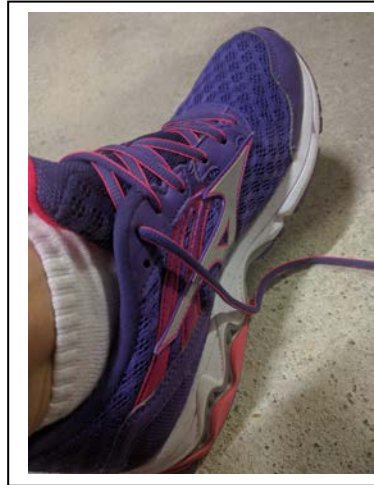


**WHAT ARE THOSE EXTRA HOLES FOR ON THE SIDE OF MY SHOES? Want to learn how to use them? Open up link to find out!**



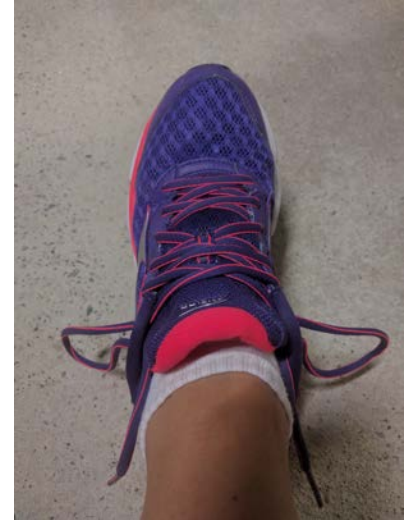
**The lock lacing technique can help to:**

1. Decrease impact loading rates
  2. Increase stability of the shoe
  3. Tighten the shoe around your ankle which will give you a good heel lock, but with less pressure on top of your foot. Will also help to prevent your foot moving around which means you don't have to tighten your shoelaces too tight on the top of the shoe!
  4. Help to stop your toes jamming to the front of the shoe when walking down hill or trail running
  5. Prevent your heel slipping up the back of the shoe if your orthotics are making your heel sit too high in the shoe.
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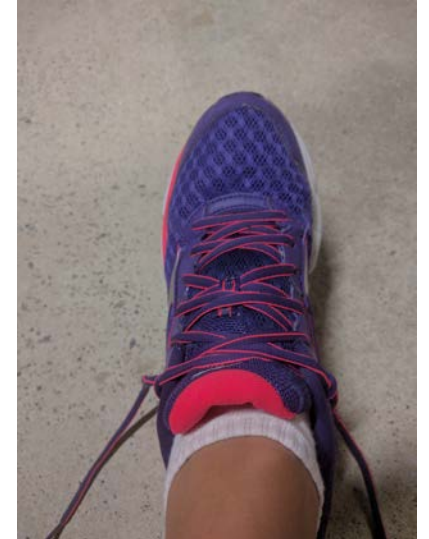
## How to use the Lock Lacing Technique:



1. Create loops with the shoelace on both sides of the shoe (left and right photo)



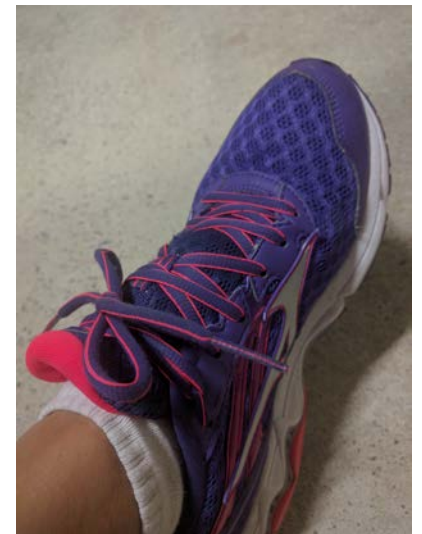
2. Left photo: Cross over the lace to the other side of the shoe and put it through the loop.



3. Right photo: Pull the lace down on each side



4. Left photo: Make sure you pull the laces down so they become flush with the shoe



5. Right photo: From here, then tie up the shoelace as you normally would
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