

## ADJUSTABLE ROLLER SKATE

Adjustable size - PU wheels - 608Z Bearings

**WARNING! PROTECTIVE EQUIPMENT SHOULD BE WORN.  
NOT TO BE USED IN TRAFFIC.**

Size 13–2 & 3–5 maximum loading weight 60kg.

Size 6–8 maximum loading weight 100kg.

### CAUTION!

- Read the manual carefully before using your new skates.
- Prior to each use, please check that all screws and connections are tightened. Make sure that the brake, wheels and bearings are in good condition.
- Self-locking nuts and other self-locking fixings may lose their effectiveness after used.
- Protective equipment should be worn. We recommend you to wear a helmet, wrist, knee and elbow protectors and reflective clothing when needed.
- Use the skates with caution to avoid falls or collisions causing injury to the user or anyone else. Do not ride your skates in sloping areas.
- Not to be used in traffic. Always follow and obey all local traffic laws and regulations. Stay away from motor vehicles and watch out for pedestrians.
- Never allow yourself to be pulled along by a motorized vehicle.
- Ride your skates in daylight.
- Avoid skating in sand, water or dirt.
- Never leave your skates in extreme high/low temperatures as it might damage the skates.
- Never let children use the skates without adult supervision.
- Store the product indoors.
- DO NOT make any modifications to this product.
- Keep the instruction for future reference+skate maintenance.

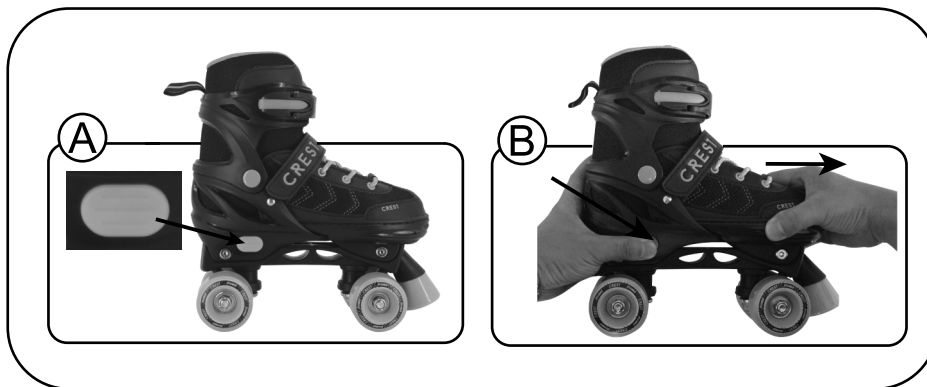
### MAINTENANCE

Prior to each use it is important to check that all screws are tightened. Check that the wheels roll properly and that the bearings are in good condition.

- Please rotate the bearings and wheels to see whether they are workable, and do some adjustments or add lubricant if its needed after the first 2 weeks of use.
- The wheels and wheel bearings may become worn out after regular use and can be changed easily. A special key, available in most tool shops, can be used to remove the ball bearings. Clean the ball bearings using a clean, dry cloth. Lubricate the bearings if necessary.
- On a regular bases we recommend to swap the wheels around, to keep all wheels in good condition and to prevent irregular wear.
- Try to anticipate braking and the higher speed, the greater braking distance. Check the brake pad regularly and replace if necessary. To use the brake, bend your knees deeply and put your legs in a staggered position with the brake skate in front. Carefully lift the tip of the foot with the brake skate and put some weight on the heel to stop.



## SHOE SIZE ADJUSTMENT



## BRAKING

To apply the brake, lean backward from the waist, lift your braking skate up tilting it forward and exert pressure slowly with your heel while bending your other knee full stop.

## STARTING OUT

Bend your knees slightly and push off easily to the back and side with one skate as you glide forward on the other skate. Then bring your back skate forward so it is even with your front skate and repeat. Always remember to bend your knees slightly. Turning is achieved by gliding and bringing your knees together and leaning in the direction you want to go. Practice this motion both left and right.

## RULES OF THE ROAD

Always wear your protective gear: helmet, wrist guards, knee and elbow pads. Learn skating basics such as braking and turning before going out on the open trail. Stay away from water, oil, debris, sand and uneven or broken pavement. Avoid areas with traffic. Never hitch yourself along motorized vehicles. Stay alert! Always be cautious of controlling the speed of your skates. Stay in control.

Before using the skates, read the traffic regulations of the town or city, state or country where you are.