

SECTION 1

MOUNTING INSTRUCTIONS for FLEXI ULTIMA SYSTEM

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 | ski glue or 24hr epoxy glue |
| Posi-drive #3 screwdriver | fine marker pen |
| hammer | ruler |
| centre punch or nail | |

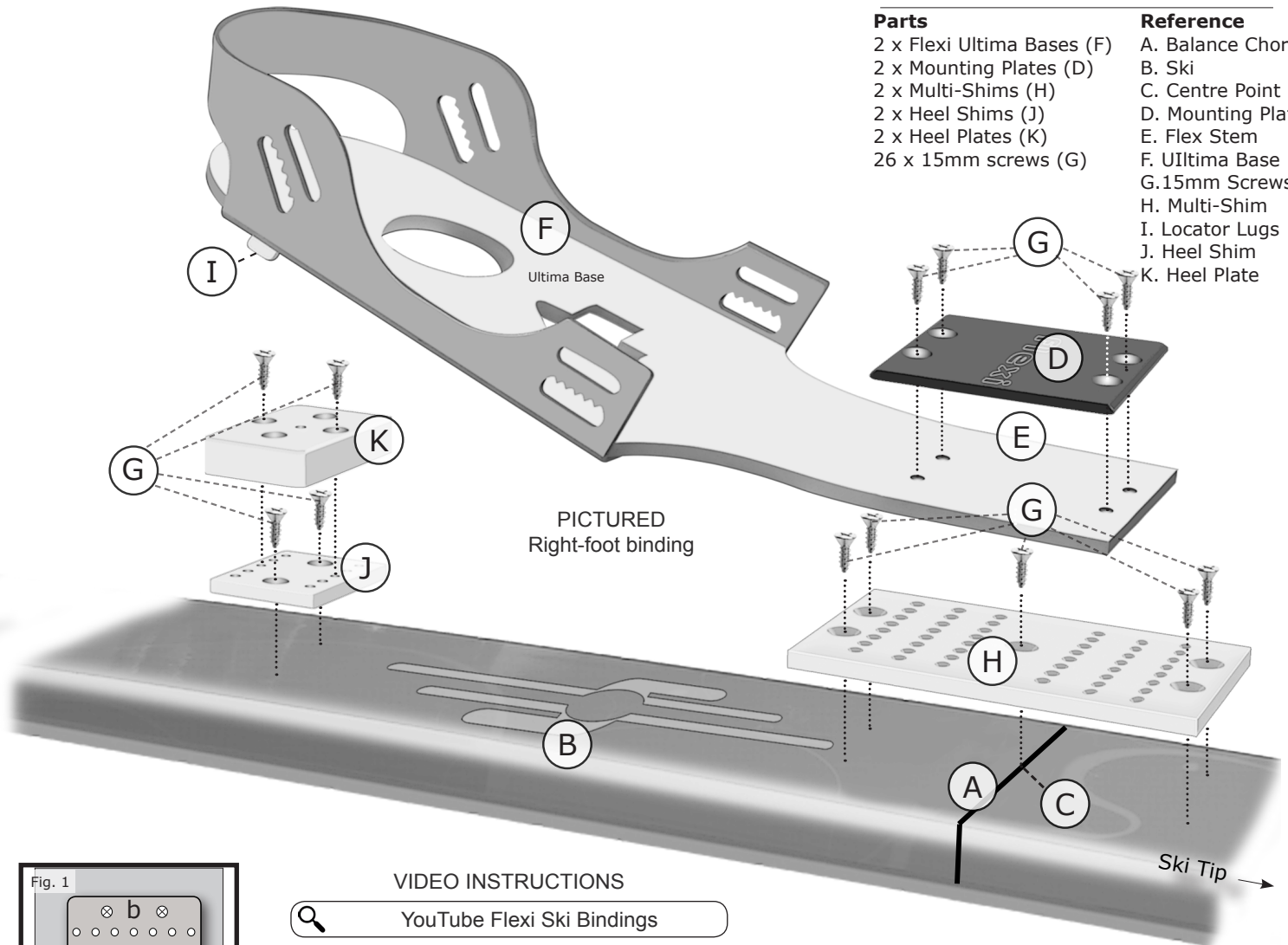
Metric Conversion
3.6mm = 0.1417 decimal inches = 9/64"

Parts

- 2 x Flexi Ultima Bases (F)
- 2 x Mounting Plates (D)
- 2 x Multi-Shims (H)
- 2 x Heel Shims (J)
- 2 x Heel Plates (K)
- 26 x 15mm screws (G)

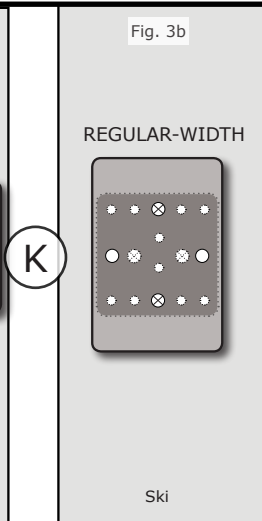
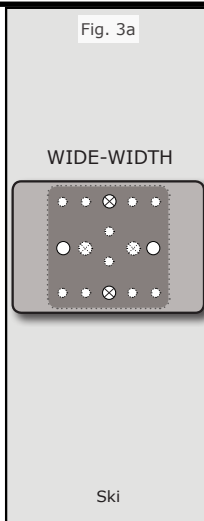
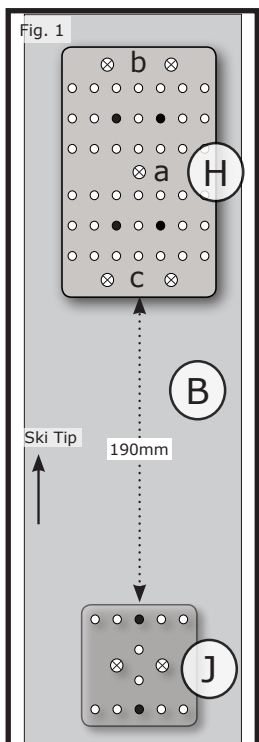
Reference

