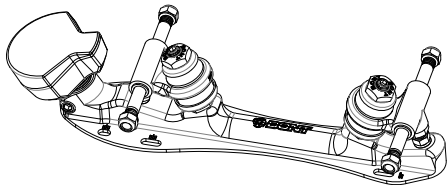


ATHENA



ASSEMBLY & MOUNTING INSTRUCTIONS

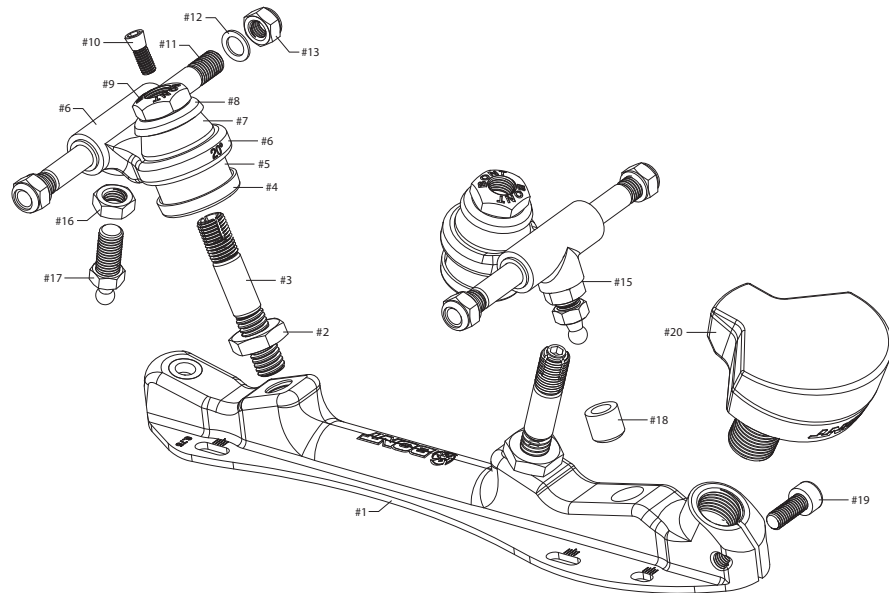


WARNING: This plate has not been tightened. Please make sure you adjust all nuts and screws to match your desired skating style before using. Bont is not liable for any damage to you or your equipment if you have not tightened before skating on them.

경고: 이 플레이트는 충분히 조여지지 않았습니다. 사용 전 본인의 스타일에 맞게 모든 볼트와 너트를 조여 주십시오. 당사는 해당 경고를 따르지 않아 발생하는 모든 사고 및 장비 손상과 관련하여 그 어떠한 책임도 지지 않습니다.

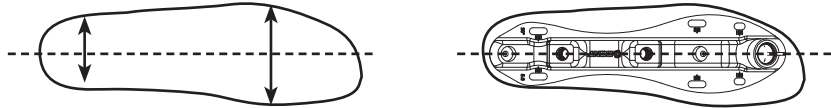
Part	Part Name	Part	Part Name
1.	Athena plate 20°	11.	Truck axle
2.	Kingpin locking nut	12.	Speed washer
3.	Kingpin	13.	Axle nut
4.	Barrel cushion washer cup	14.	Axle end protectors (not shown)
5.	Bottom barrel cushion	15.	Internal tooth washer for pivot pin
6.	Truck	16.	Pivot pin locking nut
7.	Top cone cushion	17.	Pivot pin
8.	Cone cushion washer cup	18.	Pivot cup
9.	Aluminum action nut	19.	Toe stop locking screw
10.	Action nut locking screw	20.	Toe stop

Replacement parts can be ordered from www.shop.bont.com/collections/plates



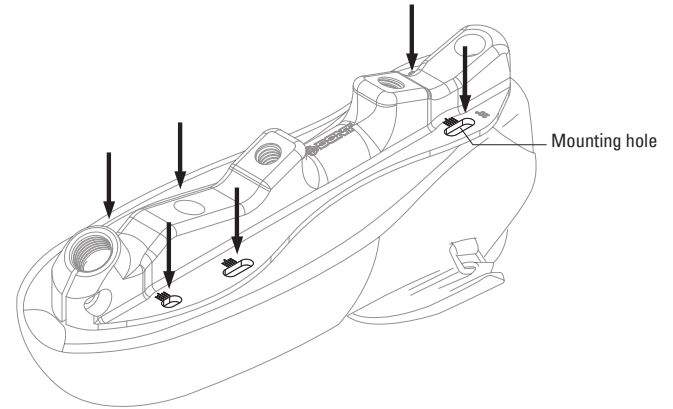
This instruction manual is a guide for standard plate mounting. Many skaters and coaches have different opinions on where the plate should be mounted so if in doubt, please talk to a trusted skate shop about having your plates mounted

1. Remove the innersole and laces from the boot
2. Locate the center line on the bottom of the boot. Determine the center line by;
 - a. Locating the center of the heel of the boot and place a mark
 - b. Locating the center of the widest point of the sole (ball of foot) by measuring an equal distance from both sides to the center, and place a mark. (Bont boots may already have these lines drawn for you)
 - c. Draw a line through these two points



3. Position the plate so the center line marks on the plate match the center line marks on the boot
4. Place the back of the plate 3-4mm from the back of the heel and centered on the centerline. Adjust the front of the plate so that it also is entered on the centerline
5. Once the plate is positioned correctly, hold the plate in place and mark the center of the rear, middle and front mounting holes with a pen

