



HOW TO FIND YOUR CORRECT SKATE SIZE?

A. ORDERING ONLINE:

- 1 MEASURE YOUR FOOT.
- 2 CHECK THE SIZING CHART OF THE SKATE MODEL OF YOUR INTEREST.
- 3 CHOOSE THE SIZE THAT BETTER SUITS YOUR FOOT LENGTH, LEAVING A FEW EXTRA MM* FOR MORE COMFORT.

* We recommend adding between 5-9 mm to your foot length taking the thickness of your socks into account.

FOR EXAMPLE:

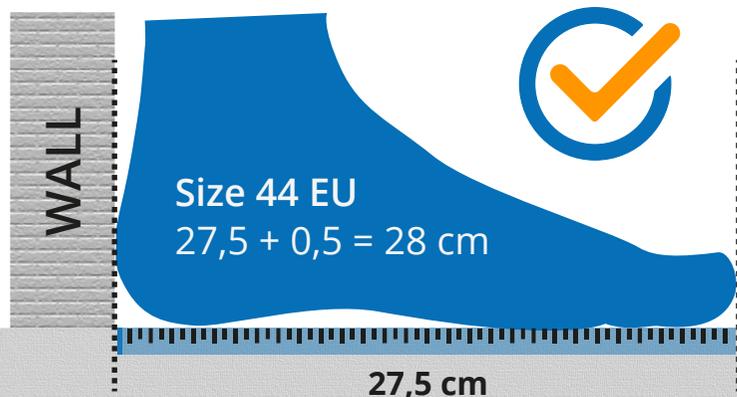
- My foot measures 27,5 cm from heel to front.
- I want to purchase a Powerslide SWELL Triskate. I check the sizing chart and it says 27,5 cm is a 43 EU.
- A size 43 EU will fit me, but my feet needs some room inside the shell and I like to skate with thick socks therefore I should add 5 mm more. $27,5 + 0,5 = 28$ cm.
- My size will be a 44 EU.

* **How to find your correct size for inline skates?**
Powerslide Speaking Specs

<https://www.youtube.com/watch?v=dgvzHzw0CTI>

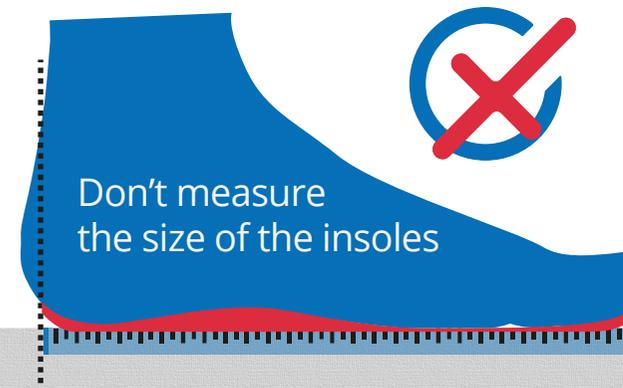
To measure the size of your foot:

Place your foot on the ground against a wall and then measure the distance from the wall until the toes. Check the result with our sizing chart and find out your correct skate size.



Should I measure the size of my shoe's insoles?

NO. The Powerslide sizing charts refer to the size of the last and not the size of the insoles which are always a few mm smaller.



