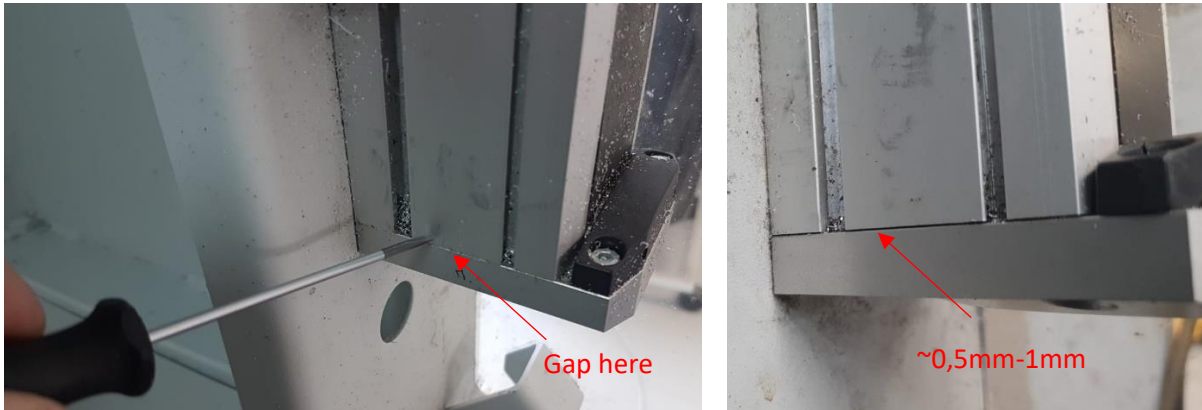1. Loosen bolts (4pcs at each side, right and left.) at the bottom of Z-Axis's

2. make a gap

Gap here

~0,5mm-1mm

3. Move Z-Axis From top to bottom and back, in manual mode.

4.Tighten bolts (4pcs at each side, right and left.) at the bottom of Z-Axis's