



Floating Fork Stand (FFS) Installation for Model H Rollers

Your FFS is easy to install and requires no tools. The rollers should be adjusted for your bike's wheelbase before installing the fork stand. Please refer to the roller set-up document for more info on wheelbase adjustments. To install:

- 1) loosen and remove the front drum hand knobs and washers, then remove the bumper wheel assemblies. FIG 1
- 2) Insert one side of the fork stand over the drum axle so it engages into the frame slot. Then spread the fork stand slightly, just enough to insert the other side of the stand over the drum axle so it also fully engages into the frame slot. Rock the fork stand forward and back to make sure it is locked into the frame slots. FIG 2
- 3) Reinstall the hand knobs and washers removed in step 1 and tighten the knobs.
- 4) Remove the front wheel from your bike and remove the quick release skewer from the front wheel. Install the quick release in the fork stand. If using a 12mm thru axle, remove the blue inserts in the fork stand. FIG3
- 5) Carefully place the bike on the rollers and attach the front forks to the fork mount. Adjust and lock the quick release or thru axle securely.

NOTE: We can't guarantee a perfect fit with every fork on the market, especially the newer thru-Axle styles. If there is any interference that prevents the fork from easily attaching to the fork stand, please stop and contact us before using the stand.

- 6) Recheck the position of the front drum by looking at how the rear wheel sits on the roller drums. It should touch both rear drums. If it does not, you must adjust the position of the front roller drum and fork stand either forward or rearward until the rear wheel sits evenly between the rear drums. Fig 4



Figure 1

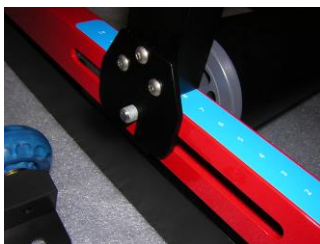


Figure 2



FFS installed



Fig 3



Fig 4



lockout knob

The E-flex is equipped with a lockout that prevents the tilting motion. This is provided for short term or light use only. The lock system was not designed for permanent or heavy duty use such as standing or sprinting. When locked, mechanical stress on the system and on the bike will increase and could lead to early failure. Please limit the use of the lockout to relatively light, seated cycling.

Usage Overview

The FFS is a new technology designed exclusively for the E-motion roller. The FFS system secures the bike to the rollers while still allowing the bike to lean side-to-side.

As you ride, you balance the bike with slight steering pressure. For new riders, the goal is to initially stay seated and keep the bars pointed straight ahead but still allow them to wiggle a bit as you pedal. This will create a slight weaving motion as you ride. When standing up, you apply a bit more steering force to keep the bars straight. As you get used to using the bars for balance, you can pull the bars harder to generate more tilt with each pedal stroke.

You will also find that as you pedal harder, as in standing up to simulate a hill, the pressure on the bars will increase along with a more exaggerated steering motion as you pull on the bars for leverage. Even under heavy pedaling loads, a natural tilting rhythm is possible

In using your FFS for the first time, there are several things to remember:

- The tilting action and the bike's steering are connected.
- To keep the bike balanced while riding, apply just enough steering pressure to keep the handlebars straight.

Please refer to the FFS user guide for more usage information.