; damage to steerer tube will result. Carbon steerers require the use of a compression device such as the FSA Compressor.
8. Adjust the top cap bolt on the star-fangled nut & top cap assembly or the compression device assembly until proper bearing preload is achieved. The headset is adjusted properly when the bearings turn freely without any irregular looseness, play or knocking in the bearing during use.

**CAUTION** Do not over-tighten the top cap bolt. Poor performance or bearing damage may occur.
9. Tighten the stem bolts to manufacturer’s specifications

Internally Threaded, Threaded Headset installation

For Internally Threaded and Threaded Headsets, follow above instructions to: Mount the crown race onto the fork steerer, Press the cups into the head tube.

Headset assembly:
1. Apply a thin layer of grease to all mating parts.
2. Slide on the lower seal ①a, then the lower bearing ③a onto the fork steerer.
3. Slide the fork with installed crown race ①, any lower seal ①a, and lower bearing ③a through the head tube.
4. Slide onto the fork the upper bearing ③ and Ball bearing ③b: for threaded headsets; slide on the upper race ④, then thread onto the steerer the threaded top cover ⑦, for internally threaded headsets; slide on the top seal ⑦a, then thread onto the steerer the threaded crown race ⑦.
5. Slide on the spacer ⑧, then thread on the lock nut ⑨. Note: If the lock nut ⑨ includes a seal, do not remove it.
6. Adjust the upper crown race ⑦ or threaded top cover ⑦ until proper bearing preload is achieved. The headset is adjusted properly when the bearings turn freely without play or knocking.
7. Tighten the lock nut ⑨.