

## SILVER JUMP Trainer Instructions to replace Glideboard Rollers

Test Glideboard operation by moving the glideboard up and down the rails with a user on board. Observe if there are any "bumping" noises or feel.

This can indicate flat spots on the rollers from storage.

If there is no bumpiness in noise or feel, then there is no need to do anything further

If there is any bumping then change out the Glideboard rollers following the procedure below.

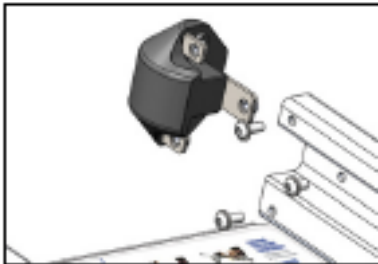
Special instruction re Step 7 and replacing the Gas Strut Brake

In the exploded drawing below note that there is a short screw that goes in the Lower Mount (14) and a longer screw that goes in the upper mount (13)

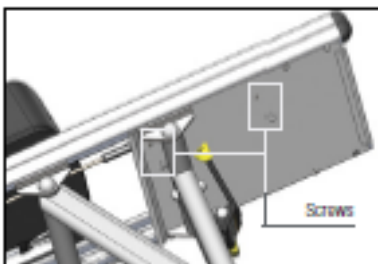
**CAUTION:** If the long screw is installed in the lower mount it WILL Permanently Damage the Gas Strut Brake

### Glideboard: Roller Removal and Assembly

**STEP 1.** Remove the six M6 screws from both the Rail End Caps on the top end of the rails with a 4 mm Hex Wrench (not included) and remove the end caps.

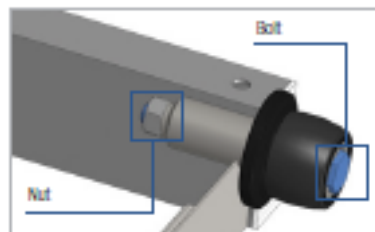


**STEP 2.** Remove the gas strut brake by unscrewing two screws below the top placard panel with a 5mm Hex wrench (Not included).



**STEP 3.** Roll the glideboard up and out the top of the rails and set it upside down on a clean smooth surface.

**STEP 4.** To remove the rollers use a 13 mm socket wrench and a 13 mm open-end wrench. Insert socket wrench over the bolt on the outside of the roller as you engage the open-end wrench on the nut on the inside of the frame; turn to unscrew.



**NOTE:** Socket wrench and open-end wrench not included.

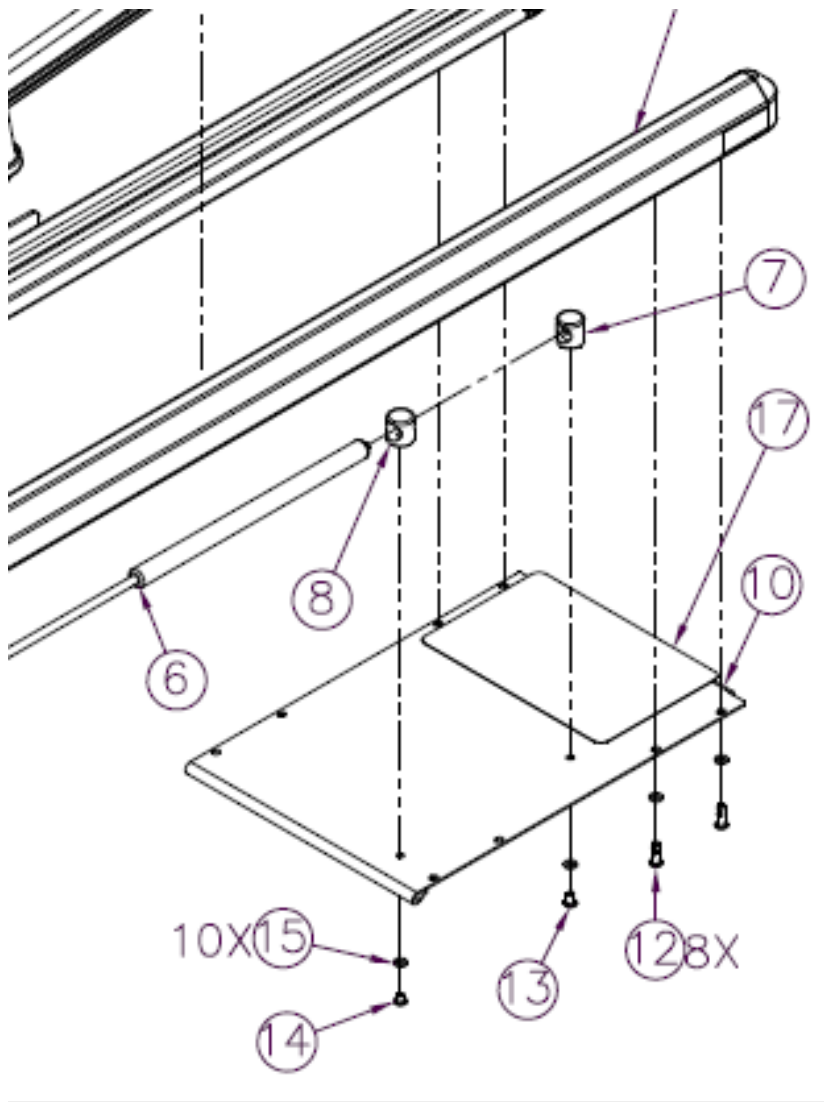
**STEP 5.** Replace the rollers as needed and reinstall the bolt and nut. Tighten just enough so that the wheel can roll but does not slide lengthwise on the axle. **DO NOT OVER TIGHTEN.**

**STEP 6.** To reinstall the glideboard by carefully & slowly rolling it into the rails.

**STEP 7.** Replace the gas strut brake and insure both screws are tight.

**STEP 8.** Replace the rail end caps on the rails and insure all 6 screws are tight.

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Short Screw 8mm is Part (14)

Long Screw 12mm is Part (13)