



THE ORIGINAL CROSS SKATES

MANUAL-ENGLISH



SKIKE V7 FIX ALL MODELS

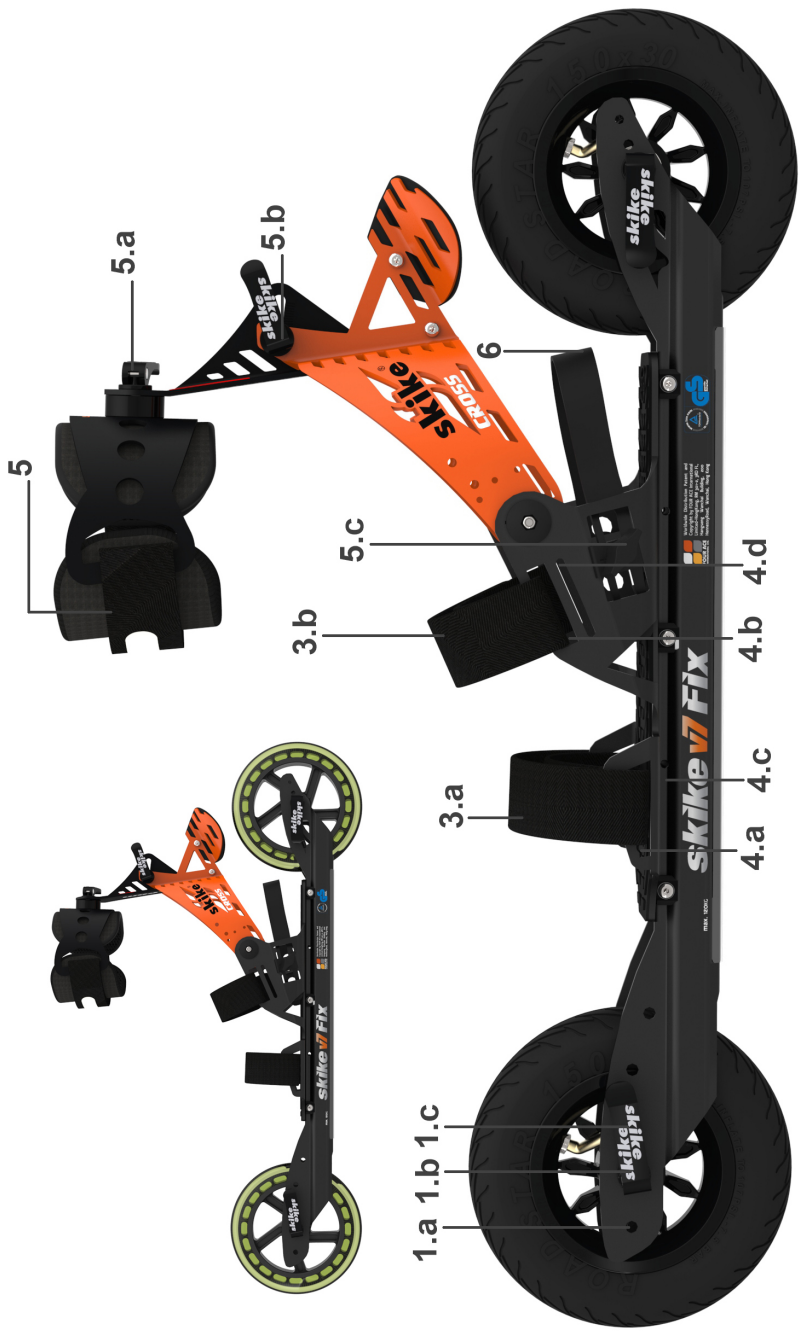


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A. CONGRATULATIONS!

A.1 Now fun may begin!

Congratulations and thank you for choosing skikes. You are now entering the world of skiing - the new and ultimate endurance activity and supplement for balance sports. Skiing is basically already a sport in itself. People who are skiing exercise a very high percentage of their muscles and this in the great outdoors over a wide variety of terrain.

Skiing provides a supplement and alternative training for many favourite sports. It enables year round training and variety to sports specific training, which can help sustain increases in performance. This applies to sports like running, cycling, football, rowing and snow sports, as well as to the not so obvious, which can range from water skiing to motor sports.

