



## Natural Training Guide

vibram® fivefingers®



**WE CHANGED  
FOOTWEAR FOREVER.**



1927



## INNOVATION, QUALITY, PERFORMANCE

For more than 75 years, Vibram® has been a trusted leader in performance and innovation. Our founder, Vitale Bramani, lived in Milan, Italy and developed the first rubber sole on a mountaineering boot, which changed the way people move up, down and across the Earth.

Vitale's experience as a mountain guide and climber convinced him of the need for performance rubber soles on footwear. He was leading an expedition to the summit of a challenging peak in the Northern Italian Alps when six members of the team perished on the mountain because their footwear lacked traction and prevented them from reaching shelter below. This tragic experience drove Bramani to create and patent an all-purpose climbing sole that was lightweight, durable, and flexible. What followed was a success story and the production of millions of soles for the best shoes in the industry. In 2006, Vibram® introduced the next generation of innovative performance design: one that can make us more aware of our feet and more connected to our environment. We call our innovative footwear Vibram FiveFingers®.



AGAIN.

TODAY

Robert Fliri develops his first concept “Tatto” at University. Tatto means “sense of touch”.



*“I wanted to go barefoot in a protected way – because when you can really sense the surface under your feet, your body is able to do what it is designed for by nature.”* This was the simple, yet powerful, idea that inspired industrial designer, Robert Fliri, to create the first pair of Vibram FiveFingers®.

Wearing a pair of Vibram FiveFingers® is very different from wearing conventional footwear. The thin, flexible, and deconstructed sole allows the foot to curl and flex. The toes are separated—just like on our feet! Because of these features, every step taken in Vibram FiveFingers® is an experience in texture, ground feedback, and awareness that can keep us better connected to our environment.



Mold for the first idea of minimalist and five-toed shoe.



First designs of what would become Vibram FiveFingers®.

A yellow graphic of a footprint with a grid pattern, located in the bottom right corner of the page.

We hope this guide will help you discover the exhilarating joy of feeling barefoot and deepen your connection with your natural surroundings!

A close-up photograph of the soles of two feet, showing the intricate patterns of the skin. The feet are positioned side-by-side, with the toes pointing upwards. The lighting is soft, highlighting the texture of the skin. Overlaid on the center of the feet is the text "Getting to know your feet." in a stylized, yellow, outlined font.

*Getting  
to know  
your feet.*

## FIRST THINGS FIRST: GETTING TO KNOW YOUR FEET

When it comes to everyday life very few people stop and think about two important tools: your feet. There are 33 joints in each foot, hundreds of muscles, tendons, and ligaments in each foot and 100,000-200,000 exteroceptors in the sole of each foot—collectively forming two of the body's most beautifully efficient mechanisms. It's about time we get to know them!

In some cases, we have become so shoe dependent that our feet have become almost mysterious to us. Most people even criticize their feet: arches too high or flat, too wide, too narrow, curled toes, long toes, short toes, etc. The powerful architecture of our feet often becomes hidden, disliked, and incredibly sensitive.



**LOOK:** Take off your shoes and socks. Take a good look at your feet. Become familiar with the shape and condition of the feet. This will help you understand and identify the changes that may take place as you transition to moving and running in Vibram FiveFingers®.



**TOUCH:** Massage is one of the best ways to stimulate the feet—and it feels good! Try these exercises sitting down and barefoot.



- 1.** Run your fingers between your toes—push back and forth, twisting your hand a little



- 2.** Use your elbow to rub the entire base of the foot



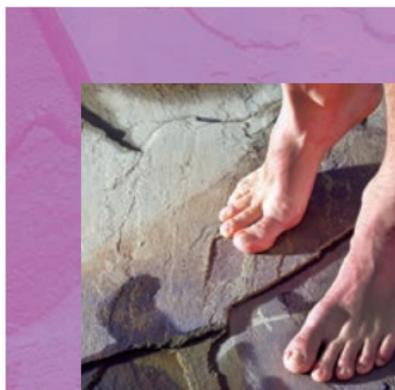


**3.** Use your hand to push toes back & forth creating a gentle stretch



**4.** Apply gentle pressure with your thumbs, moving towards your toes





**FEEL:** Feet are excellent at collecting “information” and we believe that the feedback we get from our feet make us more aware of our environment, leading us to a better workout and a healthier lifestyle.

