

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 3.6mm bit  
Posi-drive #3 screwdriver  
hammer  
centre punch or nail

ski glue or 24hr epoxy glue  
fine marker pen  
ruler

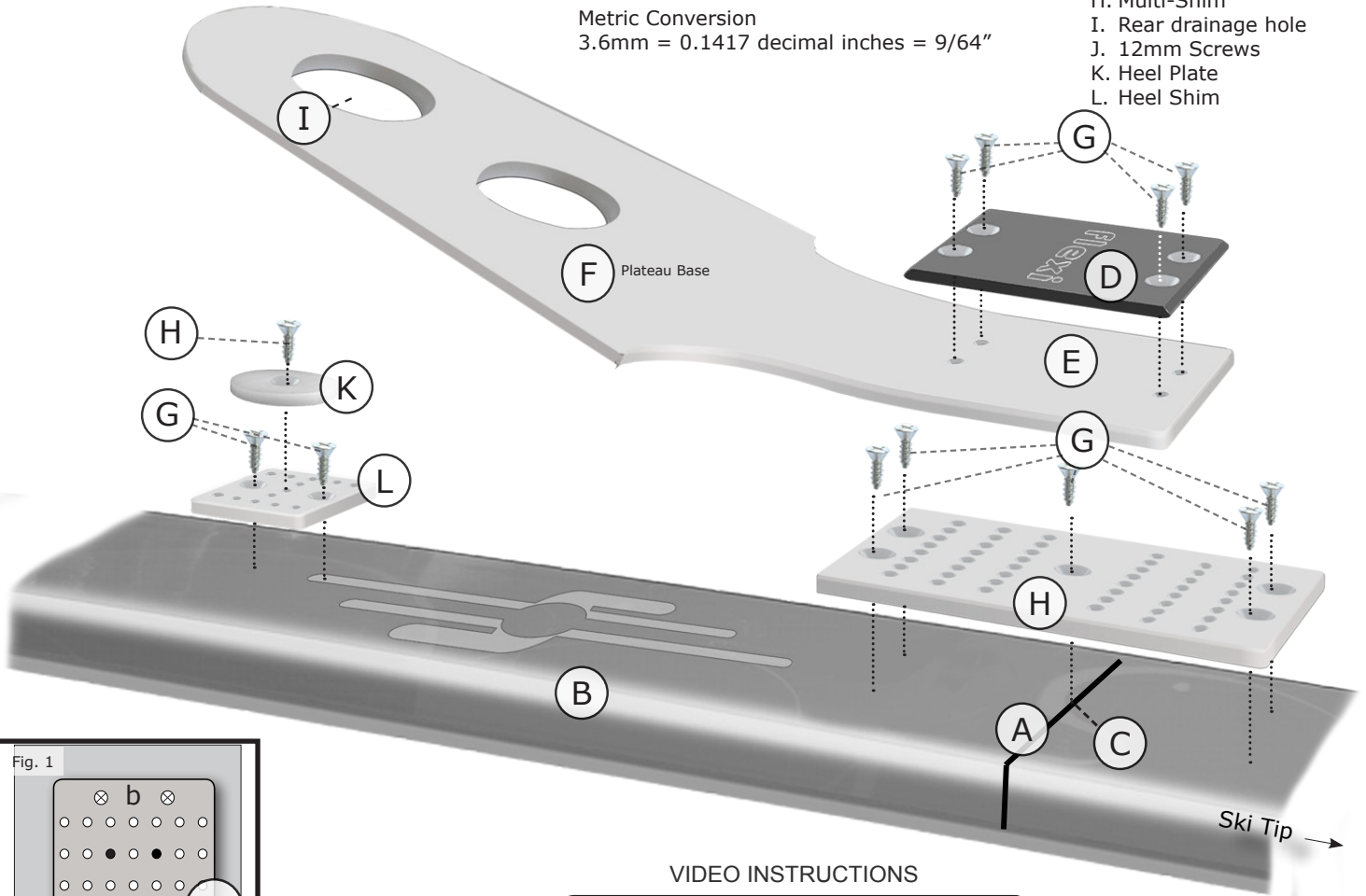
### Parts

2 x Flexi Plateau Base (F)  
2 x Mounting Plates (D)  
2 x Multi-Shims (H)  
2 x Heel Shims (J)  
2 x Heel Plates (K)  
22 x 15mm screws (G)  
2 x 12mm screws