Sophisticated design, joint-gentle pneumatic tyres, a highly efficient, patented braking system and the intelligent orthotic leg adjustment offer a completely new way of life in the great outdoors, whether uphill or downhill. The new v7 FIX Poly Urethane wheel option adds the capability to participate in roller ski and inline skating events on smooth dry land surfaces.

By observing these instructions to learn quickly and easily, skiing can be a perfect combination of sport, fun and exercise for most children and adults.

B. WARRANTY

B.1 Provisions of warranty

The term skikes stands for a matched set of sports equipment as well as its original parts and properties, manufactured by Skike Sports International Ltd. (Skike Sports). The products of Skike Sports are subject to strict and constant quality control. If the skike contrary to expectations, does not work properly, contact your retailer. A list with the corresponding addresses can be found on the internet at www.skike.com.

The warranty period complies with the legal provisions of the country in

which the skike was acquired, begins on the date of purchase and, requires proof of purchase. After the warranty period any repairs are chargeable.

Skike Sports warrants to the original purchaser that the skikes are free from material or manufacturing defects. The warranty does not cover damage to the skike that arise due to damages, wear and tear of wearing parts, violence, abuse and / or improper use, accident, loss, technical changes, use in inappropriate environment, inadequate maintenance and care, or by products Skike Sports is not responsible for.

Use of non-original spare parts will void the warranty. Warranty claims can only be accepted if a complete, belonging together set can be presented for review.

Skike Sports shall not be liable for claims against you, made by third parties based on loss or damage alledged to have been caused by your product, or which were due to the improper operation and / or improper use, or failure to observe the safety, operating and manual instructions, as well as loss or damage by third parties, even in the event that we have been advised of the possibility of such damages.

B.2 Warranty as GOLD Support customer

Thank you for choosing a skike product. You have acquired a brand product of excellent quality. Unfortunately there have been cases of fraud in the past , in which copies of our products were offered and sold at lower prices. Since those products did not meet our product quality standards, it unfortunately has led in the past to accidents causing considerable physical damage.

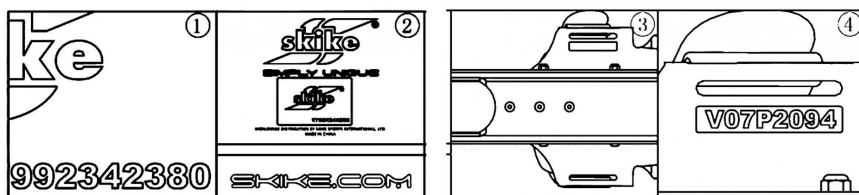
To to be able to counteract these criminal activities clearly and reliably - for ensuring your safety - we have developed a new identification system (authenticity check), which is now at your disposal. At the same time, it helps you to be able to do any warranty claims quickly and easily even from home.

We strongly recommend that you undertake the skike set authenticity check immediately at the time of purchase, together with the dealer you

trust right in his retail store.

Please register your skike purchase on our internet portal www.skike.com. You need both: the skike product key (Fig. 1) on the skike RFID card (Figure 2) and the skike serial number which is the same on both skikes (Figs. 3 and 4)

B.3 Product key RFID card serial number



Once all the required data are stored, you will receive a confirmation from the system. You are now registered as Gold Support customer. You are now sure that you have purchased an original skike product and thus all rights to a possible warranty claim.

As a thank you for your cooperation Skike Sports grants you skike a warranty extension of 6 months over your local statutory warranty.

By registering your purchase with Skike Sports, you have the option of contacting the Skike Sports Express Service for any warranty services that will be available. Registering enables you to easily log into your account from your location to advise of any faults and supply one or two images of the problem, so that it will be easier for our staff to understand the fault and start the response process via email.

A Gold Support registration is available via your retailer at the time of purchase, or within 30 calendar days from date of purchase, if you prefer to self-register from your PC at home.

After 30 days you can still register your purchase and then login for the skike set authenticity check and, for any warranty service. However an extension of the local warranty period will no longer be available (see

A.2).

For any warranty claim registration is required either to you, or the dealer you trust.

