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› Nike Ja 1 Basketball Shoes FQ4796-403 User Manual

Nike FQ4796-403

Nike Ja 1 Basketball Shoes FQ4796-403 User Manual

Official instructions for your Nike Ja 1 Basketball Shoes.

1. PRODUCT OVERVIEW

The Nike Ja 1 Basketball Shoes, model FQ4796-403, are designed for performance on the court. They feature an Air Zoom unit for responsiveness and vertical acceleration, along with plush cushioning for comfort. The design incorporates a containment system and forefoot strap to enhance ankle and heel stability during quick movements and jumps. The upper is constructed from lightweight, breathable material to maintain foot comfort.



Image 1.1: Side view of the Nike Ja 1 Basketball Shoes (FQ4796-403) in Midnight Navy, University Red, and White.

2. KEY FEATURES

- **Air Zoom Unit:** Located in the forefoot, this unit provides enhanced responsiveness and supports vertical acceleration for jumping.
- **Plush Midsole Cushioning:** Designed to offer comfort upon landing and throughout gameplay.
- **Containment System & Forefoot Strap:** These elements work together to secure the ankle and heel, providing stability during rapid changes in direction and defensive maneuvers.
- **Lightweight, Breathable Upper:** The material used on the upper part of the shoe promotes airflow, helping to keep feet cool during activity.
- **Signature Details:** Features Ja Morant's signature, logo, and jersey number, sketched in his own handwriting.



Image 2.1: Rear view of the Nike Ja 1 Basketball Shoes, highlighting the number '12' on the heel.

3. WEARING INSTRUCTIONS

To ensure optimal fit and support, follow these steps when wearing your Nike Ja 1 Basketball Shoes:

1. **Loosen Laces:** Before inserting your foot, fully loosen the laces to allow for easy entry.
2. **Insert Foot:** Slide your foot into the shoe, ensuring your heel is seated comfortably at the back.
3. **Adjust Laces:** Begin tightening the laces from the toe upwards. Ensure a snug fit across the midfoot without being overly tight. The forefoot strap should also be adjusted for a secure feel.
4. **Check Fit:** Stand up and walk around. Your toes should have a small amount of space at the front, and your heel should feel secure without excessive slipping.



Image 3.1: Top-down view illustrating the lacing system and forefoot strap for proper adjustment.

4. USAGE GUIDELINES

The Nike Ja 1 Basketball Shoes are specifically designed for basketball activities. They provide the necessary support, cushioning, and responsiveness for dynamic movements on the court, including jumping, quick cuts, and sprints. While durable, these shoes are not intended for prolonged use in non-sporting environments or for activities that may cause excessive abrasion to the sole or upper materials.

- **Intended Use:** Basketball.
- **Surface:** Best suited for indoor and outdoor basketball courts.
- **Performance:** The Air Zoom unit and cushioning are optimized for high-impact movements and quick changes in direction.



Image 4.1: Detail of the rubber sole, highlighting the multi-directional traction pattern designed for court performance.

5. MAINTENANCE AND CARE

Proper care extends the lifespan and maintains the performance of your basketball shoes.

Cleaning Instructions:

- **Upper Material:** For real or synthetic leather and textile materials, gently wipe with a damp cloth and mild soap. Avoid harsh chemicals or abrasive cleaners.
- **Sole:** Use a soft brush or damp cloth to remove dirt and debris from the rubber sole.
- **Drying:** Air dry at room temperature. Do not use direct heat sources like radiators or tumble dryers, as this can damage materials.
- **Laces:** Laces can be removed and hand-washed separately.

Storage:

Store shoes in a cool, dry place away from direct sunlight. Avoid storing in damp environments to prevent mildew or

material degradation.

6. TROUBLESHOOTING

Fit Issues:

Some users have reported that the Nike Ja 1 shoes can run narrow across the toe area. If you experience discomfort:

- **Lace Adjustment:** Ensure laces are loosened as much as possible before putting on the shoe, then tighten only enough for a secure, not restrictive, fit.
- **Sock Choice:** Experiment with thinner socks to create more room within the shoe.
- **Break-in Period:** New shoes may require a short break-in period. Wear them for shorter durations initially to allow the materials to conform to your foot.

General Wear and Tear:

Over time, all athletic footwear will show signs of wear. Regular inspection for sole separation, upper tears, or cushioning degradation is recommended. Replace shoes when they no longer provide adequate support or cushioning to prevent injury.

7. SPECIFICATIONS

Feature	Detail
Model Number	FQ4796-403
Brand	Nike
Colorway	Midnight Navy/University Red/White
Upper Material	Real or synthetic leather and textile materials
Inner Material	Mesh and Textile
Sole Material	Rubber
Cushioning	Forefoot Air Zoom unit, Plush midsole cushioning
Closure Type	Lace-Up
Sport Type	Basketball
Shoe Type	Athletic Shoe
Water Resistance Level	Not Water Resistant
Item Weight	2 Pounds (approximate)
Product Dimensions	10 x 8 x 4 inches (approximate)
UPC	197597509013

8. WARRANTY AND SUPPORT

Nike products are manufactured to high standards. For specific warranty information regarding your Nike Ja 1 Basketball Shoes, please refer to the official Nike website or contact Nike customer service directly. General warranty terms typically cover manufacturing defects.

For further assistance, product inquiries, or to report any issues, please visit the official Nike support page:

[**Visit Nike Support**](#)