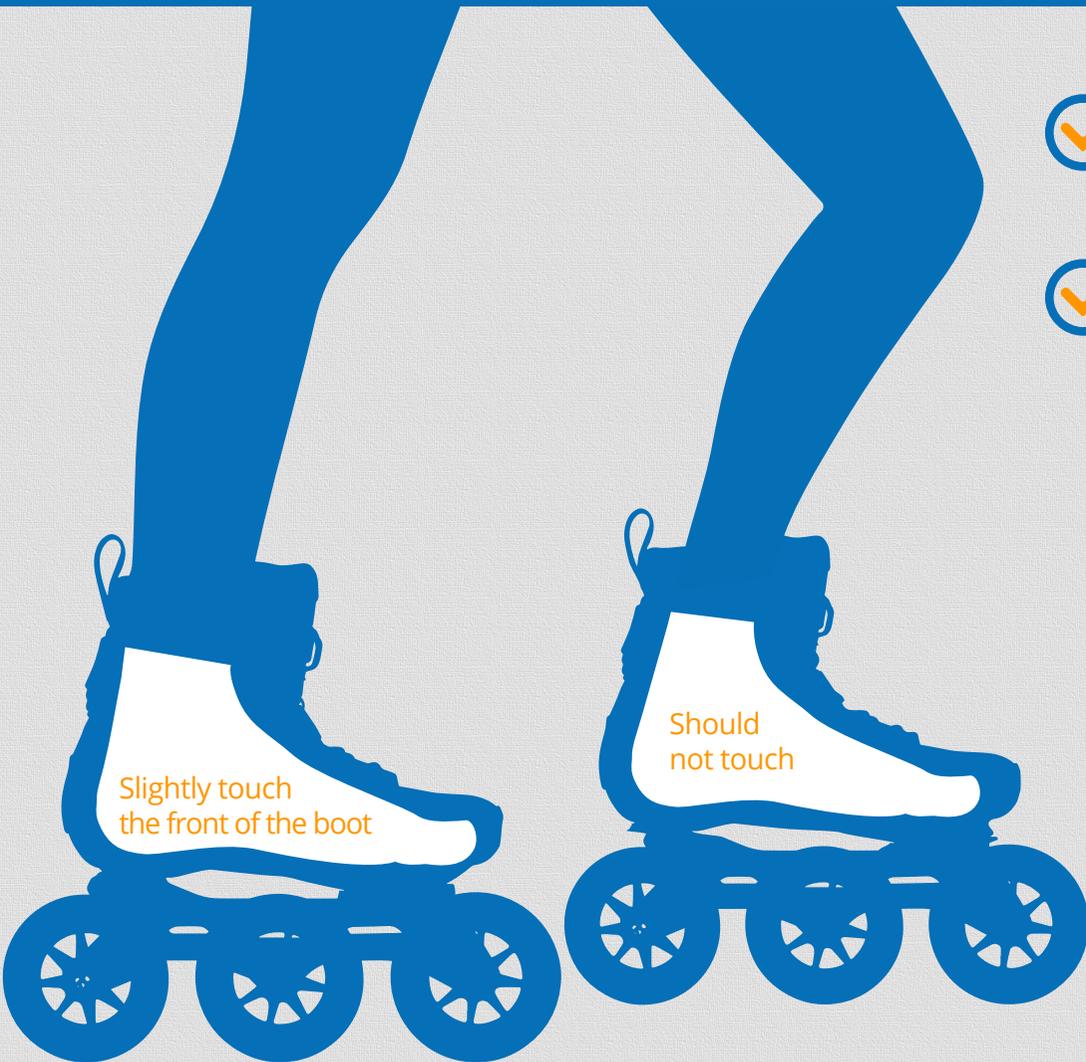


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B. TRYING THE SKATES IN A SKATESHOP:

1 ASK FOR THE SAME SIZE AS YOUR SHOES.

2 CHECK THE FIT. MAKE SURE THE SKATES ARE NOT TOO BIG OR TOO SMALL.



✓ **WHEN STANDING STRAIGHT**
it is ok if your toes slightly touch the front of the boot.

✓ **WHEN BENDING KNEES**
the toes should not touch the front anymore.

- Check if you need to use an insole or not. Insoles can help you with arch support and can make the boot more comfortable.
- Lock your heel in place, hit the rear wheel on the ground to put your heel all the way back!
- Bend your knees to push your heel back and close the 45° strap!
- Fix your 45° strap while in skating position - locks heel better - as your heel will move backwards.



HOW TO FIND YOUR CORRECT SKATE SIZE?

C. SET YOUR SKATES UP:

1 CHECK BALANCE, FALL TO INSIDE OR OUTSIDE?



ADJUST FRAME POSITION WITH THE X-SLOT SYSTEM

the personalized frame adjustment system.

- **If you fall to the inside:** push your front and heel part of the frame to the inside.
- **If you fall to the outside:** push your front and heel part of the frame to the outside.