Your warranty claim is only against the direct seller, the retailer you trust. The proposed procedure by the trademark owner and FAE can irrevocably and exclusively in the interest of the customer to circumvent this rule.

However, the legislature also support efforts to grant claims for genuine products. A validity check, even by the manufacturer / dealer, therefore, is always the prerequisite for any claim.

B.4 Warranty as a non-GOLD Support customer

In this case, please contact directly retailer from whom you purchased the product. They will then, if not carried out by you, make the necessary authenticity check online.

In this case, please contact directly retailer from whom you purchased the product. They will then, if not carried out by you, make the necessary authenticity check online.

To make a warranty claim you need to contact your retailer, describe the fault / damage and supply one or two pictures of the problem. This information will then be entered into the Skike Sports warranty system. You must agree with the retailer if the spare parts should be supplied by direct delivery to your home address or via your retailer. Then the warranty claim will be sent to Skike Sports, processed quickly and the relevant part(s) will be sent to the required delivery address.

If you are sent warranty parts directly, you will receive an apology for the fault and, for the inconvenience experienced, a little thank you gift.

C. SAFETY

C.1 General

C.1.1 Points before starting

- Read the instructions and retain them.
- Check and maintain the tyre pressure of pneumatic wheels. This should be 107psi .
- Check directional stability and the tightness of all wing nuts, quick releases and parts, always before and after every ride.



Note: The effectiveness of self-locking nuts, such as those used on the major adjustment for the heel belt assembly, may decrease over time. If you have to solve a self-locking nut completely, it has to be replaced with a new nut. Damage caused by not replacing nuts, will not be covered by the warranty.

- Take the time to set up the skikes correctly regarding shoe size and maintenance.
- Seek advice and help when setting up your skikes, from skike instructors or experienced skiers.
- First familiarize yourself with the device, and begin with braking and then running technique.
- Please wear protective equipment and preferably some reflective. It is essential to wear an approved helmet and full finger gloves. Skike gloves and knee and elbow protectors are recommended, as well as sunglasses and sunscreen on even mild UV days.
- To minimise rubbing on bare skin (esp. in long skike sessions) wearing of 3/4 socks or pants that come down over the claves is recommended.
- Start slowly and carefully. Seek the help of experienced skikers, use recommended video links and instruction courses (www.skike.com).
- Never undertake changes which could affect the skikes operating security. Use only original skike spare parts. Design changes and the use of non-original skike spare parts leads to immediate loss of warranty claims!



When skiking at any time: Observe the terms and restrictions of the Highway Code / normal road traffic! Avoid skiking on roads where there is vehicle traffic. Use routes that are reasonably free from other traffic. Skike at the side of the track / road and in single file. Select only routes, terrain and surfaces that correspond to your actual riding skills! Start on solid, flat, clean and dry surfaces. Avoid danger to other track / road users and be considerate and polite. Smile, say hello and create a good image

for skiking!

D. YOUR NEW SKIKES

D.1 Scope of delivery

For the contents of your skike set, please refer to the product labels and packaging. Content and delivery may vary depending on product model, design and series. Your skike is designed for normal, everyday use. Use under extreme conditions is not intended and shall relieve the manufacturer of all warranty claims. Treat your skikes carefully and accordingly only put them to their intended use.

D.2 First steps

Before you can use your new skike you must first insert and lock in the wheels supplied. Please follow to the following instructions carefully. Installing the wheels is completely straightforward and easy to do.

We recommend before installation of pneumatic wheels to check their air pressure. This is much simpler before installation. The air pressure in all air wheels should always have between 6-7 bar (107 PSI).

D.3 Wheels without reverse control mechanism



- Check the pre-assembled wheels for completeness. Unpack the supplied quick releases and check for completeness.
- Unscrew the quick release nut. The washer remains on the quick release spear (threaded bolt), up against the tension lever.
- Insert wheel into the fork
- From the outside of the skike (i.e. the side which will have the outside of your shoe), push the quick release spear through the shaft hole in the frame, then the wheel and lastly through the axle hole in the frame at the other side. Screw on the quick release nut (recessed / grooved end up against the skike frame) and slightly tighten by hand.





