

Fila Memory Valant 5

Fila Memory Valant 5 Women's Shoes Instruction Manual

Model: 5GM00518111

1. INTRODUCTION

This manual provides essential information for the proper use and care of your Fila Memory Valant 5 Women's Shoes. Designed for comfort and support, these shoes incorporate advanced features to enhance your walking experience.

Key Features:

- **Memory Foam Insole:** Provides personalized cushioning for enhanced comfort.
- **Coolmax Moisture-Wicking Footbed:** Helps keep feet dry and comfortable.
- **EVA Midsole:** Offers lightweight cushioning and shock absorption.
- **TPU Midfoot Stabilizer:** Enhances support and stability during movement.
- **Non-Skid Energized 360 Outsole:** Delivers durable traction and grip.



Image 1.1: Front-side view of the Fila Memory Valant 5 Women's Shoes, showcasing the overall design and lacing system.

2. SETUP AND FIRST USE

Upon receiving your Fila Memory Valant 5 shoes, follow these steps for optimal initial setup:

- 1. Unboxing:** Carefully remove the shoes from their packaging.
- 2. Inspection:** Examine the shoes for any visible defects or damage. If any issues are found, refer to the "Warranty and Support" section.
- 3. First Fit:** Try on both shoes with the type of socks you typically wear. Ensure a comfortable fit, allowing for slight movement of your toes. The Memory Foam insole will conform to your foot over time.
- 4. Lacing:** Adjust the laces to achieve a secure yet comfortable fit. Avoid overtightening, which can restrict circulation, or leaving them too loose, which can cause instability.



Image 2.1: Side view of the Fila Memory Valant 5 Women's Shoes, highlighting the midsole and outsole design.

3. OPERATING AND INTENDED USE

The Fila Memory Valant 5 shoes are designed for general walking and light athletic activities. Their construction prioritizes comfort and support for everyday wear.

- Comfort:** The Memory Foam insole adapts to your foot's shape, providing personalized cushioning.
- Moisture Management:** The Coolmax footbed is engineered to wick moisture away, helping to keep your feet dry during use.
- Stability:** The TPU midfoot stabilizer contributes to overall foot stability, reducing excessive pronation or supination during movement.
- Traction:** The non-skid Energized 360 outsole provides reliable grip on various surfaces, enhancing safety during walking.

These shoes are suitable for daily wear, casual outings, and light exercise routines. They are not specifically designed for high-impact sports or specialized athletic training.

4. MAINTENANCE AND CARE

Proper care will extend the lifespan and maintain the appearance of your Fila Memory Valant 5 shoes.

1. Cleaning:

- For surface dirt, gently wipe with a soft, damp cloth.
- For tougher stains, use a mild soap solution and a soft brush. Avoid harsh chemicals or abrasive cleaners.
- Do not machine wash or tumble dry, as this can damage the materials and construction.

2. Drying:

- Allow shoes to air dry naturally at room temperature.
- Avoid direct heat sources like radiators or direct sunlight, which can cause material degradation.
- Stuffing the shoes with newspaper can help absorb moisture and maintain shape during drying.

3. Storage:

- Store shoes in a cool, dry place away from direct sunlight.
- Keep them away from extreme temperatures.

4. Odor Control:

- Remove insoles periodically to air them out.
- Consider using shoe deodorizers or baking soda to absorb odors.



Image 4.1: View of the non-skid Energized 360 outsole of the Fila Memory Valant 5 Women's Shoes, illustrating the traction pattern.

5. TROUBLESHOOTING

If you encounter any issues with your Fila Memory Valant 5 shoes, consider the following common solutions:

- **Discomfort or Rubbing:**

- Ensure you are wearing appropriate socks.
- Adjust lacing to relieve pressure points.
- Allow for a break-in period, as the Memory Foam will adapt.
- Verify correct shoe size.

- **Squeaking Noise:**

- Sometimes new shoes can squeak due to friction between materials. This often resolves with wear.
- Check if the insole is properly seated.

