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## Mizuno TS-01 (Model 520021)

# Mizuno Men's TS-01 Cross Trainer Instruction Manual

Model: TS-01 (520021)

## INTRODUCTION

Welcome to the instruction manual for your Mizuno Men's TS-01 Cross Trainer. This advanced training shoe is engineered to enhance your athletic performance by improving body awareness and foot sensitivity. Featuring Mizuno COB technology, a full flat outsole, and a lateral outrigger, the TS-01 provides increased stability and responsive feedback for a variety of training activities.

## KEY FEATURES



*Image: A graphic illustrating the key features of the Mizuno TS-01, including the outsole for stability, cushioning with COB technology and EVA heel, and the mesh upper for breathability.*

- **MIZUNO COB Technology:** The Mizuno COB midsole features a textured upper surface linked with the outsole, designed to transmit ground information directly to the feet. This technology aims to increase underfoot sensitivity, improving balance and athletic performance.
- **Sharp MIZUNO COB Outsole:** Engineered to provide enhanced traction, crucial for speed, agility workouts, and general fitness training.
- **External Heel Counter:** Offers superior foothold and contributes to the shoe's overall weight efficiency.
- **2-Layered Upper Mesh Construction:** Provides increased durability and ensures an optimal fit for comfort during intense activities.
- **EVA Midsole:** Delivers essential cushioning and support for various training demands.

## SETUP AND INITIAL USE

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*Image: Side view of the Mizuno Men's TS-01 Cross Trainer in black and white. This image displays the overall design and profile of the shoe.*



*Image: A pair of Mizuno Men's TS-01 Cross Trainers, showcasing both shoes together. This view highlights the aesthetic and overall appearance of the product.*

### Lacing Your Shoes

Proper lacing is essential for a secure and comfortable fit. Ensure laces are snug but not overly tight to prevent pressure points. You may experiment with different lacing techniques to find what best suits your foot shape and activity.

### Initial Fit Check

When first trying on your TS-01 Cross Trainers, ensure there is about a thumb's width of space between your longest toe and the end of the shoe. The midfoot should feel secure, and your heel should not slip excessively. Walk around to assess comfort and support before engaging in strenuous activity.

## OPERATING (USAGE GUIDELINES)

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*Image: Front view of the Mizuno Men's TS-01 Cross Trainer. This perspective highlights the toe box and lacing system.*



*Image: Back view of the Mizuno Men's TS-01 Cross Trainer, showing the heel counter and collar.*

## **Cross-Training Activities**

The TS-01 Cross Trainer is designed for a variety of cross-training activities, including weightlifting, HIIT, agility drills, and general gym workouts. Its stable platform and responsive cushioning support multi-directional movements.

## General Fitness Use

These shoes are also suitable for general fitness routines and casual wear. While providing excellent support for training, they offer comfort for everyday activities.

## Surface Considerations

The outsole is optimized for indoor gym surfaces and paved outdoor areas. Avoid using on rough or abrasive terrains that could prematurely wear down the sole.

## MAINTENANCE AND CARE

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*Image: View of the sole of the Mizuno Men's TS-01 Cross Trainer, highlighting the MIZUNO COB outsole pattern for traction.*



*Image: Top-down view of the Mizuno Men's TS-01 Cross Trainer, showing the mesh upper and lacing area.*

## Cleaning Instructions

- For light dirt, wipe the shoes with a damp cloth and mild soap.
- For stubborn dirt, use a soft brush (like an old toothbrush) to gently scrub the mesh and sole.
- Do not machine wash or tumble dry, as this can damage the materials and construction.

## Drying

Allow shoes to air dry naturally at room temperature. Avoid direct sunlight or heat sources, which can cause materials to shrink or crack. You can stuff them with newspaper to absorb moisture and help maintain their shape.

## Storage

Store your shoes in a cool, dry place away from extreme temperatures. Keeping them in their original box or a shoe bag can help protect them from dust and damage.

## TROUBLESHOOTING

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### Discomfort or Poor Fit

- **Check Lacing:** Ensure laces are not too tight or too loose. Adjust as needed for optimal comfort and support.
- **Sock Choice:** Wear appropriate athletic socks that provide cushioning and wick moisture.
- **Break-in Period:** New shoes may require a short break-in period. Gradually increase wear time.

- **Sizing:** Refer to the sizing guide to confirm you have the correct size.

## Premature Wear and Tear

- **Usage:** Ensure the shoes are used for their intended purpose (cross-training, general fitness). Excessive use on abrasive surfaces can accelerate wear.
- **Rotation:** If you train frequently, consider rotating between multiple pairs of shoes to extend their lifespan.
- **Cleaning:** Regular cleaning and proper drying can prevent material degradation.

## SPECIFICATIONS

Feature	Detail
Model Number	520021
Department	Men's
Date First Available	October 11, 2022
Manufacturer	Mizuno
ASIN	B0BHVPSQLV
Origin	Imported
Sole Material	Rubber
Outer Material	Mesh
Closure Type	Lace-Up

## SIZING GUIDE

To ensure the best fit, please refer to the detailed sizing chart below. Measure your foot length from heel to toe and compare it with the chart.

### US REGULAR

Brand Size	EU Size	Heel to toe (in)
4	35	8.7
4.5	36	8.9
5	36.5	8.9
5.5	37	9.2
6	38	9.4
6.5	38.5	9.7
7	39	9.8
7.5	40	10
8	40.5	10.2
8.5	41	10.4
9	42	10.6
9.5	42.5	10.8
10	43	11
10.5	44	11.2
11	44.5	11.4
11.5	45	11.6
12	46	11.8
12.5	46.5	12
13	47	12.2

## WARRANTY AND SUPPORT

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Mizuno products are manufactured to high standards. For specific warranty information regarding your TS-01 Cross Trainers, please refer to the warranty documentation included with your purchase or visit the official Mizuno website.

For further assistance, product inquiries, or to explore other Mizuno products, please visit the Mizuno Store on Amazon.

