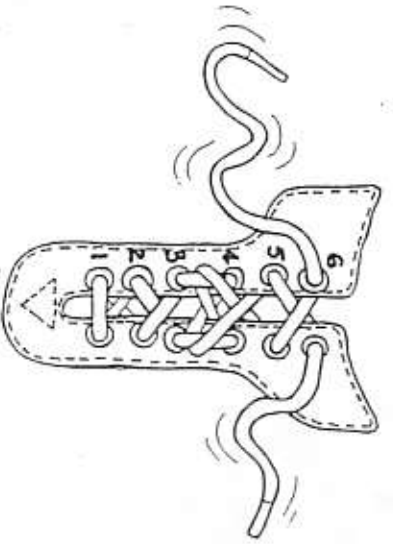


## Narrow Foot

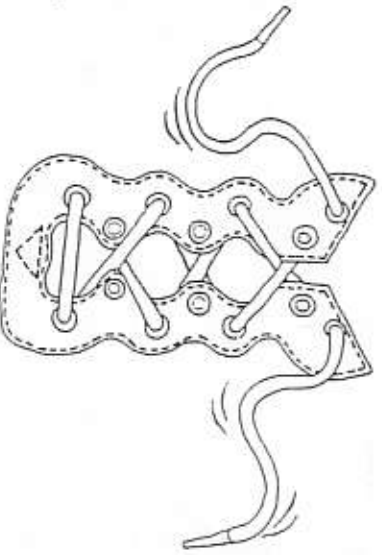


Basic cross lacing pattern to the 2nd eyelet. Lace up through the 3rd eyelet and down through the 4th eyelet on the same side of the eyelet. Bring the opposite side lace across and through the loop that is created.

Pull toward the ankle to tighten the loops and create tension around the instep. Then continue basic cross lacing pattern to the highest pair of eyelets.

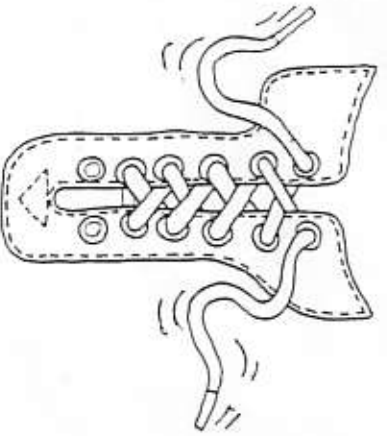
## Narrow Foot

( Variable Lacing System )



Basic cross lacing pattern through the widely spaced outer eyelets. This will INCREASE tension around the forefoot and instep.

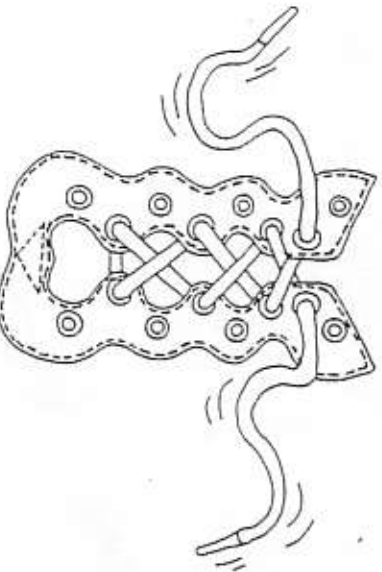
## Wide Foot



Omit lacing through the lowest pair of eyelets. Start basic cross lacing pattern from the 2nd lowest pair of eyelets. This will DECREASE tension around the forefoot.

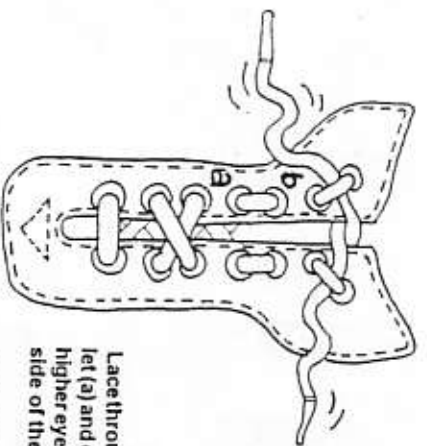
## Wide Foot

( Variable Lacing System )



Basic cross lacing pattern through the closely spaced outer eyelets. This will DECREASE tension around the forefoot and instep.

## High Instep

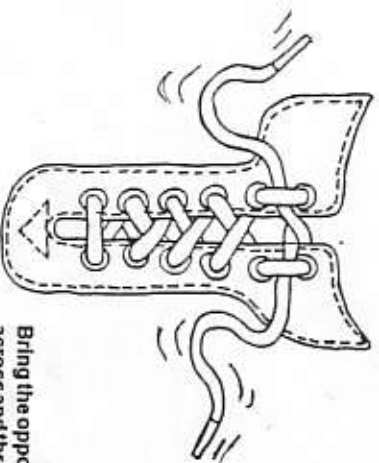


Lace through the lower eyelet (a) and down through the higher eyelet (b) on the same side of the eyelet.

Basic cross lacing pattern below the instep and lock lacing pattern ( See "Narrow Heel" section ) above the instep are needed to provide the stability the foot needed.

## Narrow Heel

( Heel slips in shoes )



Basic cross lacing pattern to the 3rd highest eyelet. Lace up through the 2nd highest eyelet and down through the highest eyelet on the same side of the eyelet to form a loop.

Bring the opposite side lace across and through the loop created and pull towards the ankle to tighten the loops. This is called Lock Lacing Pattern and it will allow you to leave some play on the rest of the lace, but because of the lock, your heel remains stable in the shoes.