

Move lacing system step-by-step

We are thrilled, that you are interested in Move!
This manual will provide you with step-by-step instructions to help you personalize your lacing.

Move has been developed to be a versatile trainer. It is equipped with a functional lacing system based on **CORDS**, that run through the knitted channels along Move's sides, and **punched eyelets**. This allows you to adjust the fit to meet your workout needs.



1) Adjust the Fit

Fine-tune your shoe's tension and stability to match your activity level with these simple steps:



1. Only use **punched eyelets** for **less tension and a looser fit**.



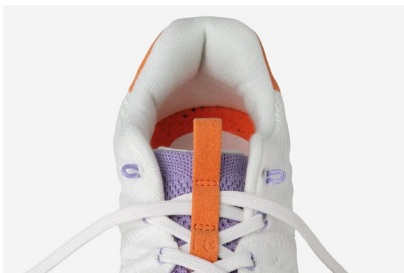
2. Lace only through **CORDS** for **high tension and a tight fit**.



3. Use **both** for a **medium amount of tension and high stability**.

2) Marathon lacing

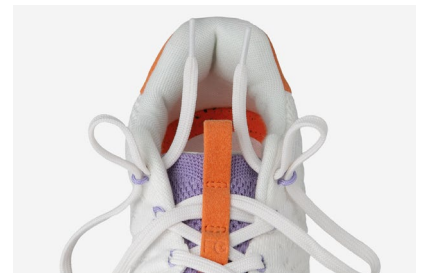
For a tight ankle fit and more stability, you can add a marathon lacing option to your ribbon:



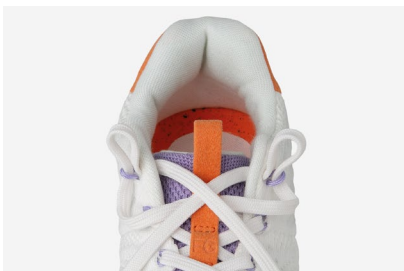
1. Unlace to leave the upper eyelets empty.



2. Lace only through the lower eyelets from the bottom.



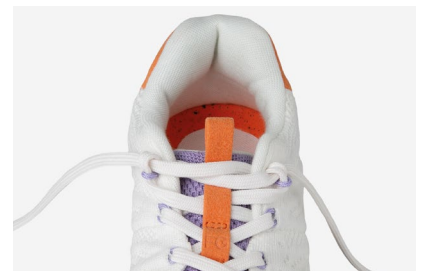
3. Then lace through the upper eyelets from outside to create loops in between eyelets.



4. Cross the laces.



5. Thread them through the opposite loops from the bottom to the top and pull tight.



6. Now you're ready to go. Lace up and start your workout!