




PS Powerslide Swell Nite 125 Inline Skates Instruction Manual

[Home](#) » [PS](#) » PS Powerslide Swell Nite 125 Inline Skates Instruction Manual 



**Swell Nite 125 Inline Skates
Instruction Manual**

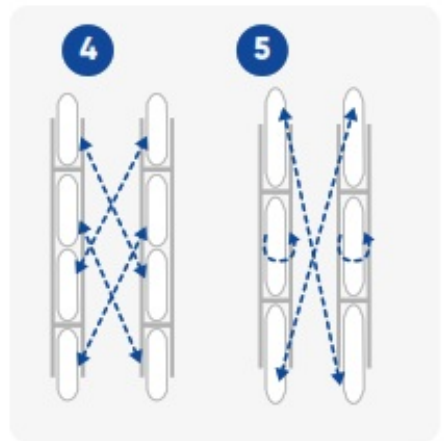


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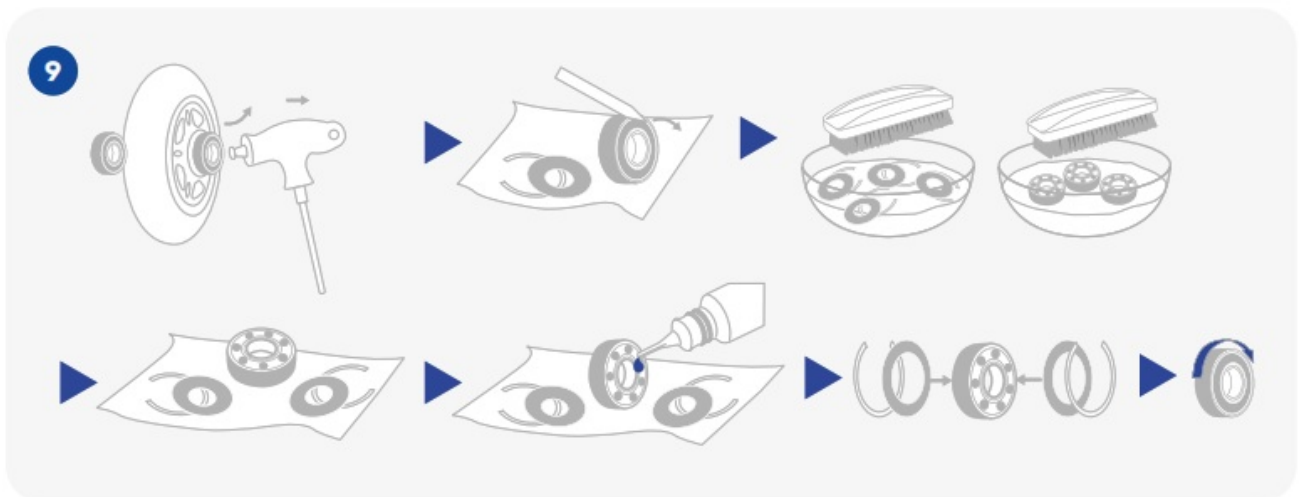
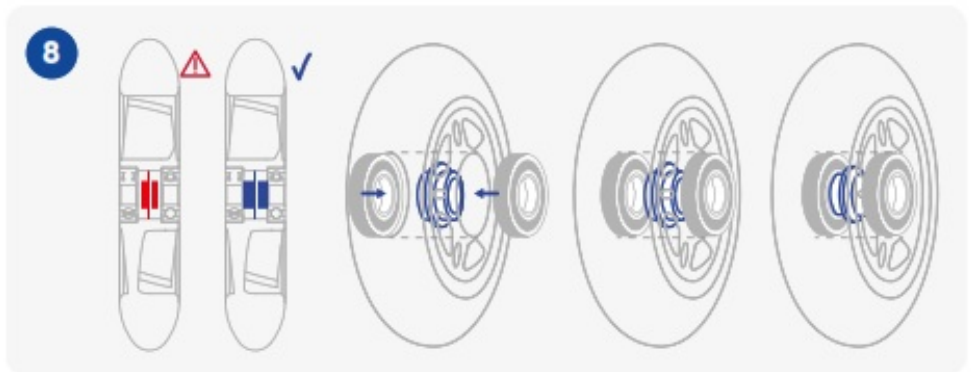
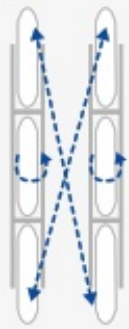
Contents

