



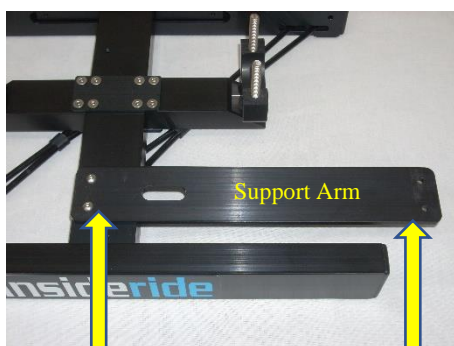
## KICKR E-FLEX V2 Assembly



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 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.

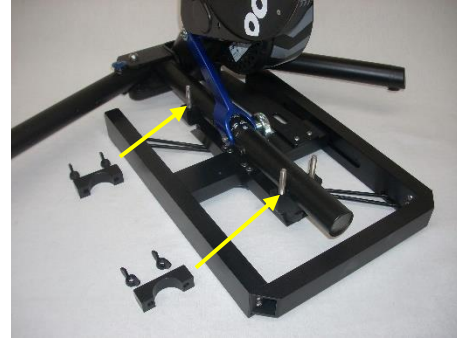


Soft

Firm

The E-FLEX uses a support arm to balance the KICKR flywheel. It has two positions, firm and soft. KICKR 14 & 18 use the firm position, KICKR 16,17 & 20 use the soft position. To change the firmness, unbolt the arm and reverse it. NOTE: the arm is shipped in the soft position as noted by the position of the slot.

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" (76mm) from the front saddle. A setup block is provided as a quick way to position the KICKR correctly.



Use the provided setup block to check KICKR alignment. Slide the block between the saddle clamp and the frame as shown. First at the front clamp and then at the rear clamp. Adjust the KICKR position until the setup block just fits at both points. That will ensure the KICKR is aligned with the E-FLEX frame



Install the 2 saddle clamps and 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. If it is tilted more than a degree or two, you may need to go back and adjust the support arm.



Next lower the KICKR height adjustment to the RD650C position and install the lock pin. This setting works for all KICKR models except the KICKR 20 (V5) which uses the RD 24 position to maintain a level ride height.



Fold in the KICKR support legs. The E-Flex is now ready to receive 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 bike axle. Leave it slightly loose so the bike can pivot up or down as the fork stand is installed.

## ASSEMBLE THE FORK STAND

The fork stand must be unfolded and locked in the upright position with 6 screws. Two of the screws are pre-installed. The remaining 4 screws are supplied with the hex key and must be installed and tightened to proceed safely.



## ATTACHING THE FORK STAND

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.

Point your fork straight ahead for proper alignment. Now tighten the rear dropout and you are ready to ride. The KICKR will perform normally. The E-flex does not alter the KICKR wattage performance.

