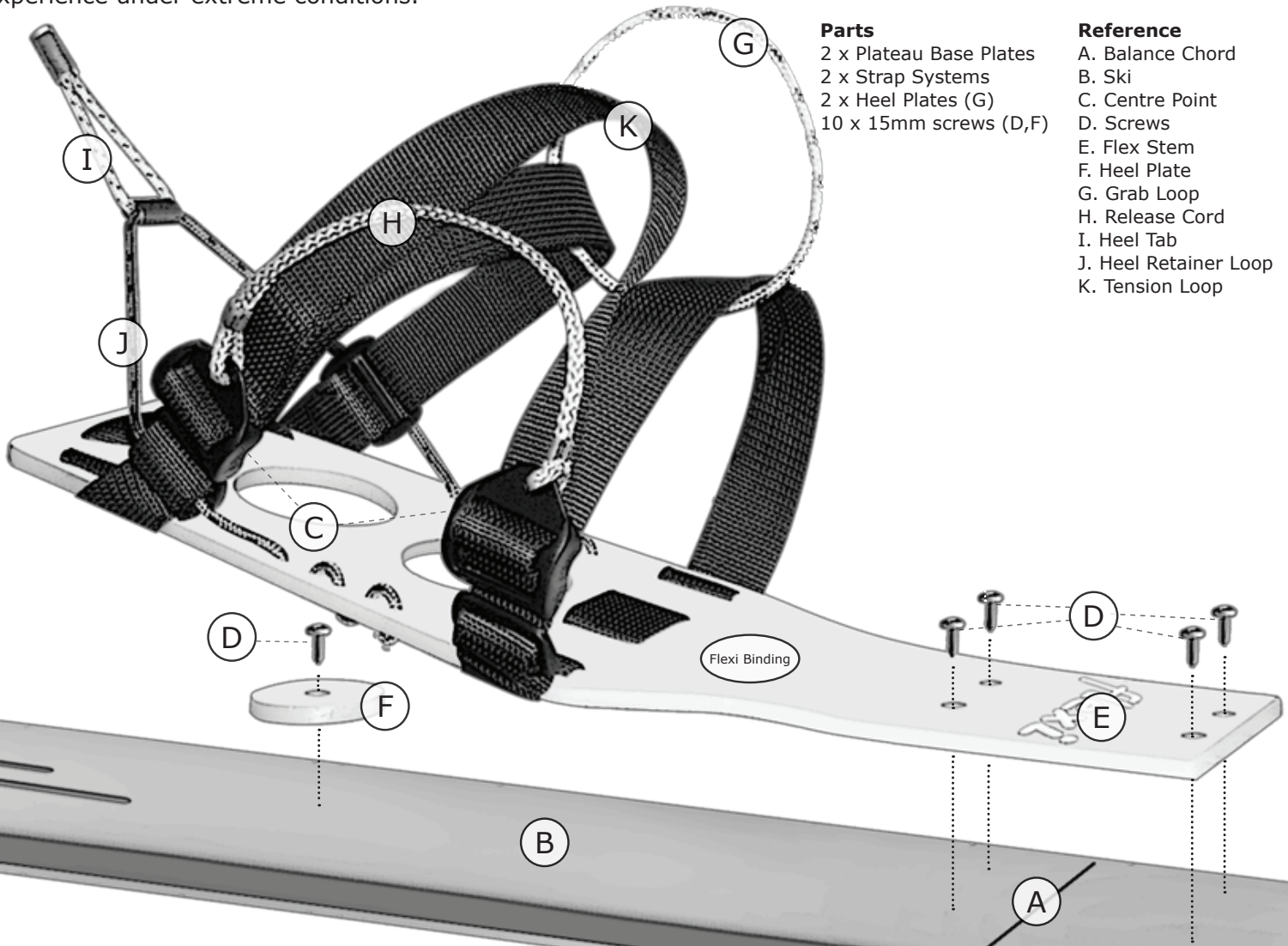


IT IS IMPORTANT TO FOLLOW THE INSTRUCTIONS. Read all of the Flexi Tips, and refer to them when you see this sign *. Prepare yourself with all of the required tools and accessories. Precision mounting will maximise your Flexi experience under extreme conditions.