- [1 Powerslide Swell Nite 125 Inline Skates](#)
- [2 INSTRUCTION MANUAL](#)
- [3 INFORMATION OF USAGE](#)
- [4 SKATING SKILLS](#)
- [5 BRAKING USING THE BRAKES \(VISUAL INSTRUCTION 3\)](#)
- [6 BRAKING WITHOUT USING THE BRAKES](#)
- [7 MAINTENANCE AND CARE](#)
- [8 SKATE MAINTENANCE](#)
- [9 CLEANING AND STORAGE](#)
- [10 DISPOSAL](#)
- [11 POWERSLIDE WARRANTY](#)
- [12 Documents / Resources](#)
 - [12.1 References](#)
- [13 Related Posts](#)

Powerslide Swell Nite 125 Inline Skates



5





[MYFIT-CUSTOM.COM](http://www.myfit-custom.com)

<http://www.myfit-custom.com>

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SWELL FITNESS SKATES

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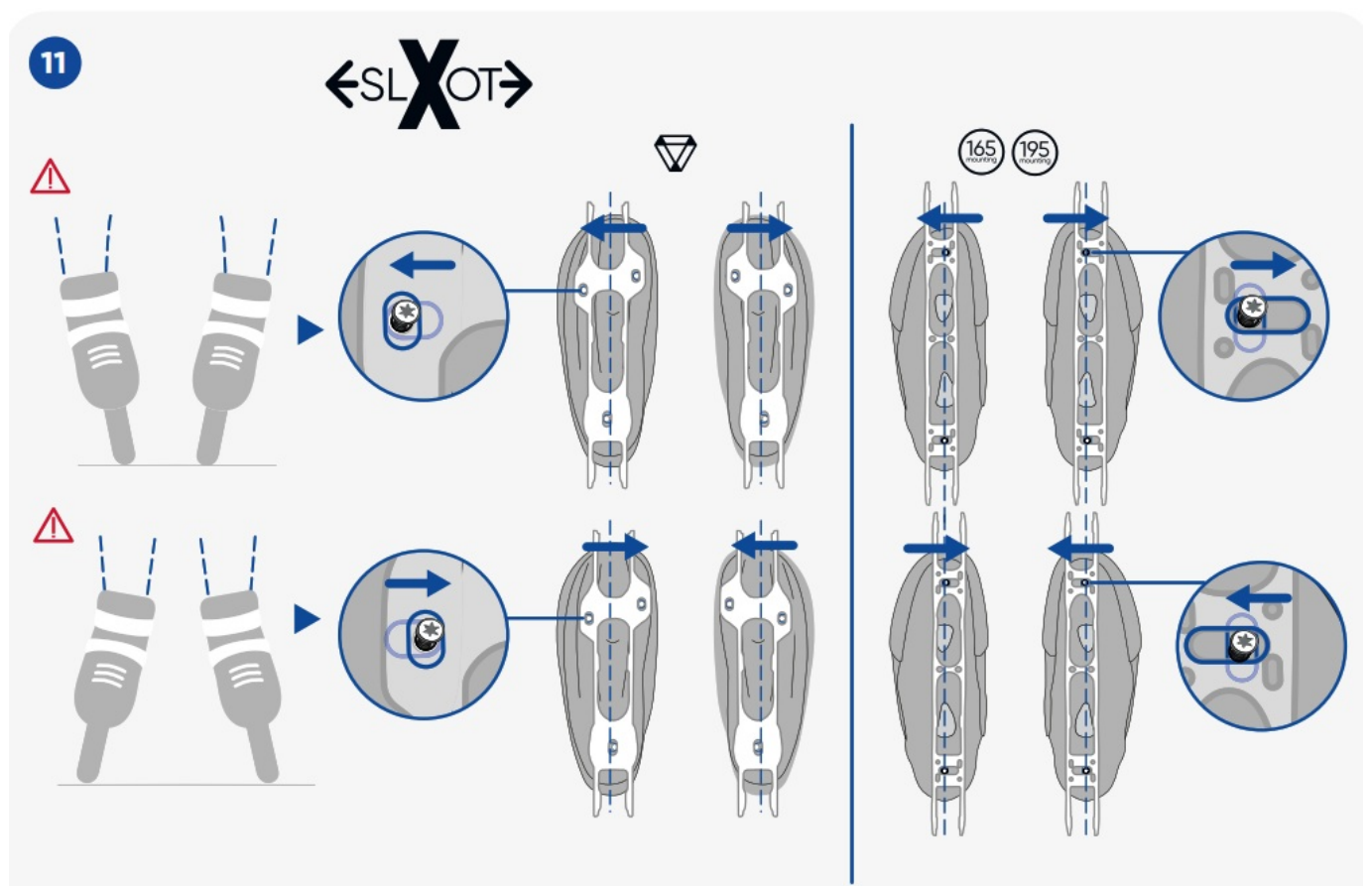
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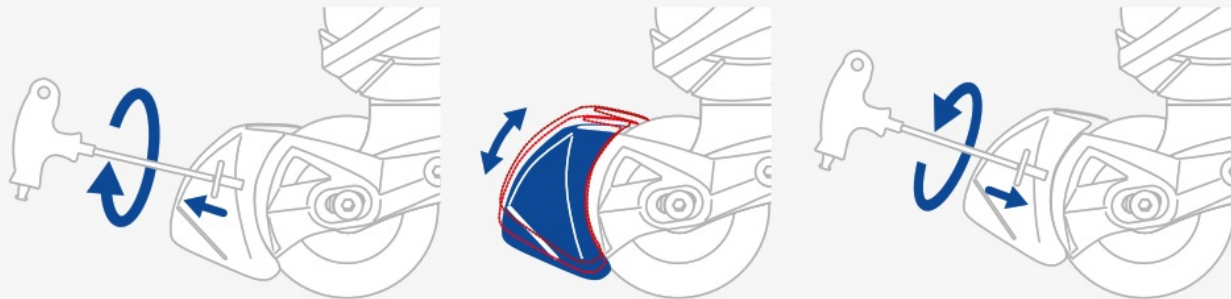


