

# iSkibike Details



Bolts going through the front and rear plates into the ski boot feet raise and lower the toe of the rear ski boot foot and the heel of the front ski boot foot. On level ground without skis installed these are properly set when the heel of the front ski boot foot is about  $\frac{1}{8}$  inch off the ground, and the toe of the rear ski boot foot is about  $\frac{1}{8}$  inch off the ground.

**Instructions for Air Pressure for SunTour shocks are in the enclosed SunTour manual.**



Sometimes the cup of the heel of the binding does not fully engage the ski boot foot. Always check this when installing skis, and step or press lightly on the rear heel release lever, which will correct the problem.

The proper air pressure for the front fork is about 100 psi. The proper air pressure for the rear shock for the Heavy Duty Model is about  $\frac{1}{2}$  the weight of the rider, and for the Regular Model is about equal to the weight of the rider. [E.G. Heavy Duty - Rider weight equals 190 pounds; shock psi should be about 95 psi; Regular - Rider weight equals 190 pounds; shock psi should be about 190 psi. Fork and shock air pressure can be varied depending on rider preference for a soft ride [lower air pressure] or firm ride [higher air pressure].