YOU WILL NEED	
drill with 3.5mm and 5mm bit	ski glue or 24hr epoxy glue
Phillips head screwdriver	fine marker pen
hammer	ruler



Parts

- 2 x Plateau Base Plates
- 2 x Strap Systems
- 2 x Heel Plates (G)
- 10 x 15mm screws (D,F)

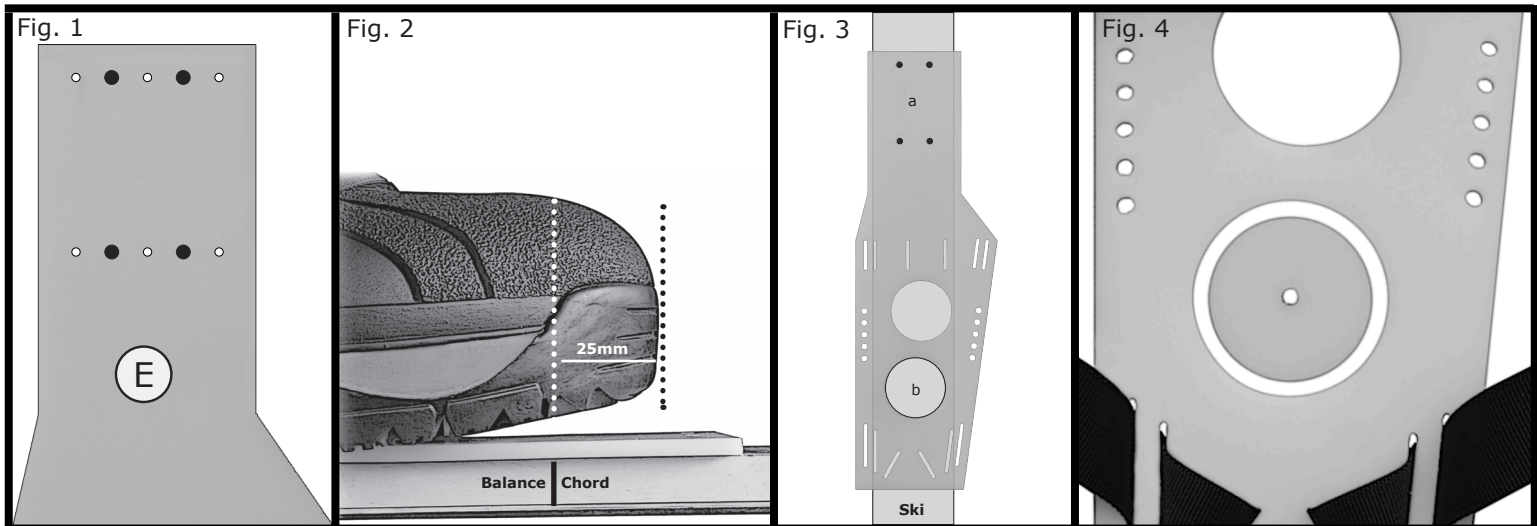
Reference

- A. Balance Chord
- B. Ski
- C. Centre Point
- D. Screws
- E. Flex Stem
- F. Heel Plate
- G. Grab Loop
- H. Release Cord
- I. Heel Tab
- J. Heel Retainer Loop
- K. Tension Loop

Metric Conversion

3.5mm = 0.1405 decimal inches = 9/64"

5mm = 0.2 decimal inches + 13/64"



INSTRUCTIONS FOR MOUNTING FLEXI SKI BINDINGS. Refer to diagram overleaf. Repeat each step per ski.

1. Mark the centre balance chord (A) of your ski (B) with a marker pen (balance the un-mounted ski over a ruler edge).
2. Before continuing, refer to section below, Offset-mounting for skiers with Pronation or Supination.
3. Strap boot securely into Plateau binding. To determine Left and Right, strap buckles (C) are located on outer side of boot. Position boot/binding over ski so that front edge of boot sits approximately 25mm forward of your balance chord (Fig.2). Mark the front edge of Plateau on your ski with a marker pen. Remove boot. Mark line in same position on second ski.
4. Insert 4 x screws (D) into pre-drilled holes on flex stem (E, Fig.1) until screw tips protrude 5mm. Repeat with second binding.
5. Place Plateau onto ski at marked position, centre-aligning hole pattern (Fig 3.a) and rear drainage hole (Fig.3b) on ski. Hold steady and tap each screw with a hammer to mark drill holes on the ski. Repeat with second ski.
6. Carefully drill 4 x 3.5mm holes in ski *II*. Clean surfaces. Fill drill holes with glue *III* and screw Plateau bindings onto ski *II*. Screw down each screw, applying firm downward pressure *VI* and swapping frequently. Bed the screws firmly ensuring under surface of flex plate sits flush with the ski. Repeat with second ski.
7. Insert a screw into each heel plate (F) until it protrudes 10mm. Centre-align heel plate in rear drainage hole (Fig.4) and tap screw with hammer to mark position. Drill, clean surface, glue and mount. Repeat with second ski.
8. Allow glue to cure. Pull tensioning loop (K) to fasten boot into Plateau and release cord (H) to exit.