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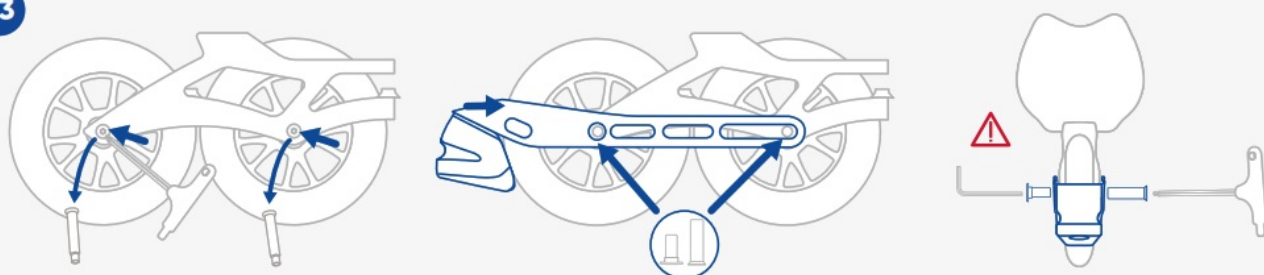
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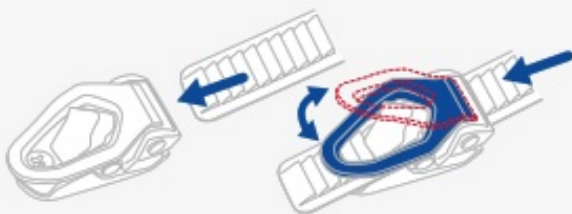
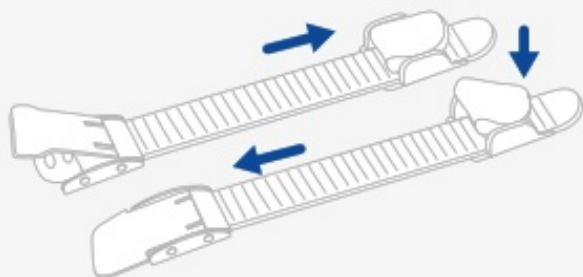
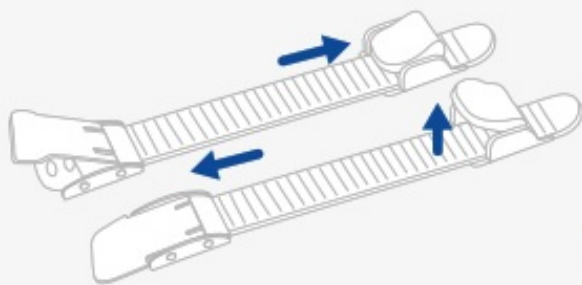
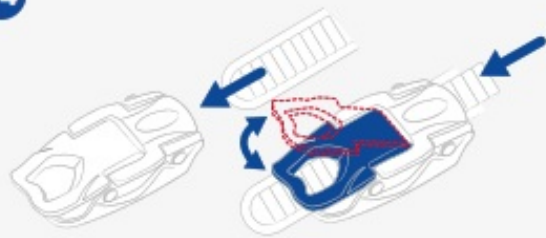