### Reference

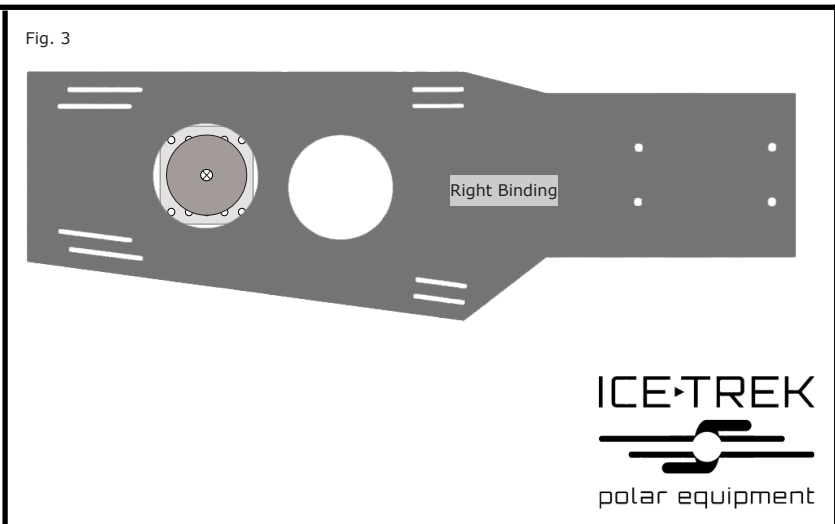
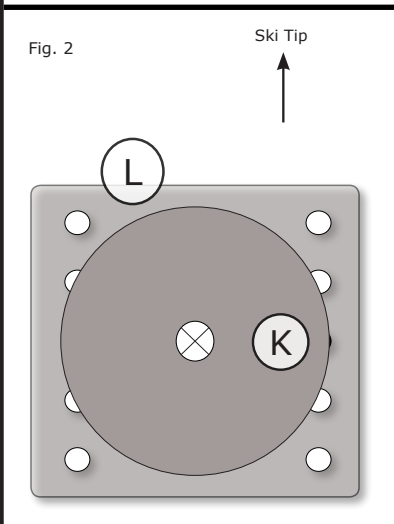
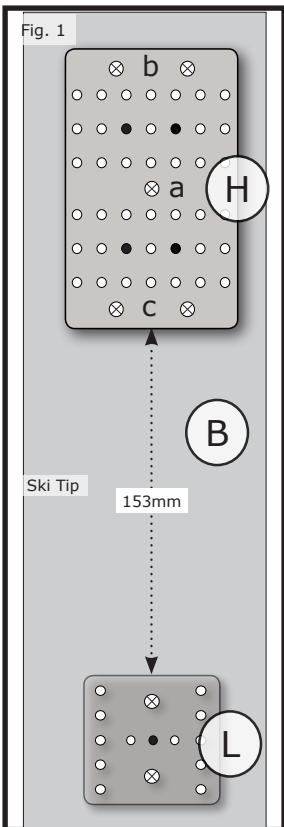
A. Balance Chord  
B. Ski  
C. Centre Point  
D. Mounting Plate  
E. Flex Stem  
F. Plateau Base  
G. 15mm Screws  
H. Multi-Shim  
I. Rear drainage hole  
J. 12mm Screws  
K. Heel Plate  
L. Heel Shim

Metric Conversion  
3.6mm = 0.1417 decimal inches = 9/64"



### VIDEO INSTRUCTIONS

[YouTube Flexi Ski Bindings](#)



