

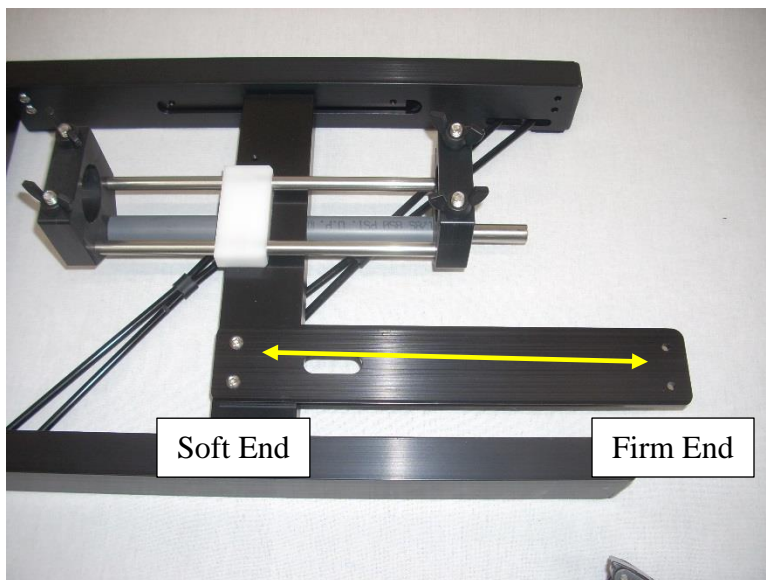


## Kickr E-flex Assembly



Prep your Kickr for installation by unscrewing the 2 adjustable pads from the folding legs. Then remove the front pad from the center leg, held on with a single screw. These pads will not be used with the E-flex.

Unfold the Kickr support legs and remove the height adjustment pin. Raise the Kickr height adjustment as high as it will go. Leave the pin out for now.

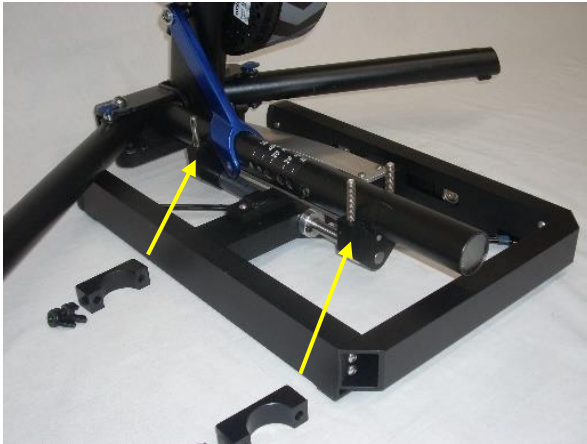


The E-flex uses an adjustable support arm for different Kickr model years. Adjust the support arm for your model. Kickr 14 & 18 use the firm position. Kickr 16 & 17 use the soft position. To change the arm firmness, remove the two mounting bolts and swap ends. NOTE: The E-flex is shipped in the soft position,

identified by the slot as shown in photo. The other end of the arm is firm and has no slot.

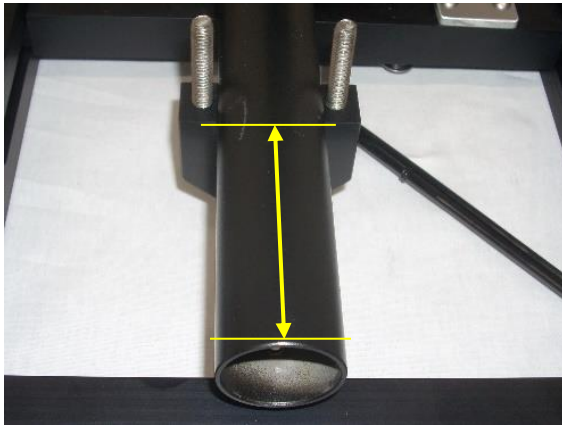


The Kickr is now ready to be installed on the E-flex frame in the orientation shown.



Lower the Kickr into position as shown.

The center leg of the Kickr fits into the 2 receiver saddles on the E-flex frame.



For proper forward positioning, the center leg of the Kickr should extend approx. 3.5" (90mm) from the front saddle.

Check the vertical alignment before proceeding. If the Kickr is clearly tilted to one side, go back and adjust the support arm. Note: The Kickr doesn't need to be perfectly vertical to work properly.

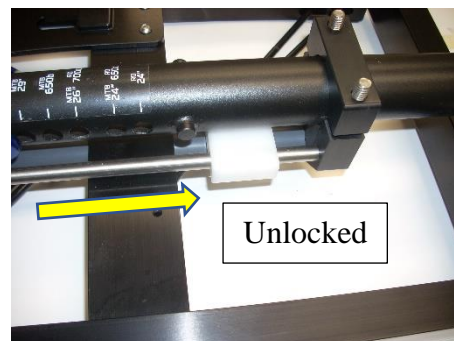


Install the 2 saddle clamps and 4 wing nuts and tighten by hand only.

Do not overtighten by using tools. The trainer should still be approximately vertical.



The E-flex features a plastic alignment block which locks the saddles in the vertical position. It is shipped in the locked position. After the Kickr is clamped in place, slide the block forward to



the unlocked position as shown. Use this alignment block each time the Kickr is installed. \*\*\*\* Do not ride with it locked!\*\*\*\*



Next lower the Kickr height adjustment to the RD650C position and install the lock pin. The E-flex is designed to be used at this height position.

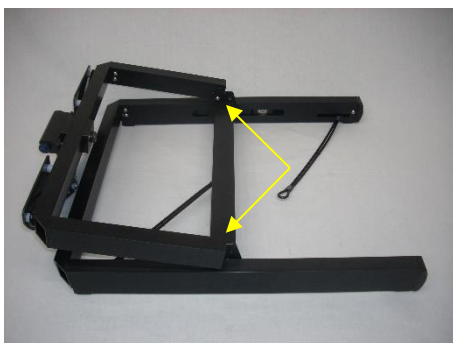


Fold in the Kickr support legs. The next step is to install the bike onto the Kickr. Use the normal Kickr installation procedure for attaching the bike. Leave your front wheel on for now.

After the rear of the bike is attached to the Kickr, do not fully tighten the axle. Leave it a bit loose so the bike can pivot up or down.

## ASSEMBLE THE FORK STAND

The fork stand must be unfolded and locked in the upright position with 6 screws. 2 screws are preinstalled at the factory. Install the other 4 and tighten.



## ATTACH THE FORK STAND TO THE BIKE

Remove your front wheel and place the E-flex fork stand under the bike's dropouts. Lower the fork onto the fork stand and fasten it with either your thru axle or a standard quick release. The E-flex is shipped with adapters for standard quick release axles. For 12mm thru axles, remove the blue inserts by pulling them straight out by hand or gently with pliers.



Point your fork straight ahead for proper alignment. Now tighten the rear dropout and you are ready to ride. Please read the user guide before riding.  
\*\*\*\*The E-flex does not alter the Kickr's resistance performance\*\*\*\*