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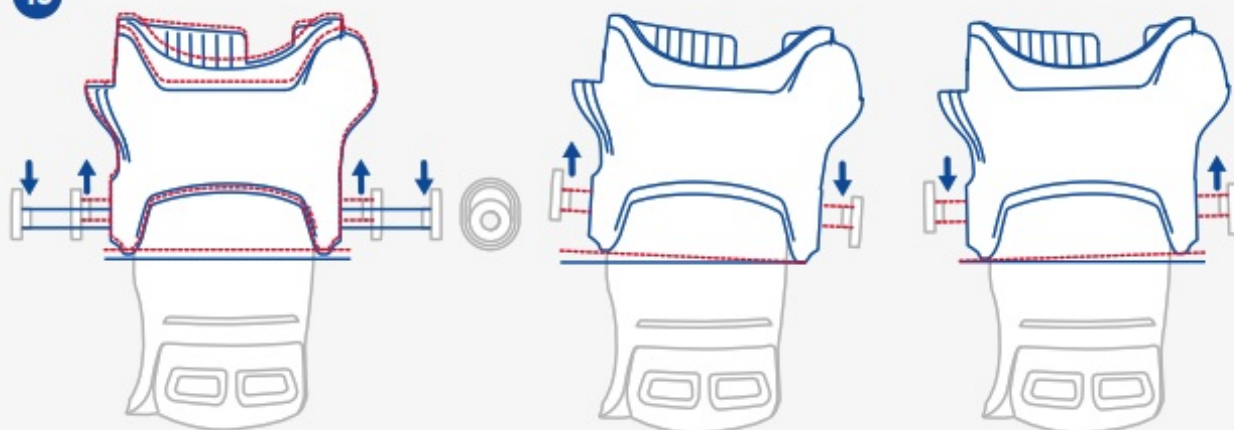


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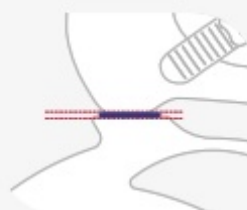


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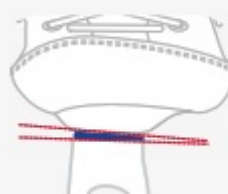
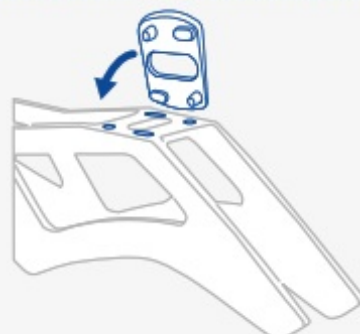
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mounting

