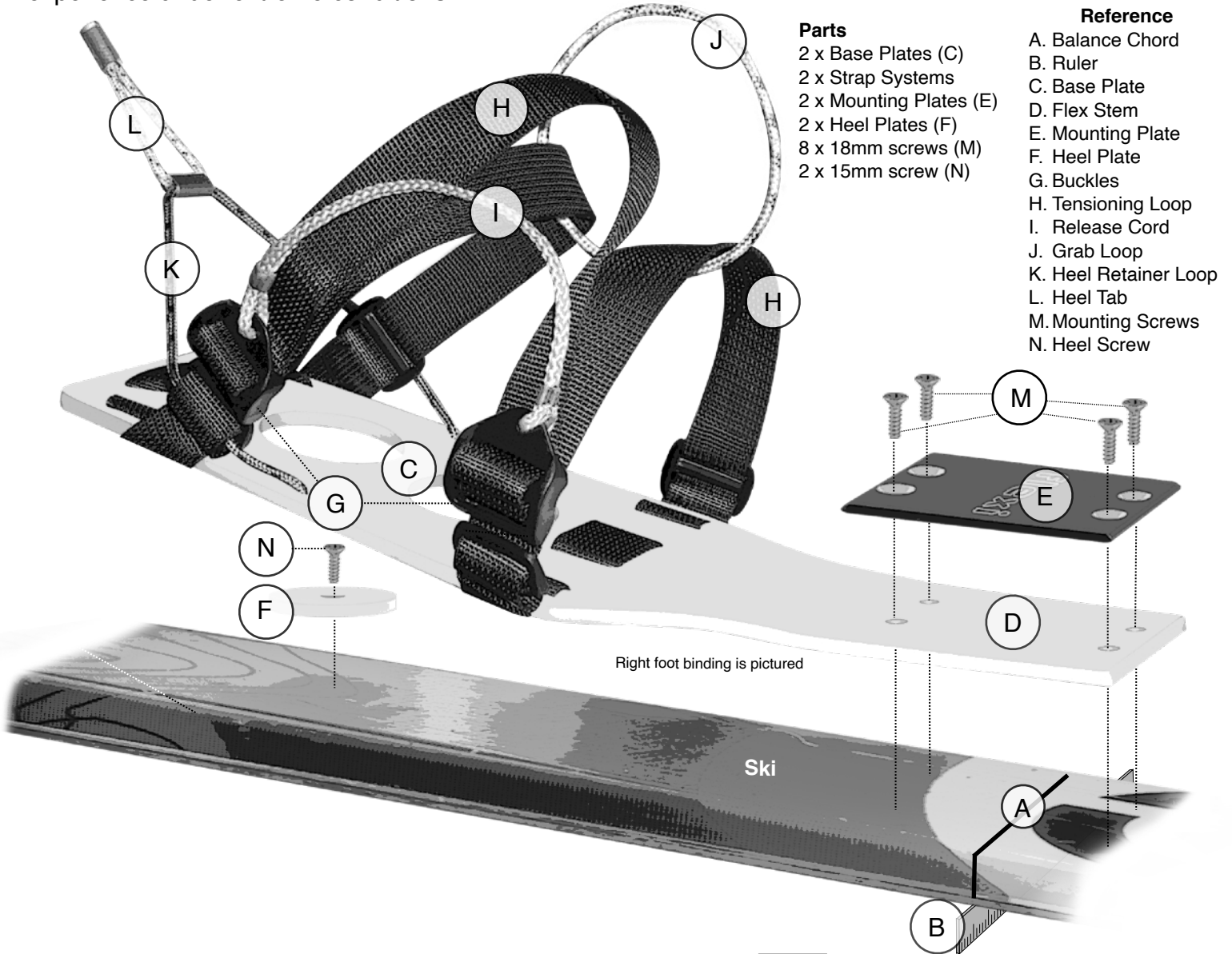


MOUNTING INSTRUCTIONS FOR PLATEAU SKI BINDINGS

It is **IMPORTANT** to follow the instructions. Prepare yourself with all of the required tools and accessories, read all of the Flexi Tips and refer to them when you see this sign *. Precision mounting will maximise your Flexi experience under extreme conditions.