- **Reduced Traction:**

- Clean the outsole to remove any embedded dirt or debris that might be reducing grip.
- Note that outsole wear is normal over time and will eventually reduce traction.

- **Odor:**

- Refer to the "Odor Control" section under Maintenance.

If problems persist, contact Fila customer support for further assistance.

6. SPECIFICATIONS

Feature	Detail
Model Name	Memory Valant 5
Model Number	5GM00518111
Brand	Fila
Department	Women's
Product Dimensions	Approximately 14 x 9 x 5 inches
Item Weight	Approximately 3 Pounds
Outer Material	Synthetic Resin
Sole Material	Synthetic Rubber
Fabric Type	Synthetic-and-rubber
Date First Available	July 26, 2023



Image 6.1: Rear view of the Fila Memory Valant 5 Women's Shoes, showing the heel and Fila logo.

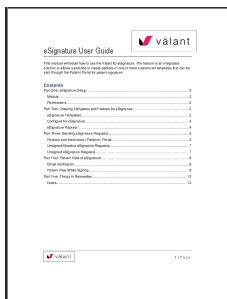
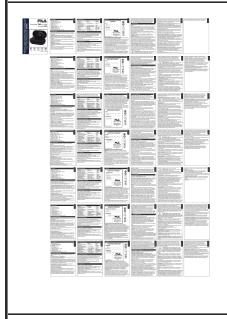
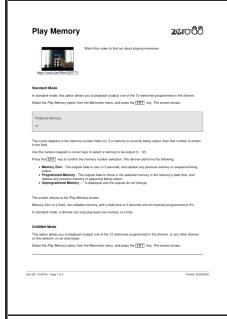
7. WARRANTY AND SUPPORT

For specific warranty information regarding your Fila Memory Valant 5 Women's Shoes, please refer to the documentation included with your purchase or visit the official Fila website. Warranty terms typically cover manufacturing defects.

Customer Support:

If you have questions, require assistance, or need to report a defect, please contact Fila customer service through their official website or the contact information provided on your product packaging.

For general inquiries, you may visit the [Fila official website](#).

	<p>Valant eSignature User Guide</p> <p>A comprehensive guide to using Valant IO eSignature for practices, covering setup, template creation, sending requests, and patient portal interaction.</p>
	<p>FILA CURVES Wireless Earbuds AUR32FIL User Manual</p> <p>Official user manual for the FILA CURVES wireless earbuds (model AUR32FIL). Provides comprehensive instructions on setup, pairing, usage, technical specifications, safety guidelines, and compliance information.</p>
	<p>FILA CLEANALL Neutral All Surface Cleaner for Tile, Wood, Laminates</p> <p>Discover FILA CLEANALL, a powerful yet gentle neutral pH surface cleaner suitable for ceramic, porcelain tile, LVT, wood, and laminate floors. This highly concentrated formula offers over 150 applications per gallon, ensuring effective cleaning without damaging delicate surfaces. Learn about its advantages, dilution ratios, and usage instructions.</p>
	<p>FILA Smart Watch F52 (SW-52) User Manual: Setup, Features, Safety & Warranty</p> <p>Comprehensive user manual for the FILA Smart Watch F52 (SW-52), covering setup, app pairing, features like heart rate, GPS, notifications, safety guidelines, maintenance, and warranty information.</p>
	<p>Zero 88 Chilli Pro Play Memory Guide</p> <p>Learn how to play back memories using the Zero 88 Chilli Pro lighting control system in both Standard and ChilliNet modes. This guide explains the steps for selecting and outputting programmed memories, including Memory Zero and unprogrammed memories.</p>
	<p>How to Install Crucial DDR5 Pro Overclocking Memory - Step-by-Step Guide</p> <p>Learn how to easily install your Crucial DDR5 Pro Overclocking Memory with this comprehensive, step-by-step guide. Includes pre-installation warnings, installation steps, and troubleshooting tips for optimal performance.</p>