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adidas LPW37

adidas Women's EQ21 Running Shoes

MODEL: LPW37

Instruction Manual

Product Overview

The adidas Women's EQ21 Running Shoes are designed for daily runners, offering a blend of comfort, flexibility, and stability. Featuring a breathable textile upper and lightweight Bounce cushioning, these shoes are engineered to keep your feet fresh and supported during both short and long runs.



Image: A pair of adidas Women's EQ21 Running Shoes, showcasing the overall design and color scheme.

Key Features

- **Padded and Breathable:** Engineered mesh upper with Geofit padded collar for enhanced comfort and ventilation.
- **Stability:** TPU quarter and heel provide additional support and stability during movement.
- **Bounce Cushioning:** Lightweight Bounce midsole delivers superior comfort and flexibility for various running distances.
- **Recycled Content:** Constructed in part with recycled materials, contributing to reduced environmental impact.

Usage and Care

Initial Use

Before your first run, ensure laces are securely tied to provide a snug yet comfortable fit. Allow for a short break-in period to adapt to the shoe's cushioning and support.

Cleaning Instructions

- Remove excess dirt with a soft brush or cloth.
- Hand wash with mild soap and cold water. Avoid harsh detergents.
- Do not machine wash or tumble dry, as this can damage materials and adhesives.
- Air dry at room temperature, away from direct sunlight or heat sources.

Storage

Store shoes in a cool, dry place. Avoid prolonged exposure to extreme temperatures or humidity to maintain material integrity.



Image: Side profile of the adidas EQ21 Running Shoe, highlighting the sole and upper material.

Size Guide

Refer to the table below for US footwear sizing conversions. For optimal fit, measure your heel to toe length.

| Brand Size | UK Size | Europe | Japan | Heel to toe (in) |
|------------|---------|--------|-------|------------------|
| 5 | 3.5 | 36 | 220 | 8.7 |
| 5.5 | 4 | 36.7 | 225 | 8.9 |
| 6 | 4.5 | 37.3 | 230 | 9 |
| 6.5 | 5 | 38 | 235 | 9.2 |
| 7 | 5.5 | 38.7 | 240 | 9.4 |
| 7.5 | 6 | 39.3 | 245 | 9.5 |
| 8 | 6.5 | 40 | 250 | 9.7 |
| 8.5 | 7 | 40.7 | 255 | 9.8 |
| 9 | 7.5 | 41.3 | 260 | 10 |
| 9.5 | 8 | 42 | 265 | 10.2 |
| 10 | 8.5 | 42.7 | 270 | 10.4 |
| 10.5 | 9 | 43.3 | 275 | 10.5 |
| 11 | 9.5 | 44 | 280 | 10.7 |
| 11.5 | 10 | 44.7 | 285 | 10.9 |
| 12 | 10.5 | 45.3 | 290 | 11 |
| 12.5 | 11 | 46 | 295 | 11.2 |
| 13 | 11.5 | 46.7 | 300 | 11.3 |
| 13.5 | 12 | 47.3 | 305 | 11.5 |
| 14 | 12.5 | 48 | 310 | 11.7 |
| 14.5 | 13 | 48.7 | 315 | 11.9 |
| 15 | 13.5 | 49.3 | 320 | 12 |
| 15.5 | 14 | 50 | 325 | 12.2 |

Specifications

| Attribute | Detail |
|----------------|--------|
| Model Number | LPW37 |
| Outer Material | Mesh |
| Sole Material | Rubber |

| | |
|----------------------|-----------------|
| Manufacturer | adidas |
| Department | womens |
| First Available Date | August 22, 2018 |

Troubleshooting

If you encounter any issues with your adidas EQ21 Running Shoes, consider the following common solutions:

- **Discomfort/Rubbing:** Ensure you are wearing appropriate socks. Check for proper sizing using the size guide. Lacing techniques can also affect fit; try adjusting tightness.
- **Excessive Wear:** Running shoes have a lifespan typically between 300-500 miles. If you notice significant wear on the sole or upper, it may be time for replacement to maintain performance and prevent injury.
- **Odor:** Regularly air out your shoes after use. If odor persists, use shoe deodorizers or a mixture of baking soda inside the shoes overnight.

