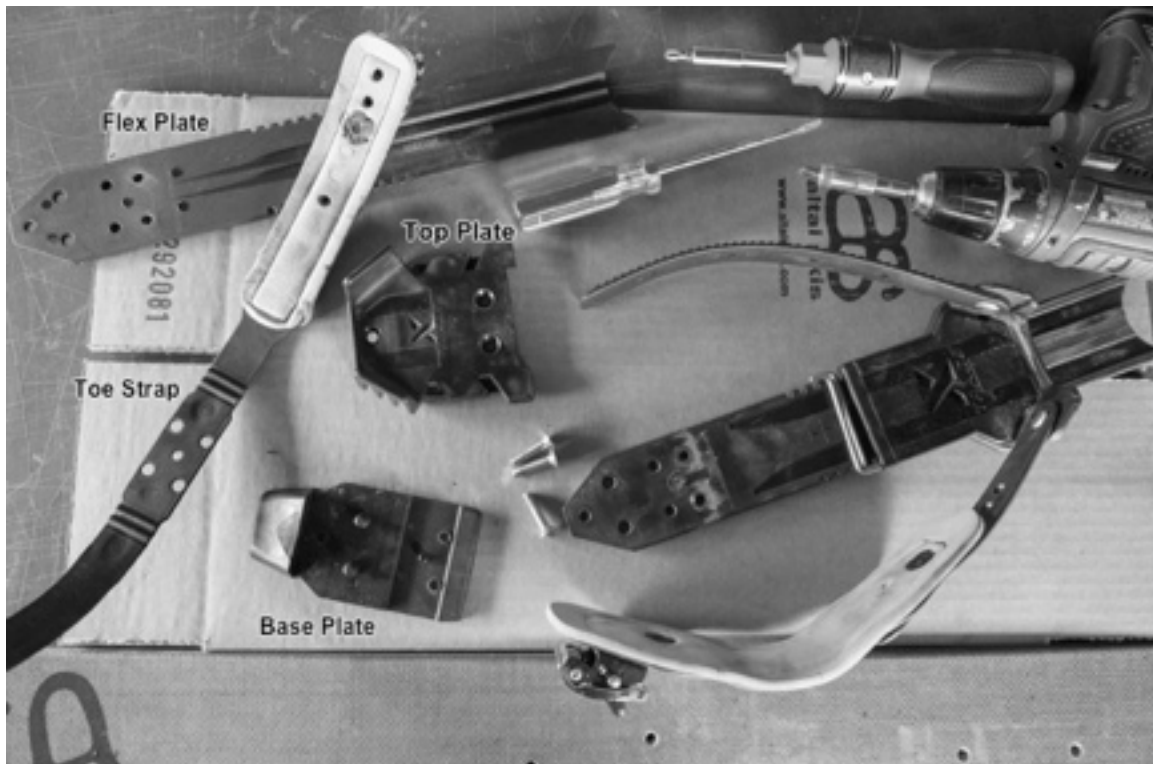
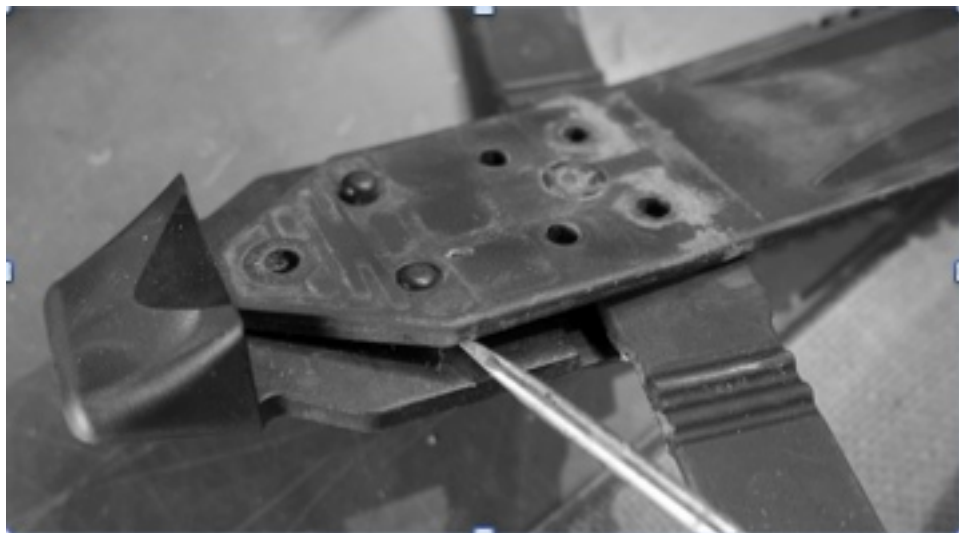


