



KICKR E-Flex PLUS Assembly

Assemble the KICKR E-Flex Trainer Stand:



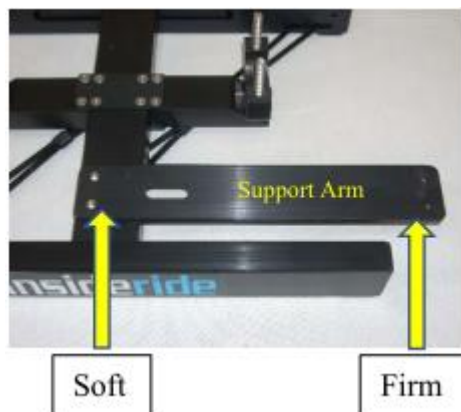
Prepare your KICKR for installation by unscrewing the 2 adjustable feet from the folding legs. Then remove the front foot from the center leg, that's held on with a single screw.

These feet are not used with the E-Flex.



Unfold the KICKR support legs and remove the Height Adjustment Pin. Raise the KICKR height adjustment as far as possible. Leave the pin out for now.

The KICKR is now ready to place on the E-Flex frame in the orientation shown.

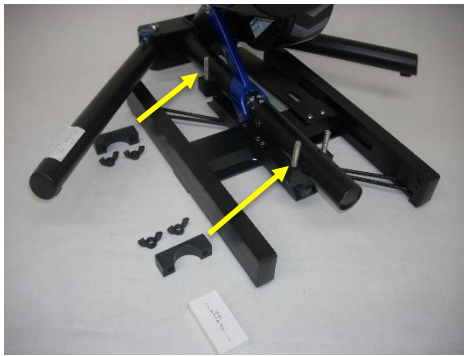


The E-Flex uses a Support Arm to balance the KICKR flywheel. It has two positions, Soft or Firm. The Support Arm comes in the Soft position, with the slot position closest to the mounting screws. Here are the recommended Support Arm settings for each KICKR version.

Soft: KICKR 16/V2, 17/V3, 20/V5, 22/V6

Firm: KICKR 14/V1, 18/V4,

To change the setting: Unscrew the Support Arm, reverse it and reinstall it.

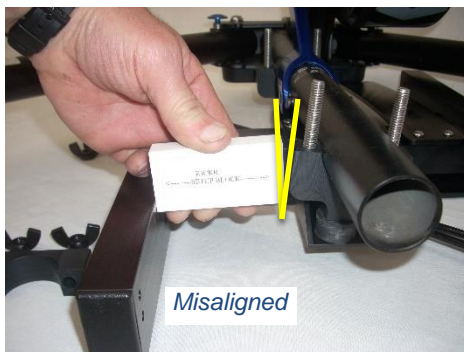


Lower the KICKR into position as shown. Place the center leg of the KICKR into the 2 Saddle Clamps on the E-Flex frame.

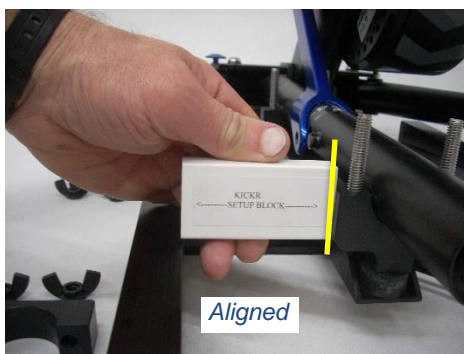


For proper forward positioning, the center leg of the KICKR should extend about 3" [76mm] from the front saddle.

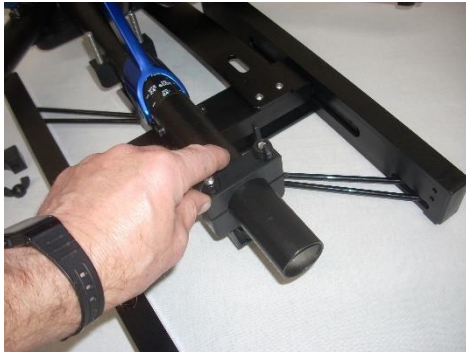
Use the provided Setup Block as a quick way to position the KICKR correctly.