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mounting

PITCH



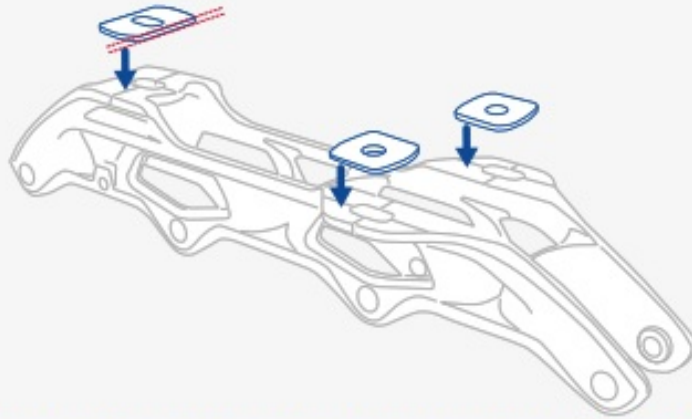
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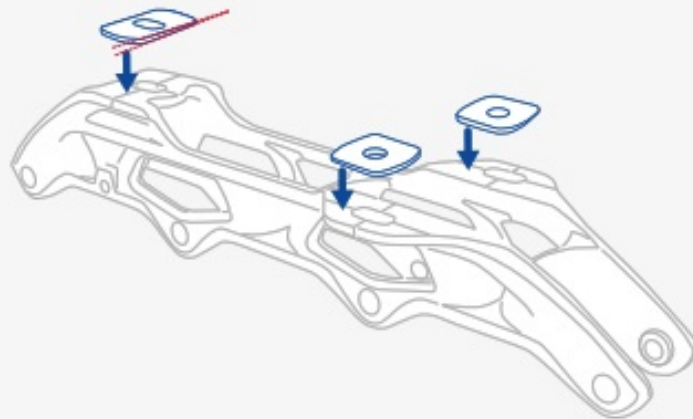
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PITCH



STRIDE



INSTRUCTION MANUAL

GENERAL INFORMATION

Thank you for choosing POWERSLIDE Skates. With over 20 years of experience in roller and in-line sports, Powerslide products are innovative, functional, and stylish. Developed and tested in conjunction with world-class athletes, designed in Germany with great attention to detail, and manufactured according to the highest quality standards. If used and maintained correctly, you will be able to enjoy your Powerslide Skates for many years. WE LOVE TO SKATE These skates have been tested in line with the European standard EN 13843:2009. These skates correspond to Class A with a maximum user weight of 20 kg to 100 kg. These skates are designed for regular roller sports. They are not suited for inline hockey and acrobatic roller sports. The letter of conformity for this item can be found on the following website: www.powerslide.com

ATTENTION!

- No modifications shall be made that impair safety.
- Visual instruction 1: Powerslide recommends wearing full, safety-tested protective gear in order to minimize your safety risk. Full protective gear includes a helmet in addition to knee, elbow, and wrist pads. Furthermore, you should wear reflective clothing and equipment.
- Visual instruction 2: Check your axles. Check your mounting bolts.
- Skating on streets and cycle paths is not permitted according to the road traffic act. Your city may, however, have its own specific legislation to determine where skating is permitted and where it is not. Follow the regulations. Avoid paths and roads used by other road users. We recommend using skate parks instead.
- Inline skating is a dangerous sport and can lead to serious injury and even death. Protective gear cannot provide complete protection from injury, but it can contribute to avoiding more serious injuries. That is why it is important you always carry protective gear as well as a helmet at all times and skate in a controlled manner.

- Always skate with attention to others. Watch your speed while skating and skate to your abilities.
- Always skate on the right side and overtake on the left side. When you want to turn, indicate with your hand for others to see.
- Be careful around children, dogs, bikes, and other inline skaters, and skate with foresight and anticipation of other people's mistakes.
- The traffic laws also apply to skaters. It is not permitted to have yourself be pulled along by cars, buses, or other motorized or non-motorized vehicles.
- Avoid skating on sandy, wet or oily ground as this could cause an accident. In addition, sand, water, and dirt can damage the bearings.
- Self-locking screws and nuts can gradually loosen when the skates are being used. Check these regularly to make sure they are still firmly in place and if necessary, tighten them. Take particular note of the screws attaching the frame to the shoe as well as the axles that attach the wheels to the frame.
- Sharp edges that can form while using the skates should be removed in order to avoid injury.

