

[Manuals.plus](#) /

> [ASICS](#) /

> ASICS GT-4000 3 Running Shoe User Manual

## ASICS GT-4000 3

# ASICS GT-4000 3 Running Shoe User Manual

Model: GT-4000 3

## 1. PRODUCT OVERVIEW

---

The ASICS GT-4000 3 is a stability running shoe designed for overpronators, offering a blend of support and cushioning. It features a softer, smoother design to enhance comfort during runs. The shoe is engineered for road running and provides lightweight durability and excellent ground contact.



**Image 1.1:** Front-side view of the ASICS GT-4000 3 running shoes. This image displays the overall design and color scheme of the shoe, highlighting the mesh upper and lacing system.

### Key Features:

- **Engineered Mesh Upper:** Provides advanced airflow and a soft feel, eliminating the need for traditional overlays.

- **LITETRUISS Midsole Technology:** Improves stability for a smoother and more balanced stride, particularly beneficial for overpronators.
- **3D SPACE CONSTRUCTION:** Delivers a softer feel underfoot, enhancing overall comfort.
- **Cushioning:** Offers lightweight and flexible response for impact absorption.
- **Support Type:** Designed for neutral to overpronation/stability.



**Image 1.2:** Side view of the ASICS GT-4000 3 running shoe. This image clearly shows the 'LITE TRUSS' branding on the midsole, indicating the stability technology.

## 2. SETUP AND FIRST USE

---

### 2.1 Unpacking and Inspection

- Carefully remove the shoes from their packaging.
- Inspect both shoes for any visible damage or manufacturing defects.
- Ensure the correct size and color match your order.

### 2.2 Lacing Your Shoes

Proper lacing ensures a secure and comfortable fit, crucial for running performance and injury prevention. The GT-4000 3 features a standard lace-up closure.

1. Loosen the laces completely before putting on the shoes.
2. Slide your foot into the shoe, ensuring your heel is seated firmly against the back.
3. Begin tightening the laces from the bottom eyelets upwards, applying even pressure.
4. Tie a secure knot that holds the foot snugly without causing pressure points or discomfort.



**Image 2.1:** Top-down view of the ASICS GT-4000 3 running shoes. This perspective illustrates the lacing system and the overall shape of the shoe's upper.

## 2.3 Initial Wear

It is recommended to wear your new GT-4000 3 shoes for short periods initially to allow them to conform to your feet. Gradually increase wear time and distance to ensure maximum comfort and performance.

## 3. OPERATING AND USAGE

---

The ASICS GT-4000 3 is specifically designed for road running. Its features are optimized to provide support and cushioning on paved surfaces.

### 3.1 Intended Use

- **Running:** Ideal for daily training and longer runs on roads and paved paths.
- **Walking:** Suitable for walking due to its comfortable cushioning and supportive structure.
- **Stability:** Provides enhanced stability for runners who experience overpronation.

### 3.2 Performance Benefits

- The LITETRUS technology helps guide the foot through a more efficient gait cycle, reducing excessive

inward rolling.

- The combination of cushioning technologies ensures impact absorption and a responsive feel with each step.
- The breathable mesh upper helps keep feet cool and comfortable during extended activity.



**Image 3.1:** Side view of the ASICS GT-4000 3 running shoe. This image highlights the profile of the shoe, including the midsole and outsole design, which contribute to its stability and cushioning.

## 4. MAINTENANCE AND CARE

---

Proper care extends the life and maintains the performance of your ASICS GT-4000 3 running shoes.

### 4.1 Cleaning Instructions

- **General Cleaning:** Use a soft brush or cloth with mild soap and cold water to gently clean the mesh upper and rubber sole.
- **Stubborn Dirt:** For tougher stains, a small amount of baking soda mixed with water can be applied, then gently scrubbed and rinsed.
- **Avoid Machine Washing:** Do not machine wash or tumble dry, as this can damage the shoe's materials and construction.

### 4.2 Drying

- Allow shoes to air dry naturally at room temperature.
- Avoid direct sunlight or heat sources (e.g., radiators, hair dryers), which can cause materials to shrink or warp.
- Stuffing shoes with newspaper can help absorb moisture and maintain their shape during drying.

### 4.3 Storage

- Store shoes in a cool, dry place away from extreme temperatures.
- Keep them away from direct sunlight to prevent material degradation and color fading.



**Image 4.1:** Sole view of the ASICS GT-4000 3 running shoes. This image displays the rubber outsole pattern, designed for traction and durability on road surfaces.

## 5. TROUBLESHOOTING

---

This section addresses common concerns that may arise during the use of your running shoes.

### 5.1 Discomfort or Pressure Points

- **Check Lacing:** Ensure laces are not too tight or too loose. Adjust lacing patterns to relieve pressure on specific areas of the foot.
- **Sock Choice:** Wear appropriate running socks that are moisture-wicking and provide adequate cushioning.
- **Break-in Period:** New shoes may require a short break-in period. Gradually increase wear time.
- **Foot Width:** If you consistently experience tightness, especially in the forefoot, consider if a wider shoe size might be more appropriate for your foot shape.

## 5.2 Excessive Wear

- **Outsole Wear:** Uneven wear on the outsole can indicate gait imbalances. Consult a running specialist for gait analysis if wear is significantly uneven.
- **Upper Material Wear:** Premature wear on the mesh upper might be due to improper fit or rubbing. Ensure your foot is securely centered in the shoe.
- **Lifespan:** Running shoes typically last between 300-500 miles (480-800 km) depending on individual running style, weight, and surface. Beyond this, cushioning and support degrade.

## 6. SPECIFICATIONS

---

Feature	Detail
Product Dimensions	12.44 x 6.3 x 4.75 inches
Item Weight	1.7 Pounds
Model Number	1011B206.400 (also 1011B206/1011B207.004)
Brand	ASICS
Department	Men's
Outer Material	Engineered Mesh
Sole Material	Rubber
Water Resistance Level	Not Water Resistant
Color (Current Variant)	Mako Blue/Black
Occasion Type	Running
Heel Type	Flat
Toe Style	Round Toe
Special Features	Breathability, Cushioning
Insole Cushioning	Ortholite, EVA
UPC	196074067589
Date First Available	August 13, 2021

## 7. WARRANTY AND SUPPORT

---

### 7.1 Product Warranty

Specific warranty information for ASICS products can vary by region and retailer. Please refer to the official ASICS website or contact ASICS customer service for detailed warranty terms and conditions applicable to your purchase.

### 7.2 Customer Support

For further assistance, product inquiries, or support, please visit the official ASICS website or contact their

customer service department. You can often find contact information, FAQs, and support resources on their brand store page:

[Visit the ASICS Store on Amazon](#)