



Insert the spikes

1) Insert 11 spikes on each sandal.



2) Secure spikes tightly using nut and wrench provided.



Fit to your shoe

3) Place foot on sandal with heel strap behind ankle and back and front outside of shoe.



4) Insert ankle strap through slot and wrap around front of ankle for a secure fit.



5) Insert toe strap through slot and wrap around top of foot for a secure fit.