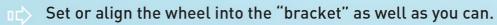
HOW 2 BASICS

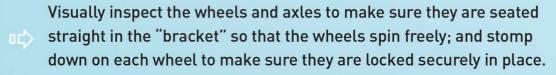
INSTALL THE WHEEL







Make a fist and hit the wheel with the bottom of your fist to fully "seat" the axles into the "bracket".



REMOVING THE WHEELS



Hold the shoe with the sole facing outward. Push hard with both thumbs on the side of the wheel until one axle begins to come out.



After one end of the axle is partially out, turn the shoe around & push on the other side of the wheel to remove.

USING THE PLUGS



Insert the heel plug into the "bracket" and press down firmly until the plug is flush against the outsole.



To remove the plug: insert the heel plug removal tool into the back of the heel plug & push down on the hand grip. Continue pushing down on the hand grip until the heel plug starts to come out of the wheel well.



You should now be able to use your fingers to complete the removal of the heel plug.