D.4 Quick release

Correct locking of a quick release is performed as follows: When the wheel and quick release is in place with the nut on the end, the tensioning lever is then wound in a clockwise direction. The correct setting is achieved by first winding the tensioning lever around effortlessly at an angle of 90 degrees to the plane of the wheel until it becomes close to being tight. Then firmly push the lever all the way down until it rests as flat as possible on the skike frame or fork. By adjusting the wound up position of both the nut and the lever, you can finish with level being locked firmly in place. If necessary the flattened lever can be wound a little more when it is in the locked down position. The final position of the lever should be facing backwards, to minimise the risk of oncoming items being caught inside the lever.



D.5 Wheels with reverse control mechanism

The procedure is the same for wheels with and without a reverse control mechanism.




In addition, the following applies for the reverse control mechanism. The drawing shows small levers on the outside centres of the wheels. When you insert the wheel into the frame, make sure it will turn in the correct direction, and make sure that the small levers are correctly positioned against the frame. On the underside of the frame if in the rear wheel position and on the top side of the frame if in the front wheel position (recommended). Then proceed as before. (Picture where the small lever to rest, so wheel in front of the fork and image wheel in the fork, but with the small lever in the foreground).

 **Now your skis are ready - have fun!**

D.6 Equipment and Clothing

D.6.1 Footwear

Basically skiing is possible with most footwear. An important condition is that the shoe in the heel provides a good grip and there are no buckles or eyelets on the shoe, so a pleasant and uniform force distribution can be achieved when strapping in the shoes. Best footwear is usually running or walking shoes. A wide splayed out heel may be hard to fit into the skis.

 **Note: If the muscles in the ankles are weak or in need of support, it is recommended a high cut shoe be worn that provides ankle support. Otherwise, if the ankle musculature is strong enough to control the skis without additional support, low cut footwear is**

preferred as it enables better freedom of movement, and appropriate techniques for specific run benefits.

D.6.2 Clothing

For skiing no special clothing is required. However, it is subject to weather conditions recommended a reflective Functional sportswear with adequate freedom of movement.



Note: In the lower leg area (e.g. pants), they should not be too long as to risk clothing being caught in the wheels or brakes. In the calf area a piece of clothing (eg pants, 3/4 socks or stockings) are recommended, so that no direct skin contact with the calf shells arises, particularly during long skiing sessions.

D.7 Protective Clothing

D.7.1 Head protection: helmet

Lightweight protective and approved helmet with sufficient cooling features.

D.7.2 Hand protection: gloves

Full finger gloves are strongly recommended. They provide protection against abrasions when contact is made with the ground and warmth in colder weather conditions.

D.7.3 Elbow-and knee protection

Protective sleeves worn around knees and elbows are recommended so that even when falling at higher speeds, sufficient protection is provided. Skike protector sets are flexible and have Kevlar sections over the joints, designed to protect against abrasions.



Note: The use of elbow and knee protectors or pads is recommended, especially for beginner skiers, children and extreme rider safety reasons.

D.7.4 Protective goggles, sunglasses and sunscreen

Recommended for trips in groups and in training. Sunglasses and sunscreen even on mild UV days.

D.8 Poles

D.8.1 Type and setting

Since the sport of skiing is more akin to cross country skiing than roller balding and inline skating, the use of poles is an (almost) self-evident thing. The poles engage the upper body in propelling the skier, especially when the track is not wide enough to skate. They are used for pushing, climbing and providing balance support and additional security.

Conventional aluminum poles can be used, but they may not be strong enough for some off track situations and may have poor shock damping properties for avoiding unnecessary strain on joints. Skike adjustable length carbon shaft poles with the new multi-function strap and screw on/off tip changing system are ideal for both on and off road use. Just like skikes can be fitted to different shoe sizes, skike poles can be adjusted to different length people and activities.



Note: *The recommended pole length is calculated as follows: Skikers height in cm x 0.9*

E. CLEANING AND MAINTENANCE

Regular maintenance and inspection of the skikes contributes to the security of the device. Check before and after every ride the tightness of all fittings and the wear of the tyres.



Note: *The effect of self-locking nuts (such as those used on the major adjustment for the heel belt), may decrease over time.*



Self-locking nuts may be used only once!