You will need	
drill with 3.6mm	ski glue or 24-hour cure epoxy
Pozidriv #3 screwdriver	fine marker pen
hammer	ruler
centre punch	



Parts

- 2 x Base Plates (C)
- 2 x Strap Systems
- 2 x Mounting Plates (E)
- 2 x Heel Plates (F)
- 8 x 18mm screws (M)
- 2 x 15mm screw (N)

Reference

- A. Balance Chord
- B. Ruler
- C. Base Plate
- D. Flex Stem
- E. Mounting Plate
- F. Heel Plate
- G. Buckles
- H. Tensioning Loop
- I. Release Cord
- J. Grab Loop
- K. Heel Retainer Loop
- L. Heel Tab
- M. Mounting Screws
- N. Heel Screw

Fig.1

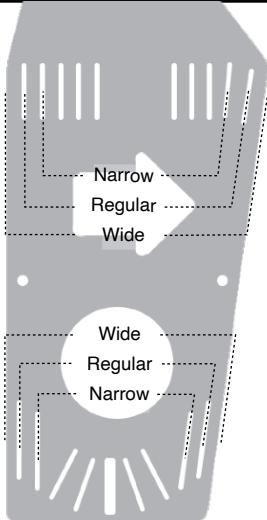


Fig.2

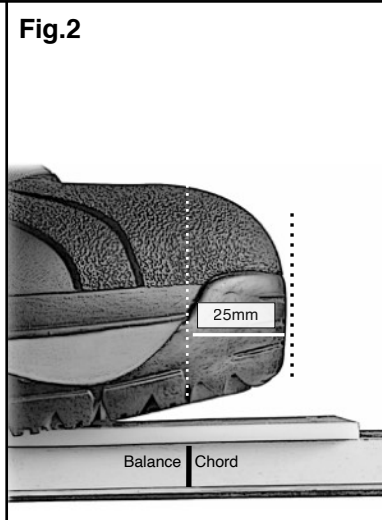


Fig.3

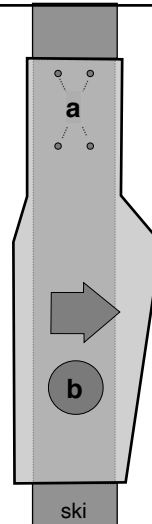
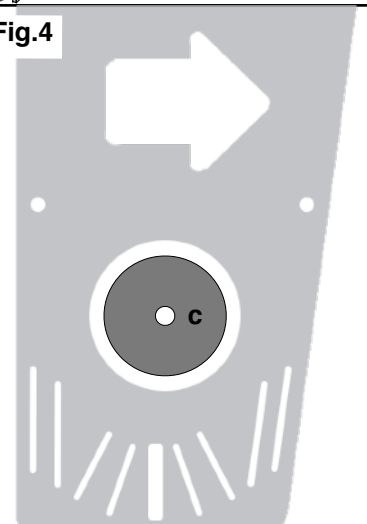
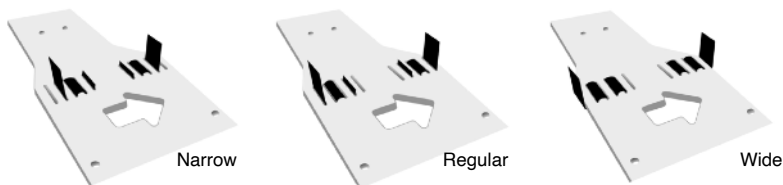


Fig.4



INSTRUCTIONS FOR MOUNTING FLEXI PLATEAU SKI BINDINGS. Refer to diagram overleaf.

1. Plateau bindings can be configured to fit narrow, regular, wide or irregular-width boots (Fig1). Ensure your boots fit snugly against the straps where they emerge from the slots in the base plate. If required, re-thread the straps until your boots fit snugly. You may also prefer to have a differential fit front and back. Webbing should pass through at least three slots to prevent slippage.