You may notice that your foot strike and stride will adjust to different surfaces when

barefoot. Experiment on safe, controlled terrain such as grass, carpeting, pavement, dirt, pebbles, and smooth rock—keeping your eyes open for potential hazards or unfriendly objects.

Try walking on different surfaces. This is one of the most obvious and easiest ways to stimulate and exercise the foot. With bare feet or in Vibram FiveFingers®, explore your home and its surroundings. Notice how your feet feel on smooth vs. rough surfaces and try to recognize the signals that your feet send to your brain.





**Foot Training:**  
**Strength training**  
**for your feet.**

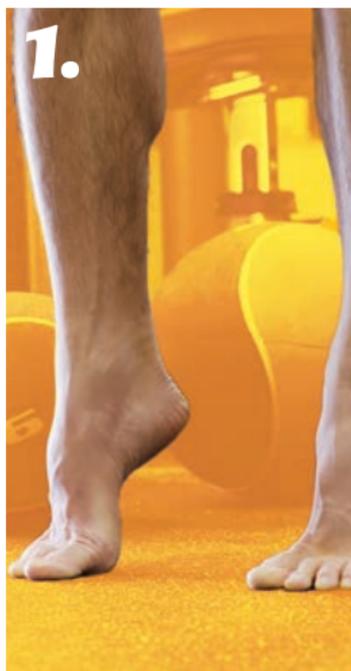


## STRENGTH TRAINING PROGRAM

Now that you have begun to familiarize yourself with your feet, you may have noticed that they are pretty weak. Maybe it's hard to spread or control your toes? Perhaps being barefoot for an extended amount of time leaves your feet sore or tired? To begin the transition to moving or running in Vibram FiveFingers<sup>®</sup>, we recommend the following foot strengthening exercises before you take your first step.

