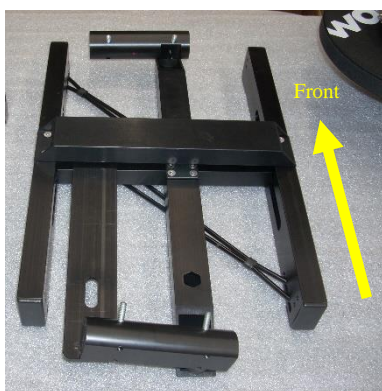




Core E-flex Assembly



The E-flex rear base connects to the Core trainer. Here is the Core E-flex base as viewed from the back.

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.



Core E-flex Assembly



Starting with the forward connection, guide the connector into position so the two threaded studs fit into the holes in the Core leg. Then insert the rear connector so its two threaded studs fit into the

holes. The connectors are rubber mounted, so you can easily flex them into position. Once you have both connectors installed, put the wing nuts on and tighten by hand.



Now 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.



This is the finished rear assembly ready to be attached to the bike. Install the bike as you normally would, leaving front wheel on for now. Do not fully tighten the bike's rear axle until the fork stand is attached.

ASSEMBLE THE FORK STAND

This information applies to both the Core and the Kickr installation.

The fork stand must be unfolded and locked in the upright position with 6 screws.



ATTACHING THE FORK STAND

Remove your front wheel and place the E-flex fork stand under the bike's front dropouts. Lower the fork onto the fork stand and fasten it with either your thru axle or a standard quick release.

Point your fork straight ahead for proper alignment. Now tighten the rear dropout and you are ready to ride. The Kickr/Core will perform normally. The E-flex does not alter the resistance performance of either trainer.