Warranty and Support

Your adidas EQ21 Running Shoes are covered by the manufacturer's standard warranty against defects in materials and workmanship. For specific warranty details, claims, or further support, please visit the official adidas website or contact their customer service directly. Keep your proof of purchase for any warranty inquiries.

Product Visuals

Additional Images

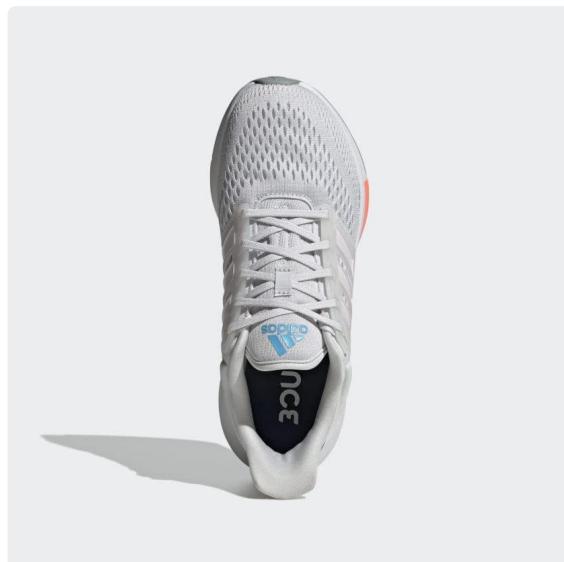


Image: Top-down view of the shoe, showing the lacing system and mesh upper.

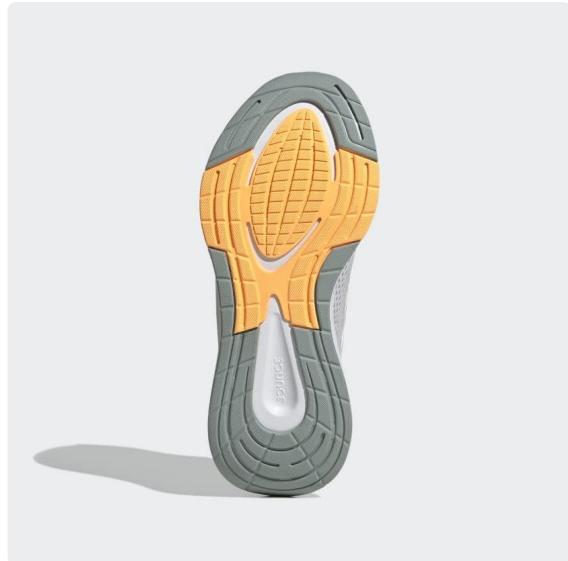


Image: Angled side view, highlighting the adidas stripes and midsole design.

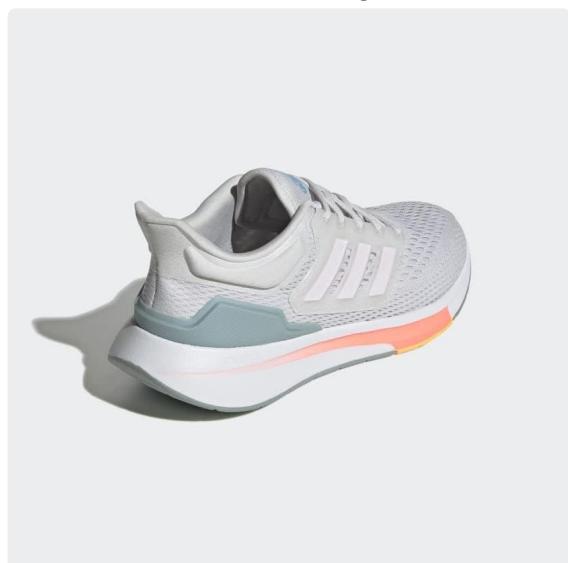


Image: Close-up of the toe box, showcasing the breathable mesh material.

Official Product Video

Video: An official adidas video showcasing the EQ21 Running Shoe, highlighting its design and features. This is a short preview video.