



CORE E-Flex PLUS Assembly

Assemble the CORE E-Flex Trainer Stand:



The E-Flex rear base connects to the CORE trainer. Here is the CORE E-Flex base as viewed from the rear. The optional carry handle shown will be inserted after your CORE is installed.



Lay the CORE on a table or countertop with the flywheel facing down. Hang the legs of the CORE over the table edge. Remove the two support bars from the CORE receivers.

They each have two bolts. You'll need to pry off the plastic caps to get access to the nuts underneath. The E-Flex base will attach at these same points.



The CORE is now ready to receive the E-Flex base in the orientation shown. There are two connectors on the E-Flex base that fit into the CORE receivers.



Starting by guiding the Forward Connector into position so the two threaded studs fit into the holes in the CORE trainer leg.

The Forward and Rear Connectors are rubber mounted, so you can easily flex them into position as needed.

Then insert the Rear Connector so its two threaded studs fit into the CORE trainer leg holes.



Once you have both Connectors installed, put the four wing nuts on the threaded studs and tighten them by hand.

Set the entire assembly upright. The CORE should be sitting approximately vertical on the base. It should be free to rock side to side and move forward and back smoothly.



The CORE E-Flex Trainer Stand is ready to receive the bike onto the CORE trainer.



Use the normal CORE installation procedure for attaching the bike. Leave your front wheel on the bike for now.

After the rear of the bike is attached to the CORE, do not fully tighten the bike axle/skewer. Leave it slightly loose so the bike can pivot up or down while the E-Flex Fork Stand is installed.

Assemble the E-Flex PLUS Fork Stand:

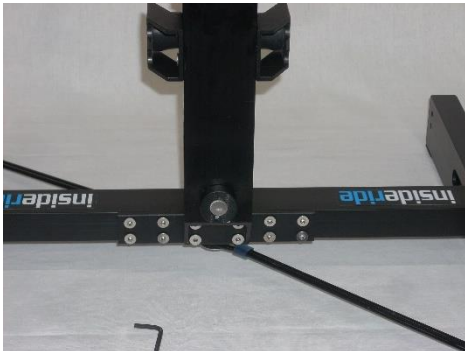
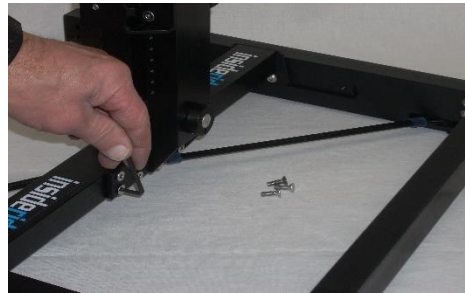


The Front Base and Fork Stand are shipped in two pieces and must be assembled before use.

The Fork Stand attaches to the Front Base using eight #10 screws and the supplied 1/8" hex key. Nine screws are supplied, so there is one spare.



Carefully attach the Fork Stand to the forward side of the base by inserting all 8 screws using the hex key. Do not fully tighten until all 8 screws are installed.



Note: Check the tightness of the screws again after your first ride on the system. Re-tighten as needed.



The E-Flex PLUS Fork Stand is ready to attach to the bike.

Attach the E-Flex PLUS Fork Stand to the bike:



These steps assume the bike is already attached to the trainer & rear E-Flex platform, but the rear axle/skewer is not fully tightened yet.

The Fork Stand is compatible with standard Quick Release forks and 12mm Thru-Axle forks. The Fork Stand ships with blue Quick Release adapters installed.

For Thru-Axle forks: Remove the blue inserts by pulling and twisting them out by hand or gently pull them out with pliers. They can also be pushed out using a QR skewer.



Lower the bike's fork onto the Fork Stand and tighten it with either the Quick Release or your Thru-Axle.

Make sure the Fork Stand is pointed straight ahead, then go back and tighten the bike's rear axle/skewer.

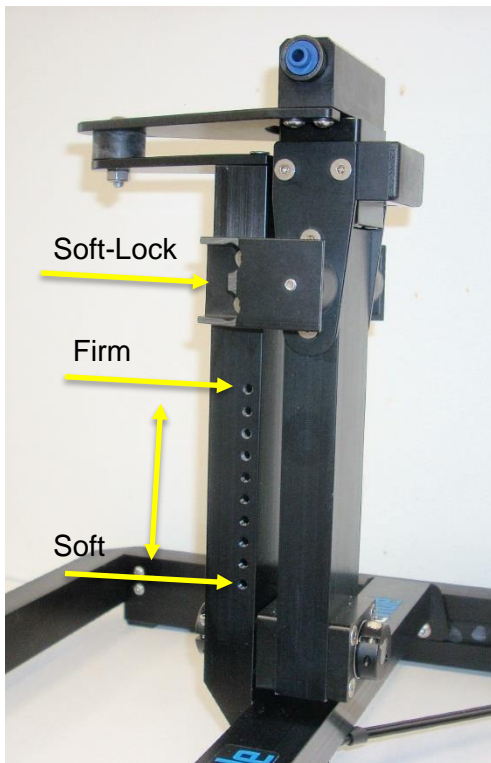
Your E-Flex PLUS is ready to ride. Read the [E-Flex User Guide](#) before riding. The trainer will operate normally. The E-Flex will not alter the power data (wattage) of your KICKR or CORE.



Optional - Adjust the Tilting Force of the E-Flex PLUS:

The Tilting Force for the E-Flex PLUS Fork Stand is adjustable to match rider preference.

The E-Flex plus has 8 firmness settings and a soft-lock setting for a very firm, reduced tilt motion. The soft-lock position should be used for seated riding and for riders new to trainer motion systems. The unit is shipped in the soft-lock position and should only be adjusted to the softer settings after first riding the system and determining if you prefer more motion. The softer the setting, the more balance is required.



Tilting Force is controlled by the height of the Spring Mounts on the side of the Fork Stand. There is a soft-lock position and 8 softer settings ranging from High (Firm) to Low (Soft).

- +The Spring Mounts come from the factory in the Soft-lock setting. This offers the most Firm support, which is good for riders new to the E-Flex PLUS tilting motion.
- +Higher (Firmer) settings provide more tilt support. These offer Firm motion (*more inherent stability*) for riders wanting less bike tilting motion.
- Lower (Softer) settings provide less tilt support. These offer Soft motion (*less inherent stability*) for riders wanting an active ride that requires more balance & control.

To change the Tilt Force setting: Unscrew the two screws from the Spring Mount on one side. Move the Spring Mount to the desired height and then reinstall both screws.

Repeat the process for the Spring Mount on the other side. Make sure both mounts are at the same height. Count the holes above each mount to verify both heights match.

We recommend changing no more than 1 or 2 settings lower at a time. Take some time to ride the softer setting and get used to the lighter tilt force before moving to even lower (softer) settings. Take care getting on & off the bike when riding the E-Flex PLUS after changing to softer Tilt Force settings. It will tilt easier which requires more rider attention & control than firm settings.