Note: *Wheel bearings should be maintained at regular intervals with a suitable lubricant.*



Note: *Any sharp edges caused by use must be blunted*

E.1 General

Ideally, you should clean the skike after each use and check also the tightness of all catches. Remove dirt and dust, preferably with a brush

and a damp cloth to avoid adverse effects of any kind that may be incurred by dirt and moisture.

E.2 Screws, nuts, quick releases, joints

A regular review of all threaded connections is required to prevent greater damage and maintenance-related accidents!

Self-locking nuts must always be replaced after they have dissolved and / or were dissolved to be replaced. The locking effect is guaranteed only for a proper first use.



We recommend changing of all self-locking nuts at least once a year and to replace them with new, original skike spare parts.

Quick releases can be loosened and tightened again more often without losing their securing capabilities, but the nuts are subject to progressive wear.



We recommend replacing all quick releases with new, original skike spare parts after about 40-50 uses for security reasons.

Keep all joints free of dirt. Pay attention to the wear of the plastic disc between the two metal surfaces. Regularly check the correct position of the hinge screws. Never replace only one joint, always replace both joints at the same time on a single skike! The replacement of only one joint on a skike places a resulting much greater burden of both joints and therefore inevitably leads requiring more frequent changes of both joints.



We recommend with normal, regular use of your skikes to replace all joints once a year with new, original skike spare parts. Joints are subject to wear. Regular replacement for your safety guarantees a consistent and high riding pleasure.

F. SETTING, BUCKLING- AND UNBUCKLING

F.1 Wheelbase and basic setting

Front position, standing position, and brake adjustment must be coordinated so that optimal function of skike can be achieved. The distance from the heel to the rear wheel should not be less than 10mm.

F.2 Strapping in and unstrapping

F.2.1 Strapping

- Before you put on the skike, make sure that between calf and calf shell there is a fabric (pants, socks or stocking)
- The new foot belts with fixation can be easily opened and reared until they stop.
- Beginner and less experienced skikers should start by sitting down to put the skikes on. Begin on flat ground. First, slide the foot below the two over foot straps when the skike is on the ground, then slide the foot backwards into the heel strap (6).
- Tighten the straps and start with the calf shell (5) , especially in the absence of seat firmly on the stand is already loose after tightening of the calf strap (5) guarantees.
- The second strap to tighten is the Middle strap (3.b), pressing on the lying down holding strap on the shoe. Avoid shoe node or the like below the belt. Before tightening, make sure that the strap end with the pin has been pulled all the way through the retaining slot, to have the pin pressing up against the retaining slot.



Note: the central aperture (4.d) is not intended to pull bands, but can be used for it in certain special cases, for example, to give a little foot better support or comfort.

- Lastly tighten the front strap (3.a).





F.2.2 Unstrapping

Unstrapping takes place in reverse order.



Note: *Optimal is a sitting position. If this is not the case, make absolutely sure the calf shell is undone last!*

- Front retaining strap (3.a) undo it until it is fully removed from the slot at the tightening end
- Middle strap (3.b) undo it until it is fully removed from the slot at the tightening end
- Undo the calf shell strap (5) and step out

G. BRAKE ADJUSTING

- Optimal Surface: Grass or carpet
- Take a normal upright posture
- Press both knees all the way back
- You should be able to feel the brakes engaging with the rear wheels in this position.
- If this is not the case, or the brake engages too early, you need to undo quick release (5.b) to shift the position of the calf shell and the brake so that with an upright stand, the brake can be felt engaging without leaning back.
- Quick release (5.b) re-tighten properly. (See Operation Quick Release)
- With practice, the brake can be changed so that you only need lean back slightly before the brakes are engaged.



Note: If the brake is not sufficient forward or backward setting, please point wheelbase and basic setting (see section C.1) note!

