
ROLLERSKIS



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BEFORE ANY USE:

It is your responsibility to check and tighten the screws, if necessary, the wheels and the bearing system. It is very important to check the tightness before using.

When you notice any vibration or incompatibilities , you absolutely must not use the product but contact our after-sales service (contacts above.).

HOW TO USE

The practice of rollerskis derives from the practice of cross-country skiing. This discipline has developed recently. It allows you to practice skiing during the summer or while waiting for snow. So thanks to rollerskis you keep your gestures and your stamina, without losing your technique..

However we draw your attention that the ski wheels is a sport for which protections are strongly recommended. The equipment must be checked before and after of each use.

Exactly like in cross-country skiing, you can practice either the classic or skating technique. The wheels can be different: the skate ones have finer beams with narrower wheels, the classic ones have wider beams and wheels. In addition, the classic wheels have system that allow to block wheel during doing your classic movement (just on front wheels).It's up to you to choose the technique you want to develop.

All our ski wheels are mounted with wheels and bindings (either NNN or SNS).For the practice rollerskis you can use your winter shoes. For example if you want to practice classic rollerski, you will need a pair of classic cross-country ski boots. The same goes for skate technique. despite the fact that for the classic rollerskis the use of skate shoes is possible, it is is not recommended.

USING SKATING ROLLERSKIS

The wheels of skating rollerskis are narrower and taller, so they facilitate the lateral rocking proper to the practice of skating in cross-country skiing. It is a lateral movement, with alternating pelvis to the left then to the right. Ski poles allow to have a better propulsion with the legs.

USING CLASSIC ROLLERSKIS

The stiff aluminum frame ensure good control and fast transfer of energy. The good gesture is to use use alternately arms and legs. The ski poles allow to have a better propulsion, just like for skate technique.

MAINTENANCE TIPS

To ensure the longest life for your rollerskis, here are some maintenance tips. You can apply some grease on the bearings. You can clean your bindings and your rollerskis with water, however do not forget to wipe them with a cloth so as not to expose them to rust.

Last Tip: think to change systematically the rollerskis (from left leg to the right leg) in order to use wheels rubber uniformly. The wheels have to be replaced from time to time.
