



E-flex User Guide R3

Congratulations on choosing the next generation in trainer technology. The E-flex is unlike any roller or trainer system ever produced, so it's important to understand how it works before using it.

The E-flex represents a major advance in trainer technology, but it can feel strange at first. Although it's more stable than a real bike, it still requires user interaction to balance and ride. Conventional indoor trainers discourage natural rider engagement, either because the bike can't tilt (as with rigid trainers) or because the tilt cannot be easily controlled through the handlebars (as in rocker plate designs).

The E-flex is designed to be kinetically correct and respond much the same as a bike on the road.

It's important to note that the E-flex is not a steering simulator. Its purpose is to allow the natural feel of balancing and side to side rocking motion. The combination of the rocking and the floating action of the platform creates an exceptionally responsive experience.

With the E-flex, the rider uses a balanced body position coupled with steering input to control how the bike moves.

To get on the bike, either step over and straddle the bike before getting in the saddle(easiest), or hold the bars straight, step up onto the pedal, and swing the other leg over the bike in one motion (takes practice)

Seated riding.

When you ride in the saddle outdoors, natural side to side rocking is generated by hip and leg motion. The E-flex works the same way.

Once you get seated on the bike, maintain a light grip on the bars and keep your weight centered over the bike.

As you begin to pedal, don't try to create a rocking motion, just ride normally. The system is very sensitive to pedaling and will respond on it's own. There should be a slight rocking and some steering motion as the bike gently weaves side to side. You should be able to maintain balance with only slight steering pressure. If you find it takes a heavy hand to keep the bike vertical, work on getting your upper body centered over the bike. When you are balanced, practically no steering pressure will be needed and the bike will gently rock as you pedal.

For seated riding, the forward and back motion will be minimal.

Riding out of the saddle

There are 2 key things to remember the first time you ride the E-flex out of the saddle.

First, it's important to increase trainer resistance before standing up. To rock the bike, you need resistance to push against.

Second, you need to use your arms just a bit to control the tilting.

New riders should focus on keeping the bars pointed straight ahead when standing up. This simple technique will keep the bike balanced and straight. After you are able to stand and keep the bike straight up as you pedal, you can pull on the bar a bit harder with each pedal stroke to begin rocking the bike.

The forward and back motion will also automatically become more active when standing. It simply acts to absorb the extra motion you make as you pedal. If the motion seems excessive, work on smoothing out your pedal stroke and upper body motion.

Once you get a feel for how to control the bike while standing, it will quickly become second nature. You will notice the amount of tilt can be modulated by slight changes in how hard you pull on the bars. It won't be long before you can sprint or do long rhythmic climbs without hesitation.

Technical description of rocking while standing:

When riding outdoors, you naturally tip the bike away from the downward pedal stroke. This requires pulling on the bar slightly, which produces the proper rocking motion. With E-flex, the same forces are at work. As you push down on the pedal, the bike will try to tip to that side, but you counterbalance by pulling on the handlebar, which keeps the bike balanced and neutral under high pedal loads. This is what we mean by upper body engagement, and when you apply pedal force and arm force simultaneously, it will feel natural and create extra power through leverage. This condition is called positive(+) tilt. If you do not use your arms to balance pedal forces, the resulting rocking motion can be in the wrong direction and feel awkward. When this happens, it's called negative(-) tilt.

Positive tilt is automatic when outside because you already actively control the handlebars to steer and balance the bike. As a result, negative tilt only happens indoors on a trainer because there is typically no steering and balancing involved. With the Flex system, it is our goal to engage the upper body by providing a handlebar controlled balance and rocking method.

CAUTIONS

The E-flex is an active platform and requires basic rider engagement. To maintain control, the bike is balanced by steering input. It's closer to real riding, yet more stable than a real bike.

Certain trainer habits should be avoided:

- Letting go of the bars.
- Reaching or leaning heavily to one side.
- Using a smartphone (talking or texting) while riding.

Failure to maintain basic control can lead to unintended tipping.

INSIDE RIDE

info@insideride.com