- If the balance chord (A) is not marked on your ski, balance your ski over a sharp edge such as a ruler (B) and mark a balance line with your marker pen.
- Strap boot securely into binding (see User Instructions below). Position boot/binding over ski so that front edge of boot sits approximately 25mm forward of your balance chord (Fig.2). As a reference, mark the front edge of the binding on your ski with your marker pen. Remove boot. Mark line in same position on second ski.
- Place binding back onto ski at marked position, centre-aligning hole pattern (Fig 3.a) and rear drainage hole (Fig.3b) on ski. Holding the binding steady use your centre punch and hammer to mark a screw hole pilot *II*. Remove binding.
- Carefully drill a 3.6mm hole in your ski. Clean surface and fill drill hole with a quality glue *III*.
- Align Mounting Plate (E) over 4 screw holes in Flex Plate, insert an 18mm screw (M) through both plates and mount binding onto ski *V*. Don't bed the screw down tightly yet.
- Rotate binding until rear drainage hole is centred on ski, hold steady and repeat punching of three remaining screw holes. Rotate the binding once again and drill holes. Clean surface, rotate binding into place, fill holes with glue then bed in each screw, applying firm downward pressure and swapping frequently. Seat all screws tightly ensuring under-surface of flex plate sits flush with the ski. Repeat with second ski.
- Centre-align Heel Plate (F) in rear drainage hole (Fig.4c) and tap a screw hole pilot with your centre punch and hammer. Remove heel plate, drill, clean surface, glue and mount using 15mm screw (N). Repeat with second ski.

OPTIONAL SHIM KIT

Pronation and supination are bio-mechanical conditions that can result in excessive outward or inward rolling of one or both feet. A symptom while skiing is a tendency for the ski to roll onto its outside edge - supination - or onto its inside edge - pronation. This can be extremely debilitating during long ski trips and it is important to set the foot in a neutral or flat ski position.

To counter any rolling effect you can purchase the optional Flexi Ultima Shim Kit, available at icetrek.com.

* FLEXI TIPS *	I	Screw heads can become damaged if using an electric driver at high speed or a poorly matched screwdriver or bit. Use a #3 Pozidriv hand driver to seat the screws.
	II	Always support the ski from beneath so that it does not flex during tapping, drilling or screwing.
	III	Use ski binding glue or epoxy (2-part) 24-hour cure adhesive to maximise strength and prevent screws unwinding.
	IV	Burrs or old glue on screws will create poor thread cutting. Ensure previously used screws are clean.
	V	Wind all screws in vertically.
	VI	If using old screw holes in your ski, wind screws in gently until you locate the old thread, then bed down firmly.
	VII	During your expedition, check screw tightness from time to time.
	VIII	Do not expose Flexi bindings to extreme heat or chemicals.

USER INSTRUCTIONS

- Ensure strap system is fully open by pulling down on the Release Cord.
- Hold up the grab loop (J, Fig.5) so that the front and rear straps become apparent.
- Place your boot through both straps, entering from the rear, until your entire boot is on the Base Plate. To determine Left and Right, buckles are located on outer side of boot.
- Hold the heel tab (L) and shuffle your boot back until it sits snug against the Heel Retainer Cord (K, Fig.6). Position the Heel Tab (L) in an obvious notch on your heel. The rear of your boot should align with the rear edge of the Base Plate.
- Pull firmly up and across on the Tensioning Loop (H) to secure your boot into the binding. Rock the loop from side to side, pulling alternately on each buckle, to cinch the boot in tightly.
- During your first ski check the positioning of all components and make adjustments to find an optimum fit. Once in place you won't need to make any more adjustments.
- To release bindings, place the tip of your ski pole into the release cord (Fig.7) and push down and out across the boot at an angle that releases both buckles simultaneously. Rolling your ankle inward will help further release the straps. You will perfect the technique after a few uses.

