



Roller Skate Double Action Cushion Replacement

This guide will walk you through the replacement of the rubber Sure-Grip Double Action Cushion and Retainer Cup Washers for the trucks of a Super X aluminum plate.

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INTRODUCTION

Need to replace those rubber cushions and washers on the trucks of your classic roller skates? No problem. The only tool required is a 14 mm wrench or ratchet and socket. Replacement cushions and washers are available online or at any respectable skate shop.



TOOLS:

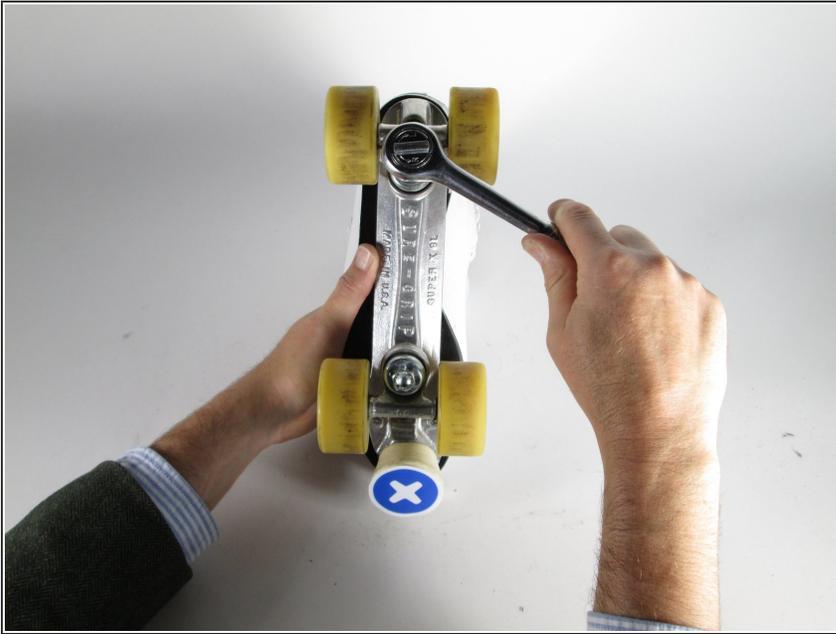
- [14mm Wrench](#) (1)



PARTS:

- [Sure-Grip Double Action Cushion](#) (1)

Step 1 — Sure-Grip Double Action Cushion



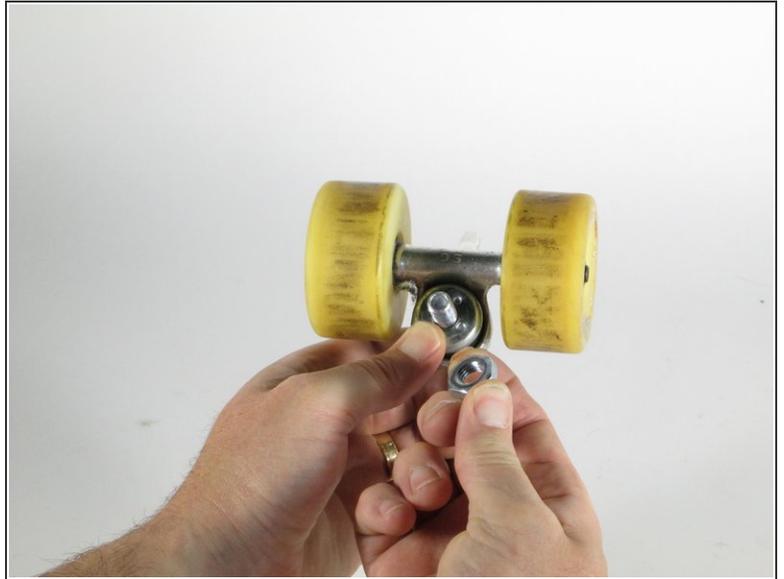
- Using a 14 mm wrench, loosen and extract the bolt from the base plate.

Step 2



- Once the bolt is no longer in the base plate, lift and twist the entire truck assembly from the skate.

Step 3



- Flip the truck over and remove the nut from the truck assembly bolt.

Step 4



- Remove both sets of cushions and retaining washers from the bolt.

Step 5



- Remove the retaining washer from each cushion.
- Use a spudger if the washer and cushion are difficult to separate.
- Replace worn cushions and washers.

To reassemble your device, follow these instructions in reverse order.