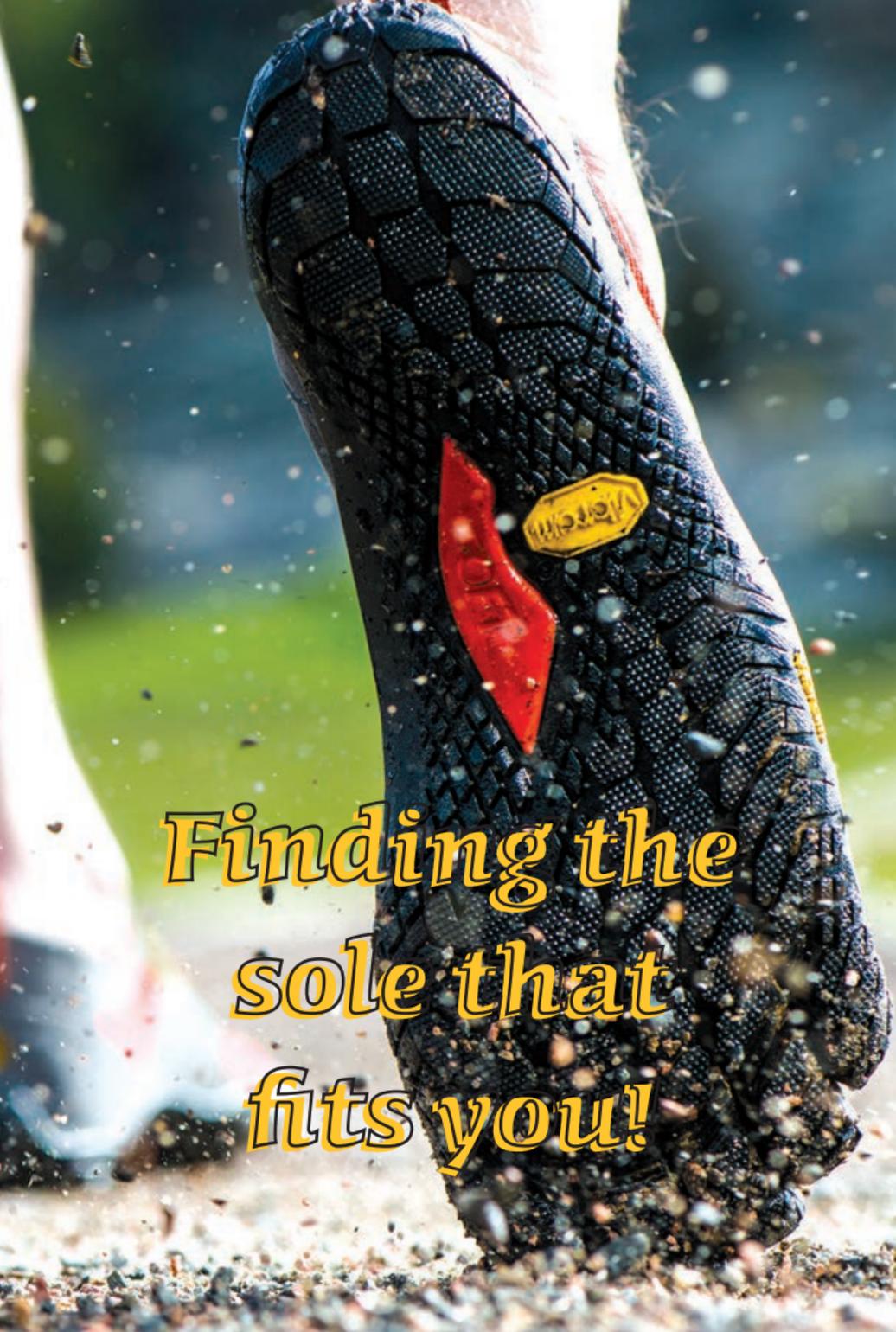
Practice the exercises below at your own pace. Your feet may feel tired afterwards, but you should not be in pain. Ultimately, this series of exercises should be part of your running warm-up routine.

1. Heel Raise
2. Toe Grip
3. Toe Flexing
4. Toe Spread/Tap
5. Exaggerated Eversion/Inversion
6. Grabbing towel on the floor with toes and pass to other foot
7. Walking in Vibram FiveFingers®





**7.** Walking in Vibram FiveFingers®: Never underestimate the power of just being barefoot or in Vibram FiveFingers®. Try wearing them for a few minutes a day and increase usage based on personal comfort. It is important to acclimate your feet before fully transitioning to Vibram FiveFingers®.



*Finding the  
sole that  
fits you!*

## SIZING FOR FIVEFINGERS®

Now you are ready to try on a pair of Vibram FiveFingers®! The chart below will assist in estimating your US size to European size and finding the perfect fit. Keep in mind that everyone's feet are unique and Vibram FiveFingers® may vary slightly by style. Visit the store locator on [vibram.com](http://vibram.com) to find your local retailer.

MEN'S	WOMEN'S
US—EURO	US—EURO
7—38	4.5—34
7.5/8—39	5—35
8/8.5—40	6—36
9/9.5—41	7—37
10—42	8—38
10.5—43	9—40
11—44	9.5—41
11.5—45	10—42
12—46	
12.5/13—47	
13.5—48	
14—49	
15—50	



A close-up photograph showing a person's hands adjusting a blue hiking boot on their foot. The boot has a textured sole with several circular studs. The person is wearing a blue jacket. The background is a field of dry grass and green plants. The text "Getting them on your feet." is overlaid in a yellow, stylized font.