INFORMATION OF USAGE

Always make sure your skates fit properly; the shoe should not be too large or small. If one of your skates is too large, then it will not offer real support and if the shoe is too small it will show signs of pressure. If the shoe is tied too tightly, it can lead to blood congestion in the foot. Skaters with narrow feet have the possibility to compensate for an excessive shoe size with suitable insoles.

SKATING SKILLS

Powerslide recommends beginners take skating lessons. Ask your Powerslide vendor for such opportunities within your city. Initially start practicing in an area free of other road users or ask someone to lead you through the first steps. Attempt to stand upright on your skates while keeping your ankles straight. Get accustomed to the proper skating position in order to attain the best possible balance. Shift your center of gravity downward by bending your knees and ankles and leaning forward slightly from the hip. Your center of gravity should now lie directly above your skates. Push yourself off with the inner edge of one skate, which you have placed at an angle to the intended direction movement, and glide along with all your weight on the other skate. Return the first foot under your body by moving it in a circular motion and then use the other skate to push yourself off again. Repeat this a few times and after a short time, you will find yourself skating. In order to turn right, you need to shift your center of gravity first to the inner edge of your left foot and the outer edge of your right foot. Then turn your hip and toes to the right while keeping your legs locked and shoulders parallel to the ground. Let the momentum carry you until you stop. You can assist the turn by placing your hands in the direction you intend to turn. Exaggerated movements and a twisted upper body can lead to a loss of balance.

BRAKING USING THE BRAKES (VISUAL INSTRUCTION 3)

Braking is the most important skill in inline skating and should be mastered at all costs. Adapt your speed to your abilities and skate with foresight. Avoid steep terrain until you have completely mastered skating and braking on flat terrain. On flat ground, beginners can stop by gliding until their momentum subsides. Use your arms to maintain balance. More advanced skaters brake with the so-called "heel stop" technique. Here you should adopt the skating position as described above. Then push your braking skate forwards and lift your toes upwards a little, while simultaneously pushing down on the brake stopper. Place about 40% of your body weight on your front skate and 60% on your back skate. This method will bring you down to a more manageable speed and eventually to a standstill.

BRAKING WITHOUT USING THE BRAKES

If you are not equipped with brakes then you will need to use the so-called "T-stop" technique. Adopt the skating

position. Place your braking leg to the back and place the skate's wheels in a 75-80-degree angle to your direction of motion, letting them drag along on the ground. Now put a little pressure on the wheels in order to reach a manageable speed and come to a stand-still. The upper body should remain upright, the shoulders straight. Avoid twisting your body as this may lead you to lose your balance.

MAINTENANCE AND CARE

Regular maintenance and care will increase your skates' life expectancy and make sure you have more fun with them.

Rotating the order of wheels (Visual instruction 4, 5)

Because wheels get worn differently and more on one side than the other, they should be switched regularly. Follow the illustrated instructions.

Axles (Visual instruction 7)

Wheels & Spacer (Visual instruction 8)

To remove Wheels

- Unscrew with Allen key
- Remove axle

To Assemble Wheels

- Re-insert axle
- Re-tighten the axle with the Allen key.

Maintenance of Bearings (Visual instruction 9)

Frame Adjustment (Visual instruction 11)

Brake (Visual instruction 12, 13)

Heat Molding (instruction 10)

Closure Systems (Visual instruction 14)

Pitch Control & Stride Control (Visual instruction 16, 17)

Cuff (Visual instruction 15)

SKATE MAINTENANCE

BEFORE EVERY SKATE check axels check all wheels spin freely

AFTER EVERY SKATE check axles

EVERY WEEK

check mounting bolts

check frame/boot position

check bearings for any unusual noises, lubricate if necessary

check fixation, screws of buckles, straps, and cuff screws

EVERY 2-3 WEEKS

rotate wheels

clean frames and axels to remove road grime

EVERY MONTH

clean and lubricate bearings

check laces for any tears and small rips

check the complete skate, especially in high-stress areas for any visual changes use odor foot spray in the boots

EVERY 6 MONTHS

check the condition of mounting bolts, and replace them if necessary

check the condition of axels, and replace them if necessary
check the condition of laces, and replace them if necessary
check the condition of buckles and straps, and replace them if necessary
Heat mold again if applicable

CLEANING AND STORAGE

The skates should be dried off after every usage. Do not expose them to direct heat, in other words not near an oven or heating. Avoid intense sunlight, for example in the car, because tears may form. Remove any loose dirt particles using a toothbrush. For more persistent dirt, you can wash the skates by hand with lukewarm water or with a diluted cleaning solution and then wipe it off using clear water. Use as little water as possible. Rivets, screws, or any other hardware (frame, wheels, etc.) should not come into direct contact with water or soap. The shoe should not be submerged in water or washed in a washing machine.