IF YOUR BALANCE IS STILL OFF:

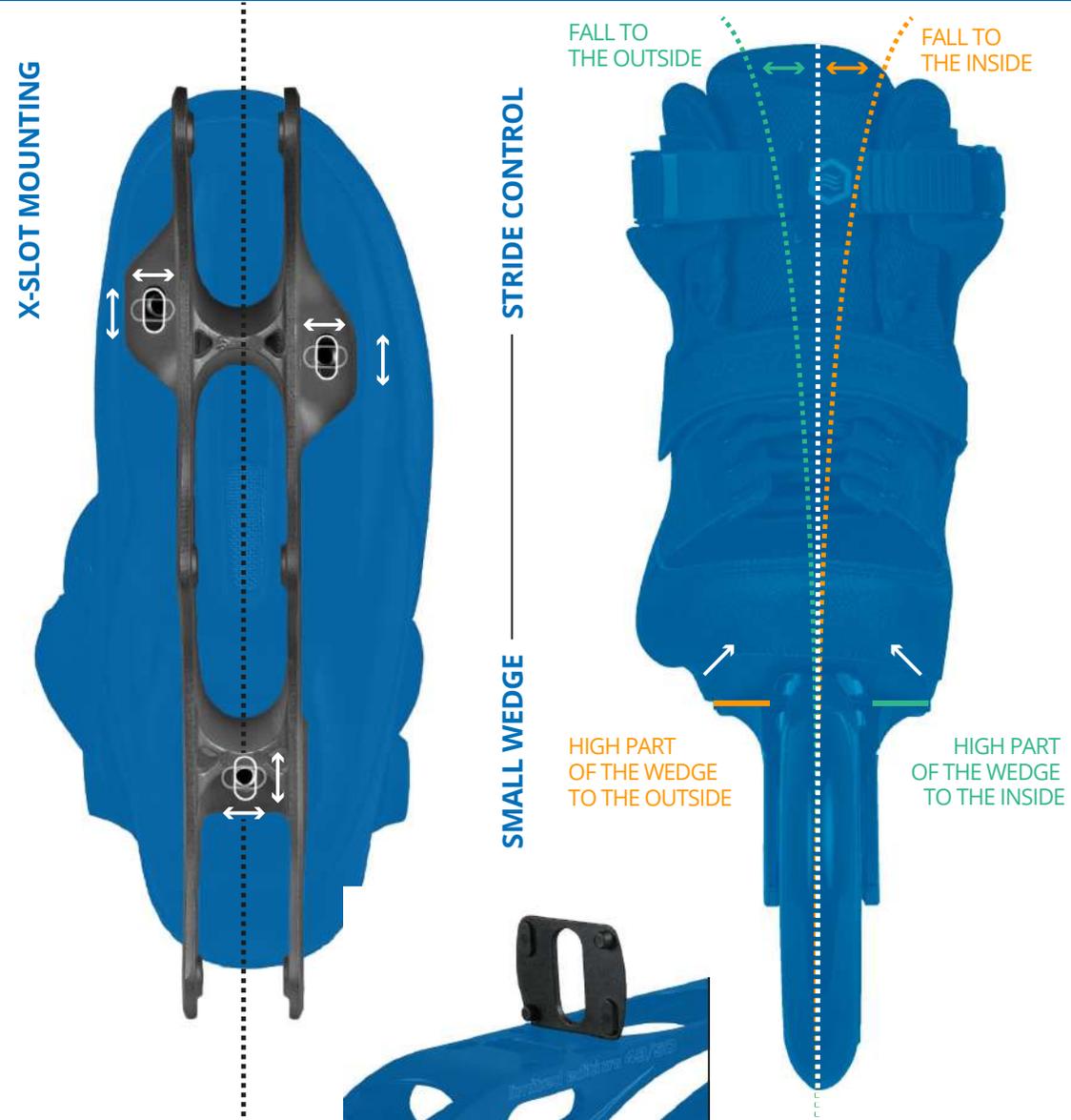
You should use a Stride Control, a small wedge which can be placed between boot and frame. It helps a lot and works perfectly, see how this is done.

** Please check also the following page.*

- **If you fall to the inside:** put the high part of the wedge to the outside.
- **If you fall to the outside:** put the high part of the wedge to the inside.

