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## NIKE Air Trainer 1 Ess (B0D5LK7NN8)

# Nike Air Trainer 1 Ess Men's Shoes Instruction Manual

Model: Air Trainer 1 Ess (B0D5LK7NN8)

## Introduction

This manual provides essential information for the proper use, care, and maintenance of your Nike Air Trainer 1 Ess Men's Shoes. Please read these instructions carefully to ensure optimal performance and longevity of your footwear.

## Product Overview

The Nike Air Trainer 1 Ess is a versatile men's athletic shoe designed for training and general wear. It features a durable construction with a combination of synthetic and rubber materials, providing support and comfort.



**Image 1:** Front-side view of the Nike Air Trainer 1 Ess shoe, showcasing its design and color scheme (Summit White, Black, Bronze).

## Setup and First Use

1. **Unboxing:** Carefully remove the shoes from their packaging. Inspect them for any visible defects or damage.
2. **Lacing:** Ensure the laces are properly threaded through all eyelets. Adjust the lacing to achieve a secure yet comfortable fit. The shoe features a lace-up closure.
3. **Fit Adjustment:** Try on both shoes. Walk around to assess the fit. Your toes should have a small amount of space at the front, and your heel should feel secure without slipping. The midfoot strap can be adjusted for additional support.



**Image 2:** View of the Nike Air Trainer 1 Ess, highlighting the sole pattern and overall construction.

## Operating (Intended Use)

These shoes are designed for general training and athletic activities. They provide support and cushioning suitable for various movements. While durable, they are not intended for specialized activities requiring specific protective footwear (e.g., heavy-duty work, extreme sports).

- **Training:** Suitable for gym workouts, light running, and cross-training exercises.
- **Casual Wear:** Can be worn for everyday activities due to their comfortable design.
- **Surface:** Best used on indoor gym surfaces, tracks, or paved outdoor areas. Avoid excessively rough or abrasive surfaces to prolong sole life.

## Maintenance and Care

Proper care will extend the life and appearance of your Nike Air Trainer 1 Ess shoes.

- **Cleaning:**
    - Remove loose dirt with a soft brush.
    - Wipe surfaces with a damp cloth and mild soap. Avoid harsh chemicals.
    - For stubborn stains, use a specialized shoe cleaner according to its instructions.
    - Do not machine wash or tumble dry, as this can damage materials and adhesives.
- **Drying:** Allow shoes to air dry naturally at room temperature. Avoid direct heat sources like radiators or direct sunlight, which can cause material degradation.
- **Storage:** Store shoes in a cool, dry place away from direct sunlight when not in use. Using shoe trees can help maintain their shape.



**Image 3:** Side profile of the shoe, showing the mid-top design and the adjustable strap.

## Troubleshooting

- **Discomfort/Poor Fit:**

  Ensure laces are adjusted correctly. If discomfort persists, verify you have the correct size. Refer to the size guide if available or consult a footwear specialist.
- **Squeaking Noise:**

  Sometimes new shoes can squeak. This often resolves with wear. If it persists, check if the insole is properly seated or if there's moisture between the insole and the shoe bed.
- **Sole Wear:**

  Excessive wear on specific areas of the sole may indicate an issue with gait or foot mechanics. While normal wear occurs, uneven or rapid wear might suggest consulting a podiatrist or considering specialized insoles.

## Specifications

| Feature | Detail |
| --- | --- |
| **Brand** | NIKE |
| **Model Name** | Air Trainer 1 Ess |

| Feature | Detail |
| --- | --- |
| **ASIN** | B0D5LK7NN8 |
| **Closure Type** | Lace-Up |
| **Outer Material** | Rubber |
| **Sole Material** | Synthetic Rubber |
| **Department** | Mens |
| **Package Dimensions** | 14 x 9 x 5 inches; 3 Pounds |
| **Origin** | Made in the USA or Imported |




**Image 4:** Rear view of the shoe, displaying the Nike Air branding on the heel.

## Warranty and Support

For information regarding warranty coverage, returns, or additional product support, please refer to the official Nike website or contact Nike customer service directly. Keep your purchase receipt as proof of purchase.
For general inquiries, visit the official Nike support page:Nike Help & Support

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