Do not use acidic or corrosive chemicals on plastic parts or the skates themselves. Clean the surfaces of the Velcro fasteners in order to maintain their adhesive property. When storing your skates, keep them in a dry location without exposure to the elements.

DISPOSAL

Dispose of your skates using a licensed waste disposal company or your communal disposal facility. Pay heed to all relevant valid laws. If in doubt, contact your disposal facility regarding environmentally-sound disposal.

POWERSLIDE WARRANTY

Powerslide Products have a warranty period of two (2) years from the date of purchase. Articles that become damaged due to material and manufacturing errors shall be repaired or replaced at the discretion of Powerslide. This warranty is limited to the original purchaser and cannot be transferred. The receipt is to be presented as proof of purchase. If no receipt is presented, then the warranty period shall run from the date of manufacture. This warranty does not cover damage caused due to any of the following:

- misappropriation, misuse, accident, or regular wear-and-tear
- collisions (such as hitting curbs, jumps, etc.)
- repairs or alterations outside the circle of vendors authorized by Powerslide
- incorrect usage of hardware or use of non-Powerslide products for fastening. In order to buy components for your Powerslide skates, please contact your Powerslide vendor.

MAKING A WARRANTY CLAIM

A receipt must be presented if a warranty claim is to be made. Bring your product with the receipt to your authorized Powerslide vendor. Provided no ulterior instruction by Powerslide Sportartikelvertriebs GmbH has been given, the product may not be sent directly to the Powerslide Service Center. All returns must be carried out via a Powerslide vendor. Your Powerslide vendor will inspect the product and provide suggestions on how to proceed. If it is deemed the article is to be sent on to the Powerslide Service Center, then shipping and any resulting costs are your responsibility. If Powerslide deems the article defective due to workmanship or materials and the warranty period has not yet expired then Powerslide will repair the product as it sees fit free of cost or replaces it with an identical or equivalent model. The repaired or replaced product will be delivered as quickly as possible at Powerslide's expense to the Powerslide vendor.

NOTE:

the warranty of Powerslide Sportartikelvertriebs GmbH is limited exclusively to the replacement of defective products.

Powerslide Sportartikelvertriebs GmbH will under no circumstances accept responsibility or liability for fatalities or injuries, property damage, indirect, contingent, or consequential damage, or payments arising from the use of Powerslide products.

Powerslide recommends you store this user manual in a safe place in case you need to refer to it in the future.



<http://www.powerslide.com>



[FACEBOOK.COM/POWERSLIDEWORLD](https://www.facebook.com/POWERSLIDEWORLD)



[INSTAGRAM.COM/POWERSLIDEBRAND](https://www.instagram.com/POWERSLIDEBRAND)



[OUTUBE.COM/POWERSLIDEINLINESKATES](https://www.youtube.com/POWERSLIDEINLINESKATES)

POWERSLIDE Sportartikelvertriebs GmbH

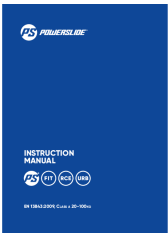
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powerslide@powerslide.de

we love to skate

Documents / Resources

	<p>PS Powerslide Swell Nite 125 Inline Skates [pdf] Instruction Manual</p> <p>Powerslide Swell Nite 125 Inline Skates, Powerslide, Swell Nite 125 Inline Skates, Swell Nite 125, Inline Skates</p>
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References

-  [The domain name exp.la is for sale | Dan.com](#)
-  [Myfit homepage – Powerslide](#)
-  [Powerslide.com](#)
-  [Powerslide.com](#)