



Slow Juan Bearings™

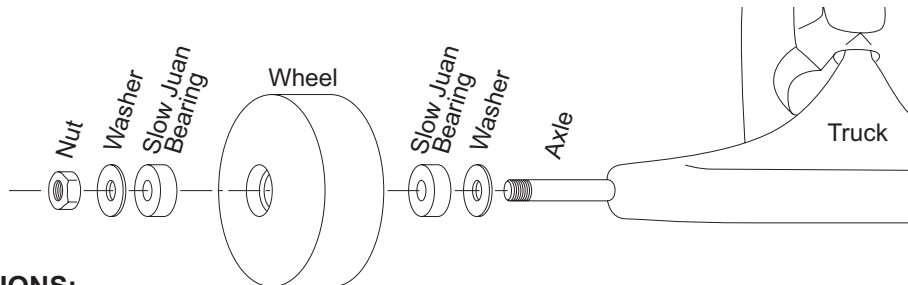
Another fine product from
No Juan Home!
Skateboard Company



Congratulations! You have just purchased a set of the original, Patent Pending, Slow Juan Bearings. Your bearings are custom made of a special neoprene rubber compound, which will withstand tremendous abuse, indoors, outdoors, wet or dry, in the heat or in cooler temperatures. They are manufactured to be a direct replacement for the standard (22mm x 8mm x 7mm thick) bearings used in all standard skateboards and are supplied with steel washers and, of course, a No Juan Home sticker.

WARNING!!

Slow Juan Bearings are NOT a substitute for traditional skate safety gear! Use and save your brain and body – use a helmet and body protection while practicing and riding!



INSTRUCTIONS:

Slow Juan Bearing installation is as easy as putting on new bearings. Remove the nut from the end of the truck axle; remove the wheel taking the bearings and any washers or spacers out. Push in a Slow Juan Bearings into each side of the wheel (just like fast bearings). Put one steel washer on the inside (truck axle side), push the wheel on somewhat hard, and then put on the other steel washer on the outside of the wheel. Replace and tighten the truck axle nut and one wheel is complete. Repeat this process for the remaining three wheels. You are now ready to practice! Read the tips on reverse for hints on how to “tune your bearings” for different tricks.

SLOW JUAN BEARING TIPS:

1. Experiment with tightening the axle nuts a lot! This dramatically changes the usability and effects of the bearings.
2. Slow Juan Bearings can be made to roll easier by loosening the axle nuts or made to be almost immovable by tightening the axle nut. Although it is possible to damage them if you tighten them so hard they push through the bearing, this is very hard to do. Thus, loosen them up a lot, if you want to be able to roll a foot or so to try a rolling heel flip or similar trick. Tighten the axle nuts to practice tricks where you do not want the board to move forwards or backwards easily for what you are attempting to do.
3. Take off the washers. With the washers removed, the bearings give more of a wiggle from side to side, while still not rolling. Excellent for rolling board tricks like heel flips, kick flips or even double heel flips. Remember to experiment with the axle nut. Small changes in how tight it is can make large changes in your performance and practice time.
4. ‘Breaking-in’ the bearings affects performance. Out of the package, your bearings will work well for you. After extended use, the inside diameter may start to enlarge requiring you to tighten the axle nuts more to maintain the same braking and other effects. On the other hand, by the time this normal wear happens (usually more than six months) you will probably want them to roll more and this change will help you grow with your abilities by enabling further rolling.

Practice hard and enjoy your new Slow Juan Bearings! We would love to hear your comments, on the web at www.NoJuanHome.com

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