- A. Balance Chord
- B. Ski
- C. Centre Point
- D. Mounting Plate
- E. Flex Stem
- F. Ultima Base
- G. 15mm Screws
- H. Multi-Shim
- I. Locator Lugs
- J. Heel Shim
- K. Heel Plate



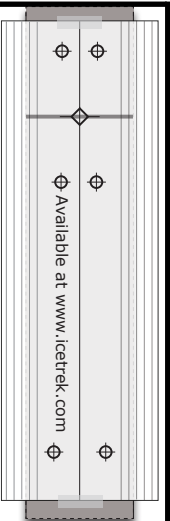
VIDEO INSTRUCTIONS

YouTube Flexi Ski Bindings



Using the printed Flexi Shim Template

1. Measure the scale on the template against a ruler to ensure they match. If not use the instructions overleaf.
2. Cut out the square hole on the template.
3. Punch the balance chord centre on ski.
4. Align the cut-out over the centre point and use grid lines to centre template on ski.
5. Tape template firmly to ski.
6. Punch remaining 6 hole centres.
7. Remove template, drill and clean holes, fill with glue and mount shims.



INSTRUCTIONS FOR MOUNTING FLEXI ULTIMA 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.
If you have a printed template use this now to mark shim hole positions and fast forward through the steps.
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 Ultima 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 Flexi binding onto Multi-Shim, aligning screws on centre hole pattern (Fig.1, highlighted holes in Multi-Shim).
7. Position/rotate the Ultima Base/Multi-Shim assembly until the locator lugs (I) are centre-aligned on the ski (Fig.2).
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 Flexi binding 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 heel shim (J) onto ski 190mm behind the Multi-Shim (Fig.1) and centre-align between ski edges (Fig.2). It's important that the heel shim is centered on the ski - to test it place Flexi binding back onto centre hole pattern of multi-shim. The heel shim should be centered between the locator lugs (central holes in the heel shim are only used when paired with Flexi Plateau).
11. Without disturbing the position of the heel shim, remove Base 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 screws (G) and glue.
12. Mount heel plates (K) onto heel shims using screws (no glue required).
IMPORTANT: For Wide model, long axis of heel plate must be aligned perpendicular to ski (Fig.3a). For Regular-width model, long axis of heel plate must be aligned parallel to ski (Fig 3b).
13. Align mounting plate (L) over holes on flex stem and insert 4 x screws (M). Screw Flexi bindings onto multi-shim (no glue required), bedding screws firmly into mounting plate. Mount forward, back or offset as preferred. Offset heel plate as required.
14. To determine Left and Right, arrow on base plate points to the outside of Flexi.

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

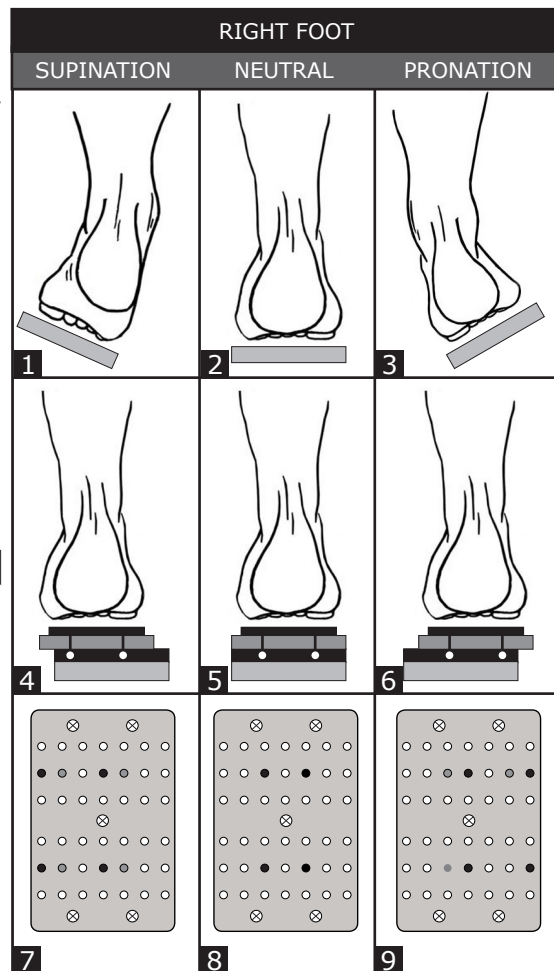
Pronation and supination are bio-mechanical conditions that can result in excessive outward or inward rolling of one or both feet. A symptom while skiing is a tendency for the ski to roll onto its outside edge - supination (1) - or onto its inside edge - pronation (3). This can be extremely debilitating, 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.



Made in Australia by polar equipment

flexi@icetrek.com www.icetrek.com