



# **Operating Instructions**

**PS640 Pro**

**PS580 Pro**

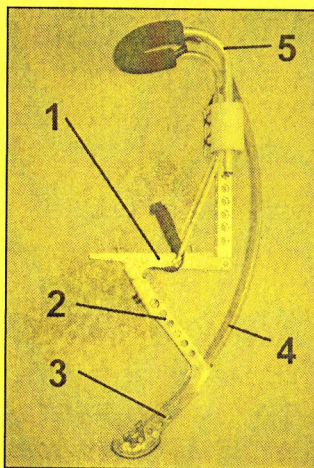
**PS520 Pro**

**PS460 Pro**

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## Equipment Description



### Parts of the Equipment

- |   |                   |
|---|-------------------|
| 1 | Fixing device Pro |
| 2 | Controllever      |
| 3 | Footlever         |
| 4 | Spring            |
| 5 | Kneebow           |

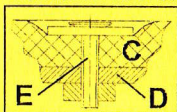
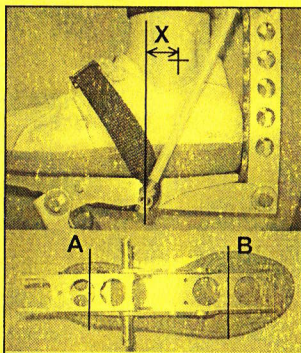
The four Pro versions differ in four different springs **4**

- |           |                       |
|-----------|-----------------------|
| PS640 Pro | <b>4</b> =spring E640 |
| PS580 Pro | <b>4</b> =spring E580 |
| PS520 Pro | <b>4</b> =spring E520 |
| PS460 Pro | <b>4</b> =spring E460 |

## Preparation for Running

### Bolting of the shoe

The axial correct position of the shoe is  $X=15+5\text{mm}$  of the (outer) ankle relative to a thought vertical line through the topple axis. Sidewise the shoe is to be positioned symmetric at the heel (A) and foot bundle (B) position. One bolt in the middle at (A) and two nearest to (B) are to be used. The flat bolt heads with washers are to be positioned inside the shoe. The bolts



(E) must be tightened in that way, that the bolt heads with washers form again a flat shoe bed. (C)Sole; (D)Foot Plate. Shoe inserts can be recommended.

Supernatant threats at (B) are to be cut off.

### Adjusting of the kneebow

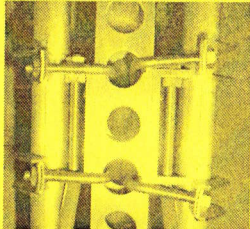
The kneebow is adjusted to the correct height by loosening the pipe clamps.

The correct position of the cushion is direct under the knee. The pipe clamps are to be positioned correctly, shown at the pictures next page. Each pipe clamp has to be fixed tight, without damaging it.

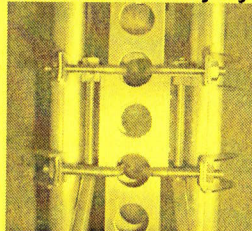




**Warning:** Loose or not correctly positioned pipe clamps can cause a break of the Fixingdevice and represents therefore a considerable risk of injury .



**wrong**



**right**

### **For your Safety**

The ***PowerSkip*** is a high performance equipment, which means that there is a high unit strain on all parts. The safety is covered by a consequently fulfilled fail safe design. However, to avoid the risk of injuries it is necessary to keep the equipment always in a sound and unchanged condition. Changes at the equipment lead to unpredictable safety risks and are not allowed.

**Before every use** the following points are to be checked:

- 1) Tight fit of the bolt connections
  - Nuts at the struts (blue) at both ends
  - pipe clamp connection for the fixing of the kneebow
  - Bolt connections at the spring, foot- and controllever
- 2) Free of mechanical damages.
- 3) Tight connection of the shoe to the foot plate,  
undamaged shoestrings and instep belts

**It is not allowed to use the PowerSkip with loose bolt connections or mechanical damages.**

### General directions:

Attention has to be paid to the following items, to avoid damages at the equipment, which can cause a risk of injury:

- Don't push the kneebow to burden the spring! The struts (blue) might buckle.
- It is not allowed to bent back buckled struts (blue).

### **!!! Attention: risk of breakage !!!**

- All bolt connections (except the bolt connections at the pipe clamps and that one for the shoe fixing) are secured with adhesive. If bolt connections are be opened and tightened afterwards again, they have to be secured in the same way.

**It is not allowed to use the *PowerSkip* without secured bolt connections.**

### While running:

- To avoid injuries at a fall, a helmet and protectors are to be used.
- Attention to holes for example in lids of the sewer system, rails, etc.
- Climb down stairs and sloped plains only diagonal.
- Avoid slick surfaces like snow or ice covered ways, wet or mellow grass, wet tiles or stone floors and some floor coverings in coliseums. There is a considerable risk of fall.
- Attention by overjumping obstacles: there is the risk of getting caught.

## **Tips and Tricks**

### Buckle on and stand up

Beginners should use a seat as high as possible (for example a barstool) to buckle on the *PowerSkip* comfortable. The standing up is then no problem.

Are you a little bit more confident the *PowerSkip* can be buckled on without a seat, by using for example a wall to lean on.

The strap over the instep of your foot should be tightened very good, as same as the lacing. The strap at the keebow can be loose, because it is not loaded. The only sense of it is to give a better safety feeling. Every beginner tends to tighten this strap too heavy.

### First Steps

To do the first steps with the *PowerSkip* it helps to use sticks from cross-country skiing. They help for balancing and a standstill is possible, too. As more as confident you are, the sticks hinder more and more and therefore they can be seen as a tool for a starter only.

### Stand up after a fall

Normally a beginner can not stand up after a fall without help. Therefore you should not try the first steps without a friend.

If you are more confident with the equipment you can stand up without means by kneeling on one leg and by standing up with drive over the other.



## **Service and Cleaning**

Damages at the *PowerSkip* must be repaired before the next use under consideration of the safety instructions.

The work has to be carried out by us or by an expert designated by us only.

For cleaning the *PowerSkip* it is allowed a wettish cloth only.

Especially for the spring, it is to consider that no sharp edges damage its surface.

**!!! Don't scrap off dirt !!!**

Avoid water in the bearings. The shaft steel is not stainless. For greasing the bearings use only vaseline.

**!!!Do not use mineral oils or greases!!!**

## **Guarantee**

We guarantee for the quality of our products.

In case of a deficiency the product can be changed.

The lack has to be announced to us within 4 weeks after delivery and has to be agreed by us.

(Proofed by invoice or delivery note)

Damages, which are caused by natural wear or improper use are excluded from guarantee

Damages, which are part of the guarantee, can only be accepted when the equipment is sent back undissected to us or to the supplier.

Changed or redesigned equipment is excluded from guarantee.

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