H. ORTHOTIC ADJUSTMENT

- Optimal Surface: Grass or carpet
- Loosen rear quick release (5.a) at the calf shell, push Wade shell (5) completely to the left, slightly tighten
- Take a normal upright and relaxed posture intuitively feel, how vertical the skike feels with this setting. (Is it vertical or rolling onto a wheel edge?)
- Repeat step 2, but push the calf shell completely to the right and quick release (5.a) tighten slightly.
- Repeat step 3
- Set position of the calf shell based on the experience of points 2-5 to achieve the most ergonomic position. The objective is to have the skikes running vertically and not on an inside or outside wheel edge.
- Re-tighten quick release (5.a) firmly. (See Operation Quick Release)



I. BRAKING TECHNIQUE

The patented and highly efficient braking system of skike gives this sport optimum safety. The braking effect is comparable to that of a bicycle. The brakes are designed so that with a little practice, completely safe and secure braking is possible.



Note: Braking is the first technique that should be practiced

- Braking is possible in any situation by straightening of the lower leg(s) as you pushing the knee(S) backwards.
- Push the knees backwards while braking. However, never bend your knees and lean back at the same time (braking cannot be achieved in this way and it creates a risk of falling backwards)
- Generally it should be braked with both brakes at the same time. Only in this way it will result in optimum braking performance and avoids unwanted twisting of the body.



Tip: Imagine, you want the skike to slide forwrd under you body - this automatically ensures proper weight transfer of the body to the rear.

- Blocking the wheels should be avoided!
- Be careful on a wet track, the brakes take longer to be effective!

J. SKIKE TECHNIQUES

J.1 What is skiking?

Inline skating is similar to skiking without poles. However skiking closely replicates XC skiing. In addition to the completely identical operating characteristics that you know from cross-country ski skating in winter, the skike v8 LIFT now also enables the functionality of classical cross-country skiing on skikes, and thus opening up a whole new dimension: where cross-country skiing and rollerblading reach their limits, skiking begins - regardless of season, weather and terrain. The skike v8 LIFT now provides a free heel for skating, as is done on XC skating skis.

Inline skating is similar to skating. However, skiking with XC skiing. In addition to the completely identical operating characteristics that you previously know from cross-country skating in winter, offers skike v8 LIFT now also the function of the classical cross-country skiing and thus drive options a whole new dimension: where cross-country skiing and rollerblading reach their limits, skiking begins - regardless of season, weather and terrain.

Under the correct skike step, the energy from the calf muscles on the front wheel for an efficient step extension is used and the weight of the skike allows for proper running style in addition to the use of outer Fußmuskelpartien for propulsion.

Under the correct skike step, the energy from the calf muscles on the front wheel for an efficient step extension is used and the weight of the skike allows for proper running style in addition to the use of outer Fußmuskelpartien for propulsion.

J.2 First steps

The first steps should be made on a flat surface, on grass or on carpet or an artificial surface such as a synthetic tennis court. Do not roll. Check for the normal ankles, shins and knees bent forward stance / running position in the skikes and feel the brake function (F.1).

J.3 Braking exercises

Before you start skiking, it is important to familiarize yourself with braking. Try these exercises on firm, flat ground and proceed as follows:

- Both feet in parallel position
- Slightly leaning forward posture
- Push with two poles
- Press calves backwards and simultaneously shifting body weight backward i.e. push the skike(s) forward under the body and brake
- Repeat this exercise as many times as is needed until the braking works freely and safely. Then gradually introduce a sloping surface and practice braking. Gradually increase the degree of slope.

J.4 Start rolling

- Both feet in parallel position
- Slightly leaning forward posture
- Push with two poles and let roll
- Braking (see section Breaking Technique)

J.5 Skating or skike techniques

Once you can safely control the rolling skike, can brake effectively and have learn how to change directions whilst moving, then skating techniques used in cross country ski skating should be learnt and mastered. The techniques are done with and without pushing on the poles and vary in their co-ordination of arm and legwork, timing and where they apply. The various running techniques can be complex to learn, so for the correct learning a course is recommended with a certified skike instructor. The skikes can also be retrofitted with original skike reverse control wheels which stop the wheels rolling backwards whilst you learn to skate and, they enable classic technique.

