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> ASICS Men's Gel-Excite 8 Running Shoes Instruction Manual

ASICS Gel-Excite 8

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Model: Gel-Excite 8 | Brand: ASICS

INTRODUCTION

Welcome to the instruction manual for your ASICS Men's Gel-Excite 8 Running Shoes. These shoes are engineered to provide everyday comfort and support for various activities, from daily walks to running. Featuring AmpliFoam midsole technology and a breathable mesh upper, they are designed for flexibility and durability. This manual provides essential information on the features, setup, maintenance, and specifications of your new footwear.

PRODUCT OVERVIEW

The ASICS Gel-Excite 8 is designed for neutral runners and walkers seeking a comfortable and supportive experience. Key features include:

- **Fully engineered mesh upper:** Provides excellent breathability and a comfortable fit.
- **Lace-up closure:** Ensures a secure fit, complemented by a padded collar and tongue for enhanced comfort.
- **Mesh fabric lining:** Adds to the overall comfort and ventilation.
- **Removable cushioned footbed:** Offers additional comfort and can be replaced with custom orthotics if needed.
- **AmpliFoam midsole:** Engineered for durability at softer densities, delivering superior flexibility and cushioning.



Figure 1: Side view of the ASICS Gel-Excite 8, showcasing the engineered mesh upper and AmpliFoam midsole.



Figure 2: Diagram highlighting key technologies: GEL Technology for shock absorption, Engineered Material Upper for breathability, and AmpliFoam Midsole for cushioning.

SETUP

Before your first use, ensure proper fit and lacing for optimal comfort and performance.

1. **Unboxing:** Remove shoes from packaging. Inspect for any visible defects.
2. **Initial Fit:** Try on both shoes with the type of socks you typically wear for running or walking. Ensure there is about a thumb's width of space between your longest toe and the end of the shoe. The heel should feel secure, and the midfoot snug but not tight.

3. **Lacing:** Utilize the lace-up closure to secure the shoes. Experiment with different lacing techniques if you experience pressure points or heel slippage. Ensure laces are tied securely to prevent loosening during activity.
4. **Break-in Period:** While Gel-Excite 8 shoes are designed for immediate comfort, a short break-in period with light activity is recommended to allow the shoes to conform to your feet.



Figure 3: Front view of the ASICS Gel-Excite 8, showing the lacing system and mesh upper.

OPERATING

The ASICS Gel-Excite 8 shoes are versatile and suitable for various activities:

- **Running:** Ideal for road running, offering cushioning and flexibility for daily mileage.
- **Walking:** Provides excellent comfort and support for extended periods of walking.
- **Everyday Wear:** Their comfortable design makes them suitable for casual, everyday use.

Always ensure laces are tied securely before any activity to prevent injury.

MAINTENANCE

Proper care will extend the life and maintain the performance of your ASICS Gel-Excite 8 shoes.

- **Cleaning:**
 - Remove excess dirt with a soft brush or cloth.
 - Clean the upper with a mild soap and warm water solution. Avoid harsh chemicals.
 - Wipe the midsole and outsole with a damp cloth.
 - Do not machine wash or tumble dry, as this can damage the materials and adhesives.
- **Drying:** Allow shoes to air dry naturally at room temperature. Avoid direct sunlight or heat sources, which can cause material degradation.
- **Storage:** Store shoes in a cool, dry place away from direct sunlight when not in use.

- **Insoles:** The removable cushioned footbed can be removed and air-dried separately if it becomes damp or needs airing out.



Figure 4: Top-down view of the ASICS Gel-Excite 8, showing the overall shape and lacing area.

TROUBLESHOOTING

Here are solutions to common concerns users might experience:

Problem	Possible Cause	Solution
Shoes feel too long or too short.	Incorrect size selection.	Refer to the size guide in the Specifications section. Ensure a thumb's width of space at the toe.
Discomfort or pressure points.	Lacing too tight/loose, or incorrect width.	Adjust lacing. Consider if a wider size (if available) would be more appropriate.
Slipping on wet surfaces.	Outsole traction limitations.	While the outsole provides good traction, exercise caution on extremely wet or slippery surfaces.
Odor development.	Moisture and bacteria buildup.	Remove insoles and air dry after each use. Use shoe deodorizers if necessary. Ensure shoes are completely dry before storage.

SPECIFICATIONS

Detailed specifications for the ASICS Men's Gel-Excite 8 Running Shoes:

- **Model:** Gel-Excite 8

- **Department:** Men's
- **Closure Type:** Lace-Up
- **Sole Material:** Rubber
- **Midsole Technology:** AmpliFoam
- **Upper Material:** Engineered Mesh
- **Weight:** Approximately 1.57 Pounds (for a pair, specific size not indicated)
- **First Available:** January 27, 2025
- **ASIN:** B08VJMRRXG

Size Guide (US Men's Shoes)

Brand Size	UK Size	Europe	Heel to toe (in)
4	3	36	8.9
4.5	3.5	37	9.1
5	4	37.5	9.3
5.5	4.5	38	9.4
6	5	39	9.6
6.5	5.5	39.5	9.8
7	6	40	9.9
7.5	6.5	40.5	10
8	7	41.5	10.2
8.5	7.5	42	10.4
9	8	42.5	10.6
9.5	8.5	43.5	10.8
10	9	44	11
10.5	9.5	44.5	11.1
11	10	45	11.2
11.5	10.5	46	11.4
12	11	46.5	11.6
12.5	11.5	47	11.8
13	12	48	12
13.5	12.5	48.5	12.1
14	13	49	12.2
14.5	13.5	49.5	12.4
15	14	50.5	12.6

Table 1: ASICS Men's Shoe Size Conversion Chart.

Width Guide

The standard (medium) width for women is B, while the standard width for men is D. Shoe boxes and labels will only identify widths other than standard. Within the shoes, wide and narrow widths are identified on the label, underneath the tongue – i.e. TO05N(2E).

When is additional width needed? Visible stretching or bulging on the outsides of forefoot materials is a good indicator that additional width may be needed. These sizes are available in many of our Running and Training shoes. In some cases, men can wear women's styles to achieve a narrow fit and women can wear men's to get a wide. If this is needed,

please use the references above to determine comparable size lengths. Please note that the differences of width between narrow, standard, wide, and extra wide are usually only a couple millimeters and are proportional to the size of the shoe. Most additional width will be found in the forefoot.

MEN/KIDS		WOMEN
	2A	NARROW
NARROW	B	STANDARD
STANDARD	D	WIDE
WIDE	2E	EXTRA WIDE
EXTRA WIDE	4E	

Table 2: ASICS Shoe Width Conversion Chart.

WARRANTY & SUPPORT

ASICS products are manufactured to high standards. For specific warranty information or support inquiries, please refer to the official ASICS website or contact their customer service directly. You can also visit the [ASICS Store on Amazon](#) for additional product details and support resources.