



POWERSLIDE FITTING TIPS AND TRICKS



1 Skate size

Make sure that your skates are not too big or too small for you. When you bend your knees to the skating position your toes should not touch the front.

For hybrid boots like Swell, Kaze etc. in most cases skating without innersole is preferred.



2 Innersole

Check the fit: Do you need an innersole? Is there enough room inside the skate, is your arch supported?



3 Lock your heel into place

To do this, point your toe and the front of the skate upwards and hit the rear wheel to the floor, this will force your heel to the back of the skate.

Bend your knees to push your heel to the rear of the skate and then tighten the 45° strap.

If you fix your 45° strap while in the skating position your heel is locked in perfectly as your heel moves backwards when skating.



4 Check the skate balance

Check the skate balance, do you flex to the inside or to the outside when standing? To fix this you can simply adjust the frame. If you are flexing to the inside then you should loosen the frame, slide the front part of the frame further to the inside of the boot and then tighten the frame again. If you flex to the outside then you should loosen the frame, slide the front part of the frame to the outside of the boot and then tighten it once again.



5 Stride Control

If your balance is still off then you may need “Stride Control” which allows for the extra angle that you are missing. Place the Stride Control wedges between your boot and frame. If you flex to the inside then put the higher side of the wedges on the outside mounting of the frame, and vice versa if you flex to the outside.





6 MYFIT Footies

Do you have too much room inside your skates? Too much room makes your feet move inside the skate causing friction which results in blisters. If you have thin feet or pressure points MYFIT offer footies in different thicknesses to fix these issues.





7 New to skating

Are you new to skating or do you need to break in a brand new pair of skates? Start step by step, do not skate for too long on your first days, make sure that there is no excess movement inside the skates as this can cause friction and blisters. Also consider using special skating socks to prevent blisters.





8 Arch support

Do you have flat feet or flat arches that make your feet bones fall to the inside? To give your foot ideal support and to enable it to stand straight you can add arch support or the MYFIT 3/4 innersole with arch support.





9 Ankle pressure

Do you have pressure on your ankles? Try raising your heel with a shock absorber or a 3/4 innersole. This should take your ankle higher and out of the pressure zone.

Again, taking the insoles out might also help.

10 How to lace your skates?

Lace your skates tightly if you want more control, or keep them looser for more comfort. If you want more support make sure you lace all the eyelets up to the top. This will create less flex and more support.



11 Cuff tight or loose?

A looser cuff will give you more forward flex and that will help you to improve your natural stability. It will also strengthen your ligaments and muscles. If you tighten the cuff you will have better performance and reaction.





12 Heatmold

If you are still having issues: Heat mold your liner and/or skate to speed up the breaking-in time and to remove pressure points by re-distributing the interior lining or shape of the boot. To find out if your skate or liner is heat moldable, look for the MYFIT logo.

See our full instructional videos here:

[Skates with liner](#)

[Hybrid skates \(integrated liner like Swell skates\)](#)



13 Checking all screws

It is important to check all screws and bolts on your skate before each skating session and to tighten them if any are loose. This includes cuff bolts, frame bolts, axle bolts, buckles and the 45° strap.

14 45° buckle closure flap

If you find that your 45° buckle closure doesn't close to the maximum amount possible and you feel that it's not tightening enough for you this could mean that the wing of the plastic flap may be too long for the shape of your foot. Simply cut the wing to the necessary length and this will allow you to tighten the strap sufficiently for improved heel lock and control of your skates.



15 Top buckle closure flap

If you feel that the top buckle closure on the **NEXT** skate won't close enough for you this could mean that the wing of the plastic flap might be too long for your ankle width. Simply cut the wing to the necessary length and this will allow you to be able to tighten the strap properly. This procedure will work as well for any skate cuff with overlapping wings.





16 MYFIT $\frac{3}{4}$ innersoles

If you would like some extra shock absorption but don't want this to take room from your toes you should try the $\frac{3}{4}$ innersoles from MYFIT. These innersoles offer comfortable shock absorption properties but leave plenty of room for your toes.

WE LOVE TO SKATE.

POWERSLIDE



powerslide.com



facebook.com/powerslideworld



@powerslidebrand



youtube.com/powerslideinlineskates



linkedin.com/company/powerslideinlineskates



pinterest.com/powerslide



yumpu.com/user/powerslide.com

POWERSLIDE Sportartikelvertriebs GMBH

Esbachgraben 1, 95463 Bindlach, Germany,

Ph. 49 (0) 9208 6010-0 | Fx. +49 (0) 9208 9421 | powerslide@powerslide.de

©All rights reserved