

adidas 4DFWD 2

adidas Women's 4DFWD 2 Running Shoes User Manual

MODEL: 4DFWD 2

1. Introduction

This manual provides essential information for the proper use, care, and maintenance of your adidas Women's 4DFWD 2 Running Shoes. These shoes feature an advanced 3D-printed midsole designed to provide forward propulsion, reducing impact forces and converting vertical pressure into forward motion for a smooth and efficient running experience.



Figure 1.1: Side view of the adidas Women's 4DFWD 2 Running Shoe, showcasing the distinctive 3D-printed midsole and knit upper.

2. Setup and Initial Use

2.1. Lacing Your Shoes

Proper lacing ensures a secure and comfortable fit. Begin by loosening the laces completely. Insert your foot, ensuring your heel is seated firmly against the back of the shoe. Tighten the laces evenly from the toe box upwards, avoiding excessive pressure on any single point. Tie a secure knot or bow.



Figure 2.1: Close-up of the shoe's upper, highlighting the lacing system and breathable knit material.

2.2. First Wear Considerations

While the 4DFWD 2 shoes are designed for immediate comfort, it is advisable to wear them for shorter periods initially to allow your feet to adapt to the fit and cushioning. Ensure the fit is snug but not restrictive, with adequate space for your toes.

3. Operating (Usage Guidelines)

3.1. Intended Use

These shoes are specifically engineered for running, particularly on road surfaces. Their design also makes them suitable for general athletic activities and casual wear where comfort and support are desired.

3.2. Running Surfaces

The 4DFWD midsole performs optimally on paved roads, tracks, and other firm, even surfaces. While durable, prolonged use on rough or uneven terrain may affect the lifespan of the outsole and midsole structure.

4. Maintenance and Care

4.1. Cleaning Instructions

To maintain the appearance and performance of your shoes:

- **Upper:** Gently brush off loose dirt. Use a mild soap solution and a soft cloth or brush to clean the knit upper. Avoid harsh chemicals.
- **Midsole (4DFWD):** The intricate 3D-printed structure can trap dirt. Use a soft brush (like an old toothbrush) and mild soap with water to carefully clean the crevices. Rinse thoroughly but avoid submerging the entire shoe.
- **Outsole:** Remove any debris from the sole using a brush.



Figure 4.1: View of the shoe's outsole and the detailed structure of the 4DFWD midsole, which requires careful cleaning.

4.2. Drying and Storage

Allow shoes to air dry naturally at room temperature. Do not use direct heat sources (e.g., radiators, hair dryers) as this can damage materials. Store shoes in a cool, dry place away from direct sunlight.

5. Troubleshooting

5.1. Fit Issues

- **Too Tight:** Ensure laces are not overtightened. Consider wearing thinner socks. If discomfort persists, the shoe size may be too small.
- **Too Loose:** Adjust lacing for a more secure fit. Thicker socks may also help. If the foot slides excessively, the shoe size may be too large.

5.2. Midsole Cleaning Difficulty

Due to the open lattice structure of the 4DFWD midsole, dirt and small debris can become embedded. Use a stiff-bristled brush (e.g., a dedicated shoe brush or old toothbrush) and a gentle cleaning solution to dislodge trapped particles. Rinse thoroughly with water, ensuring no residue remains.

6. Specifications

Feature	Detail
Product Dimensions	8 x 4 x 7 inches; 2.45 Pounds
Item Model Number	LTO23
Department	Women's
Manufacturer	Adidas
Origin	Made in the USA or Imported
Sole Material	Synthetic Rubber
Outer Material	Synthetic
Closure Type	Lace-Up





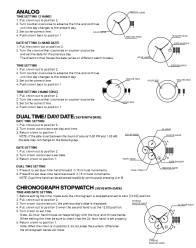
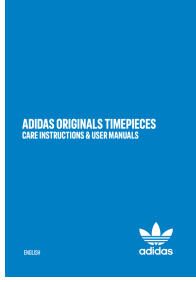
7. Warranty and Support

7.1. Manufacturer's Warranty

Your adidas 4DFWD 2 Running Shoes are covered by the standard manufacturer's warranty against defects in materials and workmanship. Please retain your proof of purchase for any warranty claims. Specific warranty terms and conditions may vary by region.

7.2. Customer Support

For further assistance, product inquiries, or warranty support, please visit the official adidas website or contact their customer service department. Contact information can typically be found on the adidas brand website or product packaging.

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	<p>Adidas RPD-01 Quick Start Guide: Setup, Controls, and Features</p> <p>Get started with your Adidas RPD-01 headphones. This guide covers setup, pairing, button controls, LED indicators, charging, and cleaning for a seamless audio experience.</p>																										
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