CHANGING FLEX PLATES ON THE EXTRACE UNIVERSAL BINDING

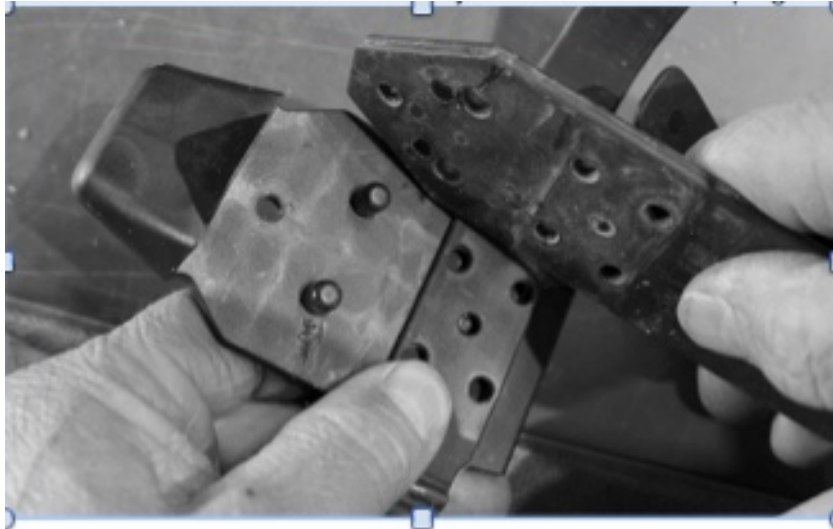
Here is a quick overview on changing a flex plate on the Xtrace universal binding. You will need a Phillips screwdriver (3#) and a medium flathead screwdriver.



First, unscrew the 3 screws that hold the binding onto the ski. Remove them from the binding as well. The top plate (that your foot sits on) will come off easily.



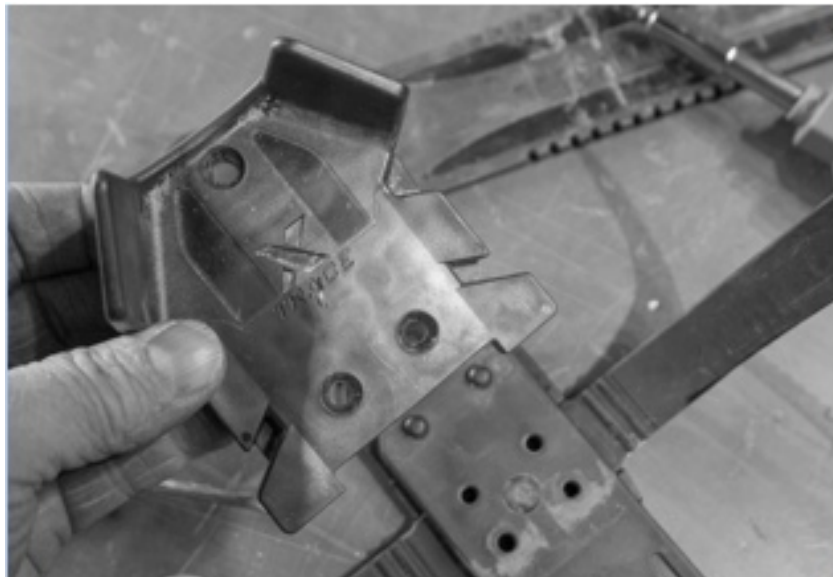
Under that you will find the flex plate. Use the flat head screwdriver to pry it off of the 2 round pegs. It fits on these quite snugly.



Under the flex plate you will find the toe strap (ratchet buckle). All this sits on the base plate.

Put the toe strap back on the base plate. It sits on the pin in the center of the 4 holes. Make sure the grey pad is up and the buckle is on the same side as the heel buckle.

Next goes the flex strap. It fits snugly on the 2 plastic pins. With both hands you can push it on, or put something on it (to protect it) and tap it lightly with a hammer. We use a rubber mallet here. Make sure the adjustment numbers on the flex plate face up.



Put the top plate on and push it into place. Make sure the toe strap is still located properly, and put the screws in, this will keep all the parts in place.

Screw the assembled binding back on the ski. You can use a power driver, but be careful when screwing the screws back in that you set the choke fairly lightly and hand tighten to finish. We rotate between the 3 screws to keep the binding even as it goes down on the ski.



Finally, pinching in the steel adjustment tangs on the heel plate, slide the plate back off the old flex strap and then onto the new one.

The springs are a bit tight so you need to get a good purchase on them and squeeze them enough to free the steel wires from the notches in the flex plate. I keep them squeezed and go right to the new one and slide it on.

That's it, you're done!