*** How to adjust your frames perfectly?**

<https://www.youtube.com/watch?v=acpxOPIq-SA>





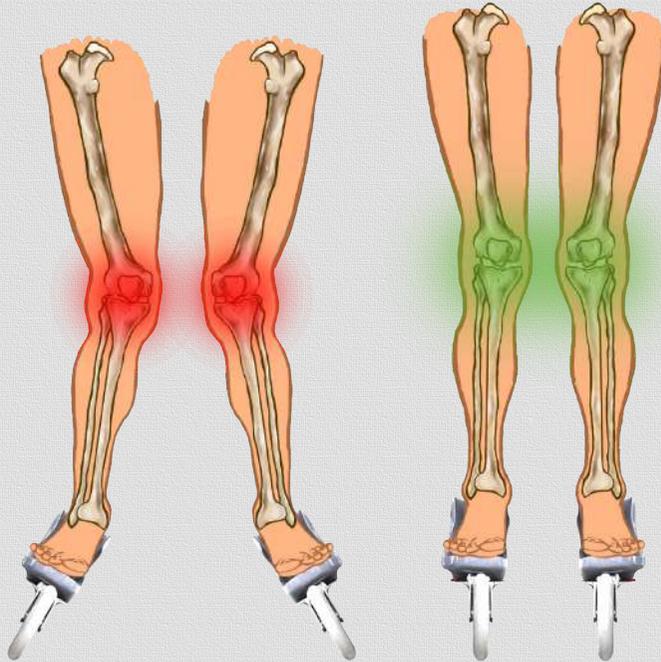
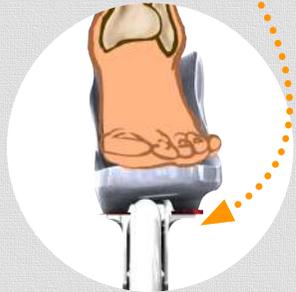
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C. SET YOUR SKATES UP:

* STRIDE CONTROL

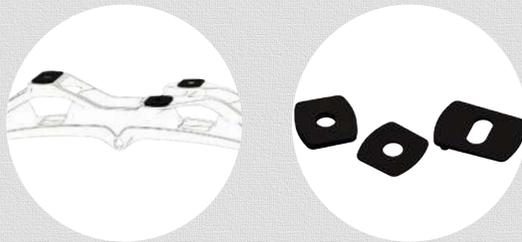
TRINITY X LEGS

if you fall to the inside -
put the high part of the
wedge to the outside



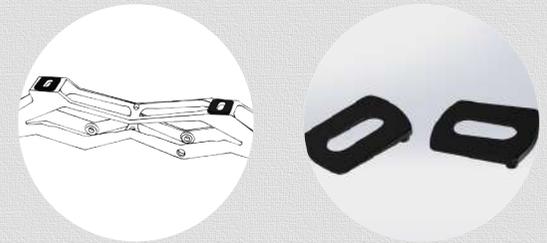
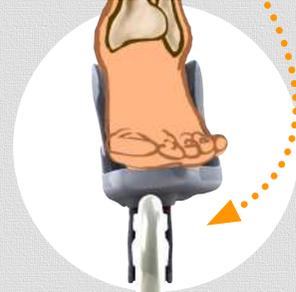
TRINITY O LEGS

