

## MBT 2000 II

# MBT 2000 II Lace Up Running Shoes Instruction Manual

Model: 2000 II

Brand: MBT

## 1. INTRODUCTION

The MBT 2000 II Lace Up Running Shoes are engineered to provide a unique running and walking experience. Featuring MBT's patented rocker sole technology, these shoes are designed to promote active rolling movement, enhance cushioning, and activate muscles for improved posture and comfort during various activities, from casual walks to intense runs.

## 2. PRODUCT FEATURES

- **MBT LEVEL 2 ROCKER:** A medium-strong sole curve providing ample cushioning and muscle activation for walks, runs, and all-day wear.
- **UPPER:** Constructed from breathable Engineered Jacquard Knit for comfort and ventilation.
- **EVA FOAM MIDSOLE:** Features a unique pivot axis under the midfoot to promote active rolling movement and excellent shock absorption.
- **OUTSOLE:** Made of high abrasion rubber for maximum durability and traction.
- **PU INSOLE:** Offers good shock absorption and breathability.
- **ROCKER BOTTOM SHOE:** The curved sole matches the natural movement of the foot, providing stability and promoting a natural cushioning effect.
- **MBT SensorTechnology:** A component between the midsole and outsole with a soft PU compound, creating the specific functionality of the MBT sole.
- **PivotAxis Technology:** Located under the midfoot, it promotes balance and a natural rolling movement, activating muscles for good posture.
- **Stability:** Designed to offer stability comparable to traditional walking shoes, ensuring confidence during movement.
- **APMA Certified:** Awarded a Seal of Acceptance from the American Podiatric Medical Association, supporting overall foot health.



This image displays the side profile of the MBT 2000 II running shoe, highlighting its vibrant red upper, black and white sole, and the distinctive MBT logo on the side. The 'SWISS ENGINEERING' text is visible on the upper.



A different angle of the MBT 2000 II running shoe, emphasizing the 'SWISS ENGINEERING' detail on the side of the upper. The shoe's ergonomic design and sole curvature are clearly visible.

### 3. SETUP

#### 3.1 Unpacking and Inspection

Upon receiving your MBT 2000 II shoes, carefully remove them from the packaging. Inspect both shoes for any visible damage or manufacturing defects. If you notice any issues, please contact customer support immediately.

#### 3.2 Lacing Your Shoes

Ensure the laces are threaded through all eyelets. Adjust the lacing to achieve a snug yet comfortable fit. Avoid overtightening, which can restrict circulation, or leaving them too loose, which can cause instability.

#### 3.3 First Wear

Due to the unique rocker sole design, it is recommended to gradually introduce the MBT 2000 II shoes into your routine. Wear them for short periods initially, increasing duration as your feet and body adapt to the new walking and running sensation.

## 4. OPERATING INSTRUCTIONS

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### 4.1 Understanding the MBT Rocker Sole

The MBT 2000 II features a curved sole designed to mimic walking on soft, uneven surfaces. This promotes a natural rolling motion from heel strike to toe-off. The PivotAxis, located at the midfoot, is crucial for this movement, encouraging balance and activating core and leg muscles.

### 4.2 Walking and Running Technique

- **Posture:** Stand tall with a straight back, relaxed shoulders, and eyes looking forward.
- **Heel Strike:** Allow your heel to gently make contact with the ground first.
- **Midfoot Roll:** Experience the natural roll over the midfoot's PivotAxis. This is where the unique MBT technology engages your muscles.
- **Toe-Off:** Push off with your toes, completing the rolling motion.
- **Rhythm:** Maintain a smooth, consistent rhythm. Avoid forcing the roll; let the shoe's design guide your movement.

## 5. MAINTENANCE

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### 5.1 Cleaning

- **Upper:** Gently wipe the Engineered Jacquard Knit upper with a damp cloth and mild soap. Avoid harsh detergents or abrasive cleaners.
- **Sole:** Use a brush or damp cloth to remove dirt and debris from the outsole and midsole.
- **Insoles:** Remove insoles and hand wash with mild soap if necessary. Allow to air dry completely before reinserting.

### 5.2 Drying and Storage

- Always air dry your shoes at room temperature. Avoid direct sunlight or heat sources, as these can damage materials.
- Store shoes in a cool, dry place away from extreme temperatures.

### 5.3 General Care Tips

- Do not machine wash or tumble dry.
- Avoid prolonged exposure to water.
- Regularly check laces for wear and replace if necessary.

## 6. TROUBLESHOOTING

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### 6.1 Initial Discomfort

It is common to experience some initial muscle soreness or discomfort when first wearing MBT rocker sole shoes, as they engage muscles differently. This typically subsides as your body adapts. If discomfort persists or worsens, discontinue use and consult a healthcare professional.

### 6.2 Excessive Wear on Outsole

Uneven wear on the outsole can indicate an imbalance in your gait or a need for shoe replacement. Monitor wear patterns and consider replacing shoes when the outsole tread is significantly worn, especially in key areas.

## 6.3 Lacing Issues

If shoes feel too loose or too tight, re-adjust the lacing. Experiment with different lacing techniques to find the most comfortable and secure fit for your foot type.