OFFSET MOUNTING FOR SKIERS WITH PRONATION AND SUPINATION. Refer to Fig. 5 below.

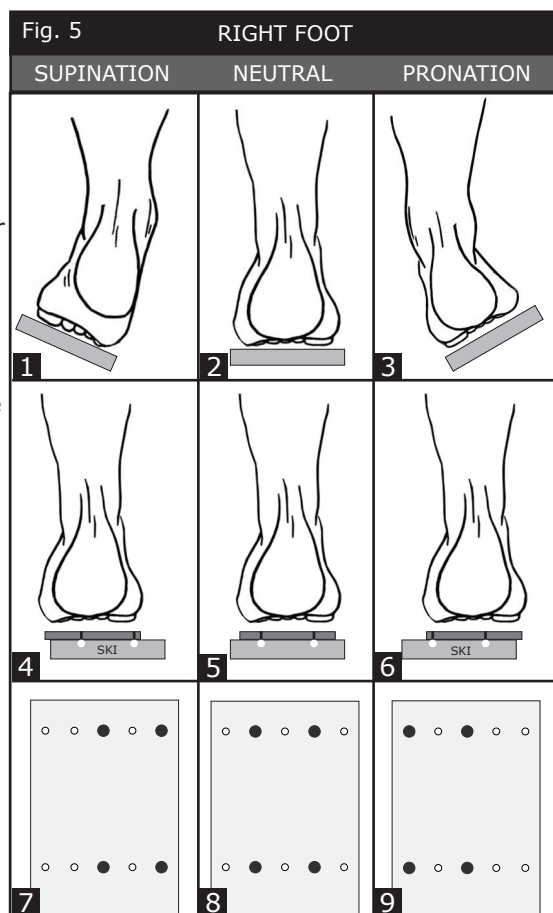
Pronation and supination are bio-mechanical conditions that can result in excessive outward or inward rolling of one or both feet. A symptom while skiing is a tendency for the ski to roll onto its outside edge - supination (1) - or onto its inside edge - pronation (3). This can be extremely debilitating, even on short trips, and it is important to set the affected foot/feet in a neutral or flat ski position (2).

If your ankles/skis do not roll, mount in the neutral position (5 & 8).

To counter the rolling effect you can reposition one or both Flexis into one of two offset positions (moderate and severe) for both supination and pronation. To counter supination, select outer hole pattern (4&7) and drill 5mm (3/16") holes. For pronation select and drill inner hole pattern (6&9). Reposition heel plates as required.

USER INSTRUCTIONS

1. Ensure tensioning loop (K) is fully released.
2. Hold up the grab loop (G, Fig.6) so that the front and rear strap systems become apparent.
3. Entering from the rear, place your boot through both straps until your entire boot is on the base plate.
4. Hold the heel tab (I) and shuffle your boot back until it sits snug against the heel retainer cord (J, Fig.7). Position the heel tab in an obvious notch on your heel. The rear of your boot should align with the rear edge of the base plate. The strap system will auto-adjust to your boot, however you can reposition the heel retainer to alternative holes in the base plate.
5. If the strap system is too wide or narrow you can re-thread it using alternative slots in the base plate. Visit www.icetrek.com for instructions on how to re-thread your Flexi Plateau's.
6. Pull firmly up and across on the tensioning loop 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.
7. After the first 5 minutes of skiing, re-tighten to achieve optimum performance from your binding.
8. To release bindings, place the tip of your ski pole into the release cord (Fig.8) 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.



*** 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 firm-fitting hand driver to seat the screws.
- II. Always support the ski from beneath so that it does not flex during drilling or screwing.
- III. Burrs or old glue on screws will create poor thread cutting. Clean them before use.
- IV. Be careful not to grind out initial hole threads in the ski by carelessly spinning the screw. Apply sufficient downward force on the multi-shim screws so that they engage immediately.
- V. Wind all screws in vertically.
- VI. During your expedition, check screw tightness from time to time.
- VII. Release and fasten strap buckles a few times if your boot becomes immersed in water. This will prevent water from freezing into the buckles and straps.
- VIII. Do not expose Flexi bindings to extreme heat or chemicals.



Fig. 6



Fig. 8



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www.icetrek.com