K. SETTINGS

K.1 Changing tyres and tubes

K.1.1 Removing tyres

- Deflate the tube and while pressing on the tyre so that the air escapes as completely as possible.
- Press the tyre casing, opposite the valve as far as possible into the rim and lift with a suitable tool (e.g. Bicycle tyre lever) a section of the tyre wall up and over over the rim
- Use a second tyre lever immediately adjacent to where the first was used and progressively work around the rim, lifting the tyre over the rim until one side of the tyre is lifted completely off the rim.
- Pull the second side off the tyre off the rim with your hands

K.1.2 Putting on tyres

- Put the tube inside the tyre and have the bend in the tube valve facing in the direction that the tyre will rotate when it is on the wheel. Put the tube valve through the opening in the wheel rim and make sure it is on the correct side of the rim - where there is a recess in one of the wheel rim spokes to enable the valve to sit flat against the spoke.
- Once the tube is in the correct position tighten the lock nut on the tube valve by hand
- Coat the the tyre beads and the egdes of the rim with tyre bead lubricant paste or dish washing liquid.
- Completely press the first side of the tire casing by hand on to the rim.
- The second side, starting next to the valve and push away from the valve in the rim, so that the tyre then slips in the end at the valve in the rim.



Note: As you are nearing having the last section of tyre onto the rim, make sure that the already mounted areas are deep in the rim, then the last piece slips into the rim relatively easily.

- Precisely align by moving the tire on the rim, the valve to the valve opening of the rim
- After fitting the pump to the valve, before inflating the wheel you must complete pull the valve out of the rim.
- After installing the wheel, check for and adjust as necessary to achiveve straight-line running

K.2 Straight or track tuning

Out on the track fine tuning is achieved by first loosening the front wheel and only slightly retighten the quick release. Then take hold of the skike by the calf shell (5), place both skike wheels parallel and adjacent to the edge of a straight line (e.g a parking bay line painted on the ground) and then push the skike along the edge of that line.

If the skike deviates away from the edge of the line as you push it along, then press the front wheel accordingly in the direction opposite to the way the skike deviated. Then check against the line again. Repeat this procedure until the skike runs exactly along the line, then re-tighten the wheel. If this work does not lead to the desired straight tracking of the skikes, then this fine adjustment procedure should be performed on the rear wheel too.

If this performance does not lead to the expected result, please continue by repeating it at the rear wheel as well



Please note that during the straight line tracking tests the skike must be kept completely straight (horizontal). Even slight inclinations influence the direction. This setting method can only lead to the desired outcome if it is properly performed.

K.3 Changing bearings

K.3.1 Dismantling:

- Push pin (app. 4-5mm diameter) to the opposite bearing
- Press bearing out of the rim by giving it a slight tap. The spacer sleeve will then fall out of the centre of the bearing assembly.
- Press the second bearing on the opposite side out.

K.3.2 Assembly:

- Place the bearing onto a firm surface.
- Press the wheel rim onto the bearing.
- Provide the second bearing with spacer sleeve to slip pad
- Turn over the rim and press from the other side of the bearing.
- Repeat on both sides until both bearings are fully seated in the rim.

L. TECHNICAL SPECIFICATIONS

L.1 Specifications

- Tires: pneumatic tyres with tube, optional Poly Urethane (PU) speed wheels 145/24
- Wheel diameter: 150 mm (145mm for PU wheels)
- Bearings: 6901 2RS industrial quality for pneumatic wheels
- Weight per skike: approx 2.0 kg
- Adjustable heel belt for shoe size and additional brake position adjustment
- 3-way adjustable front wheel
- Patented, adjustable braking system (officially confirmed deceleration value $> 6.5 \text{ m / s}^2$)
- TÜV-approved use up to a body weight of 120 kg

L.2 Benefits

- Very light, strong and almost indestructible aluminum lightweight construction
- Joint gently by pneumatic tires
- Use with regular sport and walking footwear
- Adjustable for a wide range of shoe sizes
- Patented orthotic adjustment
- Effective and minimum wear brakes on both skikes

Technical changes may be made



This manual is also provided in other languages on our web site www.skike.com Available for download!



Skike Australia
26 Anthony Ave
Doncaster Vic 3108
Australia
Ph +61394678039
Mob +61417352845
enquiries@skike.com.au
www.skike.com.au
Facebook Skike Australia

Manufacturer and worldwide
distribution:

Four Ace International Ltd.

Rm. 301-2, 3rd floor,
Hang Seng Wanchai Building,
200 Hennessy Road, Wanchai,
Hong Kong

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