## 7. SPECIFICATIONS

Feature	Detail
Item Model Number	2000 II LACE UP M
Department	Mens
ASIN	B0BPY2KTM5
Fabric Type	Synthetic Leather+Mesh
Sole Material	Rubber
Outer Material	Synthetic Leather+Mesh
Closure Type	Lace-Up
Package Dimensions	13.78 x 10.24 x 6.81 inches
Item Weight	2.49 Pounds
Date First Available	April 18, 2023

## 8. SIZE GUIDE

### US European Shoe size

Brand Size	UK	Europe	Heel to toe (in)
4-4.5	5	38	9.3
5-5.5	6	39	9.6
6-6.5	6.5	40	9.8
7-7.5	7	41	10.1
8-8.5	8	42	10.4
9-9.5	9	43	10.6
10-10.5	10	44	10.9
11-11.5	10.5	45	11.1
12-12.5	11	46	11.4
13-13.5	12	47	11.7
14-14.5	13	48	11.9
15-15.5	13.5	49	12.2

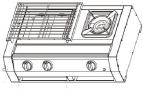
## 9. WARRANTY AND SUPPORT

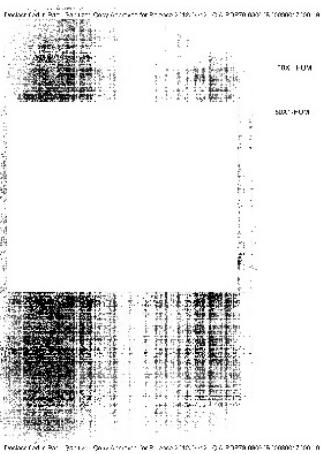
### 9.1 Manufacturer's Warranty

MBT products are manufactured to high-quality standards. For specific details regarding the manufacturer's warranty, including coverage and duration, please refer to the official MBT website or contact MBT customer service directly.

### 9.2 Customer Support

If you have any questions, concerns, or require assistance with your MBT 2000 II Lace Up Running Shoes, please visit the official MBT website for contact information or reach out to their customer support team. You can often find FAQs, product registration, and direct contact methods on their site.

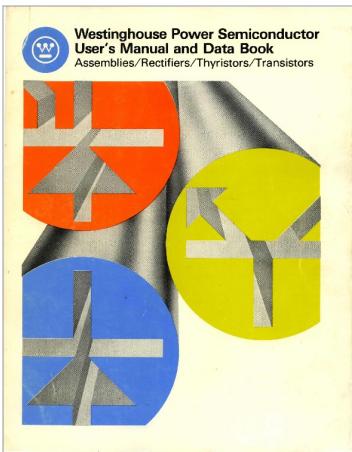
 <b>MANUAL DE UTILIZARE</b> <small>(MODEL: Barbecue-0204)</small>	<p><a href="#"><b>Barbecue Stove User Manual: Operation, Safety, and Maintenance</b></a></p> <p>Comprehensive user manual for the energy-saving, smokeless barbecue stove. Includes product introduction, specifications, components, detailed usage instructions, safety precautions, cleaning, maintenance, troubleshooting, and warranty information.</p>
	<p><a href="#"><b>Danfoss MBT 3560 / MBT 5560 Temperature Sensor Installation Guide</b></a></p> <p>Installation guide for Danfoss MBT 3560 and MBT 5560 temperature sensors, detailing electrical connections, pin assignments, and power supply specifications for M12 connectors.</p>
	<p><a href="#"><b>Predator 2000 Watt Inverter Generator Owner's Manual &amp; Safety Instructions</b></a></p> <p>Comprehensive owner's manual and safety instructions for the Predator 2000 Watt Inverter Generator, covering setup, operation, maintenance, troubleshooting, and warranty information. Includes safety warnings, specifications, and parts list.</p>
	<p><a href="#"><b>JL Audio MBT-CRXv3 Weatherproof Bluetooth Controller/Receiver User Manual</b></a></p> <p>This document provides detailed information on the JL Audio MBT-CRXv3 Weatherproof Bluetooth Controller/Receiver, including product description, installation, wiring, pairing, and specifications. It is designed for marine and powersports applications.</p>
	<p><a href="#"><b>Predator 2000 Watt Inverter Generator Owner's Manual &amp; Safety Instructions</b></a></p> <p>Comprehensive owner's manual and safety instructions for the Predator 2000 Watt Inverter Generator, covering setup, operation, maintenance, troubleshooting, and warranty information.</p>
	<p><a href="#"><b>Wharfedale Pro TOURUS Series Active Loudspeaker User Manual</b></a></p> <p>User manual for Wharfedale Pro TOURUS Series active loudspeakers, covering models Tourus-AX12, Tourus-AX12-MBT, Tourus-AX15, and Tourus-AX15-MBT. Includes safety instructions, setup guide, features, Bluetooth/USB operation, technical specifications, and warranty information.</p>



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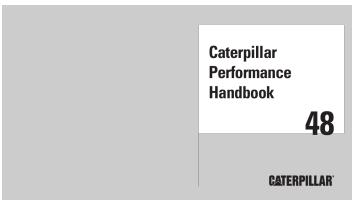


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