6. Using a pen, center punch the marks and create an indent so that it minimizes the drill tip movement when you start drilling
7. Drill a hole through all marks that you made on the boot
8. Insert all six mounting screws and place the plate on the boot and attach mounted screws fingertight
9. Check to make sure the boot and plate lines are in perfect alignment and the plate bolts are centered on the slot holes. Tighten the bolts
10. Once you have checked all mounting hardware for tightness, break off the extra length of the bolts



SUSPENSION HARDNESSES

It is extremely important to remember that the #10 action nut locking screw must be snug. If it is not snug it can cause failure of suspension hardware. #5 bottom barrel cushion and #7 top cone cushion hardness can be mixed and matched to find the perfect setup for you. Use small rotations of the action nut and cushion hardness to find your sweet spot. When assembled correctly, the #3 kingpin should rise just slightly above the #9 aluminum action nut. If more than three threads are visible, it means the kingpin is not screwed far enough down into the plate.

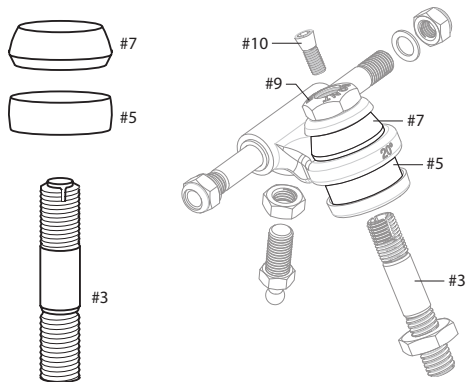
Available Hardness:

78A Purple (Super Soft)

83A Blue (Soft)

88A Black (Medium)

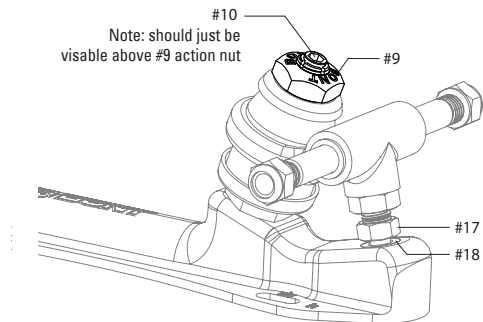
93A Red (Hard)



The Athena plate assembly video can be found at www.youtube.com/bontquadskates

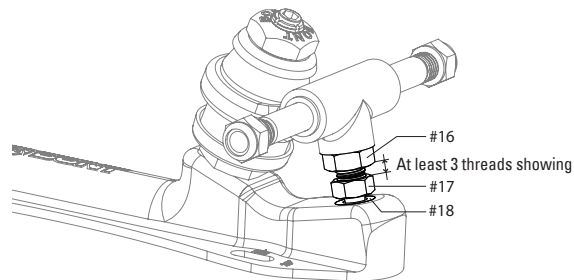
RECOMMENDED ACTION ADJUSTMENT

1. Loosen #10 action nut locking screw with allen wrench
2. Adjust #9 action nut with a 17mm wrench in the clockwise direction to make the action more rigid, or in the counter-clockwise direction to make it softer
3. #10 action nut locking screw can now be retightened
4. **IMPORTANT:** The #10 action nut locking screw should only be removed completely when you are changing the cushions
5. **IMPORTANT:** When making action adjustments always check that the #17 pivot pin is well inserted and is exerting slight pressure into the #18 pivot cup



RECOMMENDED PIVOT ADJUSTMENT

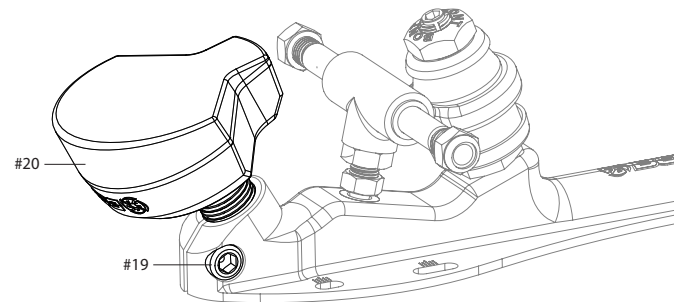
1. Loosen the #16 pivot pin locking nut with a wrench
2. Adjust the #17 pivot pin in or out with a wrench until this is inserted properly and exerting slight pressure into the #18 pivot cup
3. **IMPORTANT:** There should be space between #16 pivot pin locking nut and #17 pivot pin. At least 3 threads should be seen between the 2 parts
4. Retighten the #16 pivot pin locking nut
5. **IMPORTANT:** Pivot pins can come loose so check them before every skate session



How to adjust your pivot pins video can be found at www.youtube.com/bontquadskates

TOE STOPPER

1. Screw the #20 toe stopper into the toe stopper hole and adjust height to your skating style
2. Lock it in place with #19 toe stop locking screw



WARRANTY:

Your Athena plates are covered against manufacturing defect for a period of 1 year from the date of purchase. If you find a manufacturing defect, please return the plates to your place of purchase with your receipt. The Athena plate is designed for speed, derby and jam skating. It is not designed for doing extreme sports (including ramp skating) or jumping. Do not use any non Bont parts in the assembly of this plate. The use of non Bont parts in the plate which result in plate damage are not covered under the warranty of this plate.

Please check that all nuts and screws are tight before each skating session.

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 @bont_rollerskates

 /QuadRollerDerby

 BontQuadSkates

We hope you love your new Bont roller skate plate!