*Getting  
them on  
your feet.*

## TRYING ON VIBRAM FIVEFINGERS®

- 1.** Walk barefoot on a carpeted floor for 1 or 2 minutes to give your feet and muscles time to adapt to the sensation.
- 2.** Place Vibram FiveFingers® flat on the floor, unlace, and loosen upper.
- 3.** Keep the heel of the shoe down as your foot enters.
- 4.** Use your fingers to help guide toes into the correct toe compartments.
- 5.** Check to see that you have only one toe in each slot.
- 6.** Once you have all your toes in the correct place, pull up the heel, tighten the lacing device and secure to fit.
- 7.** Walk around and test out how they feel.





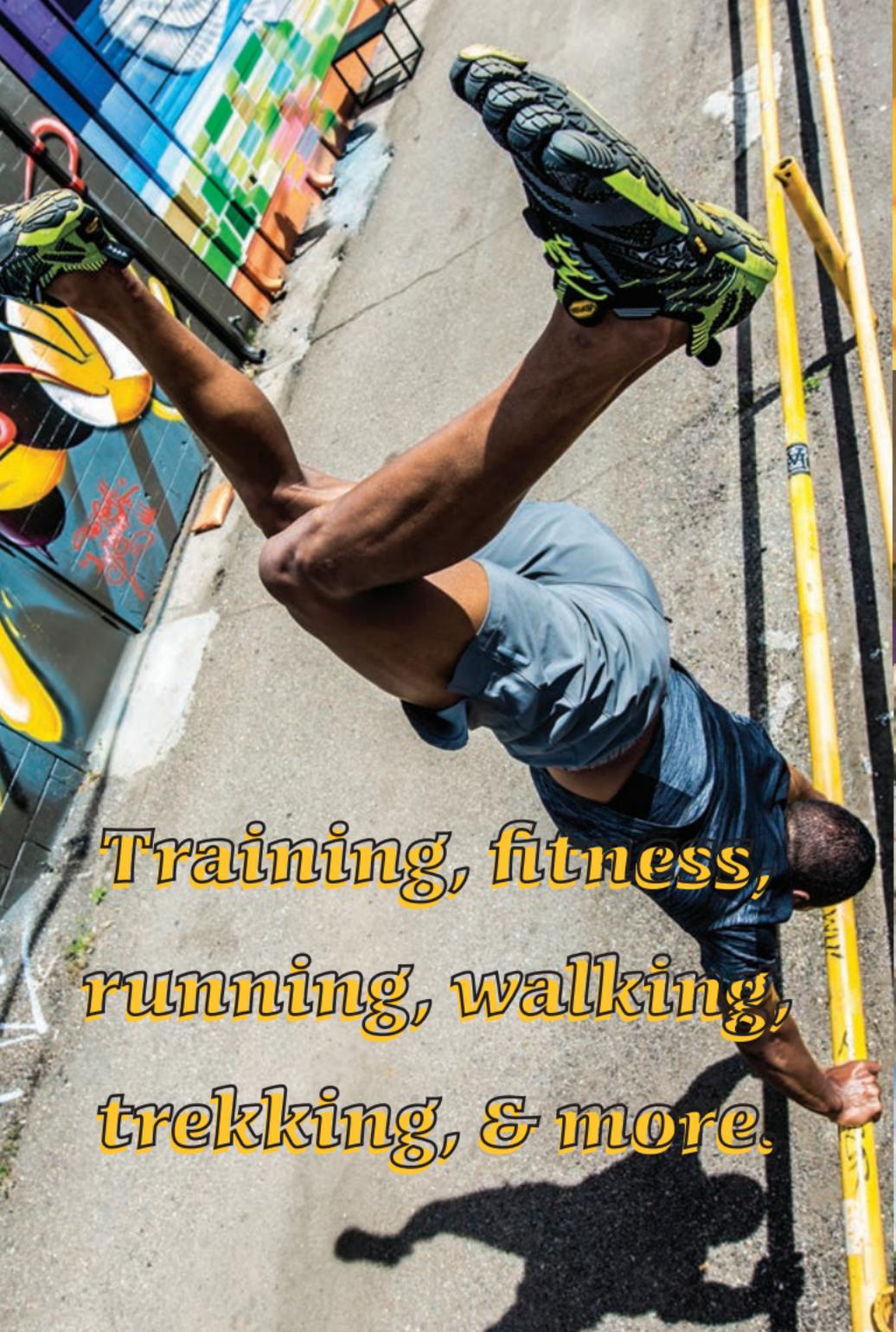
## HOW SHOULD THEY FIT?