## INSTRUCTIONS FOR MOUNTING FLEXI PLATEAU with SHIM SYSTEM.

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. Mark the centre axis of the balance chord (C) with a marker pen and punch the intersection with a punch or nail
3. Carefully drill a 3.6mm hole at the punch mark \*III\*. Fill the hole with ski glue or quality 24-hour cure epoxy glue \*IV\*.
4. Align Mounting Plate (D) over Flex Stem (E) of Plateau Base (F) and insert 4 x screws (G) until screw tips protrude 2mm.
5. Place Multi-Shim (H) on ski, positioning central hole (Fig 1/a) over the drilled hole. Using the central hole only, screw the Multi-Shim onto the ski using a screw (F) \*VI\*. Do not bed the screw just yet, allow the Multi-Shim to rotate on the ski.
6. Position Plateau Base onto Multi-Shim, aligning screws on centre hole pattern (Fig.1, highlighted holes in Multi-Shim).
7. Position/rotate the Plateau Base/Multi-Shim assembly until the rear drainage hole (I) is centre-aligned on the ski.
8. Without disturbing the position of the assembly, punch the front hole centres of the Multi-Shim (Fig.1/b). Again, without disturbing the position of the Multi-Shim, remove Plateau Base from Multi-Shim and punch the rear two hole centres (Fig.1/c).
9. Rotate the Multi-Shim to expose the punch indents. Drill 3.6mm holes, remove shavings, add glue and insert four screws, applying firm downward pressure and swapping frequently. Seat all screws into the Multi-Shim (do not over-tighten) ensuring the under surface sits flush with the ski and the screw heads bed into the counter sinking. Refer to OFFSET MOUNTING below before continuing.
10. Position Plateau Base back onto Multi-Shim.
11. Insert 12mm (J) screw into Heel Plate (K) and place over centre hole of Heel Shim (L) (Fig.2). Position heel assembly onto ski, centre-aligning inside the rear drainage hole. Heel Shim should be 153mm behind the Multi-Shim (Fig.1). Without disturbing the position of the Heel Shim, remove Plateau Base and Heel Plate and use the punch, nail or screw to mark the two drill hole positions onto the ski. Drill 2 x 3.6mm holes, remove shavings and mount Heel Shims onto ski using 15mm screws (G) and glue.
12. Mount Heel Plate (K) onto middle hole of Heel Shim using 12mm screw (J) (no glue required) (Fig 2.).
13. Mount Plateau Base onto Multi-Shim (no glue required), bedding screws firmly into plate. Offset mount as preferred. Offset heel plate as required.
14. To determine Left and Right, buckles are located on outside of Flexi.

## OFFSET MOUNTING FOR SKIERS WITH PRONATION AND SUPINATION (ankle roll). Refer to diagram.

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) on the Multi-Shim, for both supination and pronation. To counter supination, mount to a set of inner holes (4 & 7), for pronation mount to a set of outer holes (6 & 9). The more severe the condition the more the binding should be offset on the multi-shim. Reposition heel plates on heel shims as required using corresponding offset holes.

### \* FLEXI TIPS \*

- I. Flexis are best suited to skis with a minimum waist of 45mm. No maximum width.
- II. 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.
- III. Always support the ski from beneath so that it doesn't flex during punching, drilling or screwing.
- IV. Use ski binding glue or 24-hour cure epoxy (2-part) glue to maximise strength and prevent screws unwinding.
- V. Burrs or old glue on screws will create poor thread cutting. Clean them before use.
- VI. Exert firm and constant pressure when screwing into the ski so that the screw creates a smooth and uniform thread within the ski.
- VII. Wind all screws in vertically, particularly into the ski.
- VIII. When you re-use holes in the Multi-Shim, screw in gently until you engage the existing thread, then bed tightly.
- IX. Check screw tightness from time to time.
- X. Do not expose Flexi bindings to extreme heat or chemicals.