Use the Setup Block to check KICKR alignment. Slide the block between the Saddle Clamp and the frame as shown and check for visual alignment. If the saddle is out of square, rotate it back into alignment. Both front and rear saddle clamps should be checked.



After the saddle clamps are squared up, the block should fit nicely in the gap. That will ensure the KICKR is aligned with the E-Flex frame.



Install the 2 top Saddle Clamps, 4 wing nuts and tighten. The trainer should be approximately vertical and not heavily tilted to one side.

It does not need to be perfectly vertical to work properly, but if it's tilted more than a degree or two, you may need to go back and adjust the Support Arm to the opposite position.



Lower the KICKR height adjustment for level ride height.

RD 24": KICKR 20/V5, 22/V6

MTB 24" / RD 650C: All other KICKR's

Install the Height Adjustment Pin after setting the height appropriately.



Fold in the KICKR trainer support legs.

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



Use the normal KICKR 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 KICKR, 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:

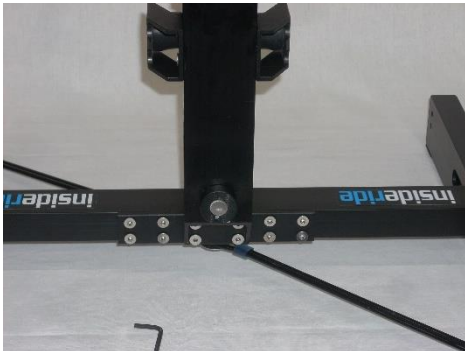
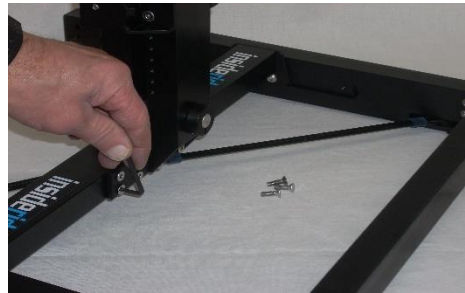


The Front Base and Fork Stand are shipped in two pieces and must be assembled before use.

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.

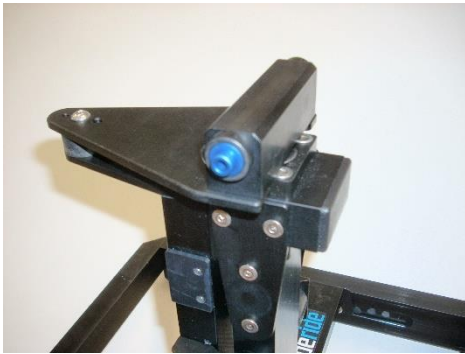


Note: Check the tightness of the screws again after your first ride on the system. Re-tighten as needed.



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.

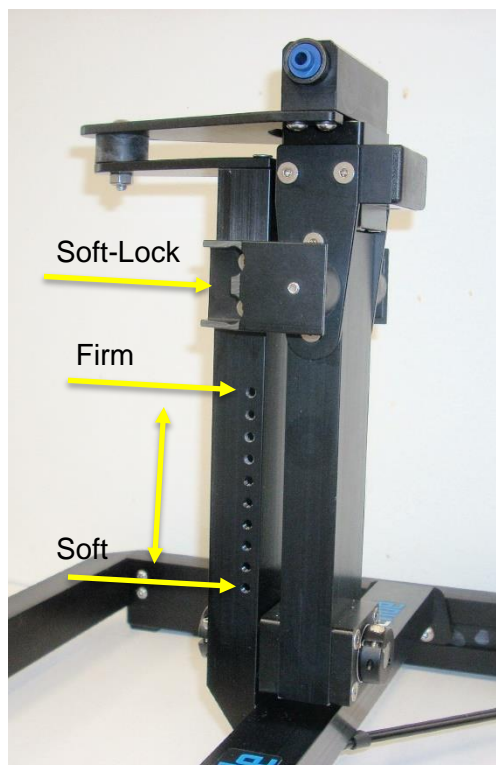
Your E-Flex PLUS is ready to ride. Read the [E-Flex User Guide](#) before riding. The trainer will operate normally. The E-Flex will not alter the power data (wattage) of your KICKR or CORE.



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.