insert Explanation:

position = 9

Number => 10 1011 1101 1110

rightBits => 00 0001 1101 1110

number >>= position; => 00 0000 0001 0101

number <<= position + 1; => 101 0100 0000 0000

(long)1 << position; => 000 0010 0000 0000

number |= (long)1 << position; => 101 0110 0000 0000

number |= rightBits; => 101 0111 1101 1110