**Too large:** Feet are able to move around inside the shoe, which may cause blisters/hot spots.

**Too small:** Toes are not able to fully extend—toes feel curled or slightly bent.

**Just right:** Longest toe slightly touches the end of the toe pocket or rests just before the end. Ideally Vibram FiveFingers® will fit just like a glove or second skin.



A man in a blue t-shirt and shorts is performing a handstand on a yellow metal pole. He is wearing black and yellow sneakers. The background shows a colorful mural on a wall and a paved ground. The man's shadow is cast on the ground below him.

*Training, fitness,  
running, walking,  
trekking, & more.*



## POPULAR ACTIVITIES

Hiking, Casual, Walking,  
Yoga, Water Sports,  
Fitness, Running, Golf



## TRANSITIONING TIPS

We suggest a few things when you are transitioning into minimalist shoes to maximize your experience through training.





### **Do Not Over-stride.**

This means landing with your foot too far out in front of your hips. Over striding while forefoot or mid-foot striking requires you to point your toe more than necessary, which may cause stress on your feet. Try focusing on contacting the ground with your feet beneath you hips. This is similar to the way one's feet land when jump roping or walking in place.

### **Land Lightly.**

Not sure if you're landing correctly? Try running totally barefoot on a hard, smooth surface that is free of debris. Sensory feedback will quickly tell you if you are landing too hard. Try to make as little noise as possible when you land.

### **Avoid Heel-striking While Running Or Jumping.**

If you just can't seem to get the feel for landing on your mid-foot, try the following:

- Walk backwards, leaning slightly forward. Then try to do it faster, making sure there are no obstacles in your way.
- Run or jog uphill. It is less likely to heel strike first.
- Jump on two feet and notice how you land.

### **Be patient and build gradually.**

It can take several months to a year to make the transition into Vibram FiveFingers®. If you are experiencing soreness or discomfort allow your body to rest! Everyone's transition into Vibram FiveFingers® is different. Listen to your body.

**Taking  
care of  
the toes.**



## TAKING CARE OF YOUR VIBRAM FIVEFINGERS®

Vibram FiveFingers® are machine washable—use regular detergent and cool/cold water. Do not place Vibram FiveFingers® into the dryer—air dry instead away from direct sunlight if possible. Try wearing a pair of toe socks to help prevent odor.

### **If That Doesn't Work...**

Soak Vibram FiveFingers® in bucket of water with denture cleaning tablet. Machine wash after.





**LISTEN TO YOUR BODY.  
TREAD LIGHTLY.  
START WITH YOUR FEET.**



### Still On The Fence?

Buy a pair today and try them out for 6 weeks. If you aren't completely satisfied you can send them back for a full refund.

\*Applies only with participating US retailers

To learn more check out our website: [vibram.com](http://vibram.com) or visit your local retailer.



VIBRAM.COM



IF YOU ARE WEARING FIVEFINGERS® FOR THE FIRST TIME, WE SUGGEST A GRADUAL TRANSITION BASED ON YOUR PERSONAL LEVEL OF COMFORT AND FITNESS, AS YOU MAY BE USING DIFFERENT MUSCLES IN THE FEET AND LOWER LEGS. GRADUALLY INCREASE USAGE ONLY AS YOU ADAPT. THIS TRANSITION PERIOD CAN BE DIFFERENT FOR EACH INDIVIDUAL. IT IS ADVISABLE TO CHECK WITH A PHYSICIAN PRIOR TO INITIATING IN ANY PHYSICAL ACTIVITY. FOR MORE INFORMATION PLEASE VISIT [WWW.VIBRAM.COM](http://WWW.VIBRAM.COM)

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