if you fall to the outside -
put the high part of the
wedge to the inside



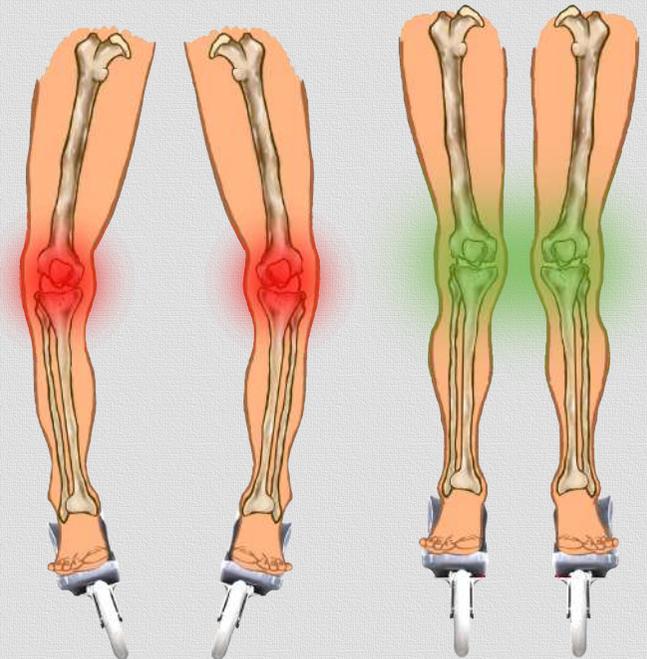
195MM FRAME X LEGS

if you fall to the inside -
put the high part of the
wedge to the outside



195MM O LEGS

if you fall to the outside -
put the high part of the
wedge to the inside





HOW TO FIND YOUR CORRECT SKATE SIZE?

C. SET YOUR SKATES UP:

2 TOO MUCH ROOM INSIDE?

HAVING SKINNY FEET OR PRESSURE POINTS? TRY FOOTIES.

They are available in different heights, different thicknesses and different constructions (with extra ankle padding, with donut ankle padding etc.).

NEW FRESH FEET NOT USED TO SKATING OR NEW SKATES AND NEED TO BREAK THEM IN?

Go step by step, do not skate too long at first. Make sure there is no movement inside the skates which can cause friction and eventually blisters. Try with special skating socks to prevent blisters or tape your feet in those hot spots before skating.

FOOTIES



PREVENT FRICTION





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D. ORTHOPEDIC PROBLEMS?

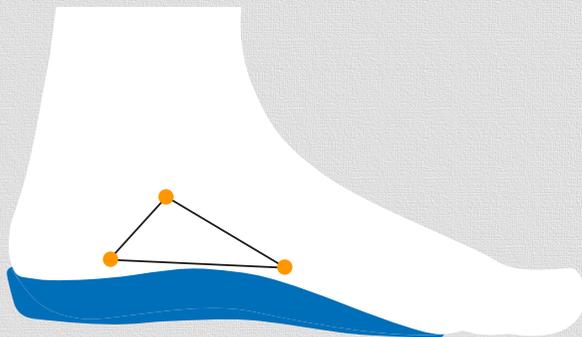
1 HAVE FLAT FEET AND FLAT ARCHES SO YOUR BONES FALL TO THE INSIDE?

 YOU CAN TEST THIS JUST SKATING STRAIGHT BAREFOOT.

To make your foot stand straight add an arch support **1** or a good 3/4 insole with arch support **2**. If enough room inside your skate you can add also a full insole with arch support **3**.

 PRESSURE ON ANKLES?

Try to raise your heel with a shock absorber **4** or 3/4 insole **2** to lift your ankle bones higher and out of the pressure zone.



1 ARCH SUPPORT



2 3/4 INSOLE WITH ARCH SUPPORT



3 FULL INSOLE WITH ARCH SUPPORT



4 SHOCK ABSORBER





HOW TO FIND YOUR CORRECT SKATE SIZE?

E. READY TO ROLL:

1 HOW TO LACE IT?



LACE IT TIGHT IF YOU WANT MORE CONTROL.

LACE IT MORE LOOSE IF YOU DESIRE MORE COMFORT.

IF YOU WANT MORE SUPPORT MAKE SURE YOU LACE THE TOP AND HIGHER EYELETS UNDER YOUR CUFF.

This will create less flex and more support.

You can use also two separate laces, one lace for the bottom part and one lace for the top part. This way you can adjust both areas separately.

CLOSE CUFF TIGHT OR MORE LOOSE?

More loose for more forward flex, which then will train your stability and improve your ligaments and muscles. Close the cuff more tight if you want more support and performance and pushing hard. A tight closed cuff will normally put out more pressure on the shell and ankles.

HEAT MOLD YOUR LINER

or your skate if you have pressure points. Make sure your boot or liner is heat moldable and follow the online instructions.*

BEFORE YOU START:

Check cuff screws or other screws like for 45° flap etc. and tighten them if they started to get loose.

Check the mounting screws and axles of your frame and tighten them in case they start to get loose.

Check also your wheels and bearings if all can be taken off easily.

* **How to heat mold your MYFIT Fat Boy liner - Powerslide Inline Skates Youtube Channel:**

<https://youtu.be/WVe-rwbDCgE>