

JUN 27

Vibram® FiveFingers' V-Aqua Awarded 2018 Men's Health Fitness Award



Vibram, the worldwide leader in high performance soles and creator of the Vibram FiveFingers articulated toe shoe, announced today that its FiveFingers' V-Aqua was awarded a 2018 *Fitness Award* from Men's Health magazine.

“Vibram’s exhaustive R&D process, lab time and field-testing continues to benefit our competitiveness and ability to earn these accolades,” said Peter von Conta, product line manager for Vibram Finished Goods. “Recognition by respected industry media outlets conveys our understanding of consumer demand by bringing the most relevant, thoughtfully-designed, high-performance gear to market.”

The 2018 Men’s Health *Fitness Award* showcases Vibram FiveFingers’ V-Aqua as a product for anyone who recreates around water—from serious watersport enthusiast to casual beach-goer. V-Aqua’s sole features Vibram Megagrip, its bestselling, super sticky compound. From walking down a rocky access path to the beach, to gripping a river bottom at the put-in and take-out points on a paddle trip, Megagrip sticks to nearly any surface and protects the foot from jagged or rough objects. Perforations in the Megagrip sole allow water to easily move through the shoe, and a silicone print on the lining prevents internal slippage. The lightweight upper is a quick-dry synthetic and features a Velcro closure, ensuring easy adjustment when the shoe gets wet. “The V-Aqua has everything you need in a shoe designed for a variety of terrain in and around the water,” states

Vibram ambassador and professional volleyball player, Chara Harris. “It’s light, thin, flexible and FiveFingers’ most progressive tool for the application.”

For additional information on Vibram’s spring 2018 FiveFingers product line, visit <http://us.vibram.com/shop/fivefingers/>.

About Vibram:

Vibram is recognized worldwide as the leader in high performance soles for outdoor, recreational, work and fashion footwear and is relied on by the world’s greatest climbers and athletes. Vibram soles have gone on to conquer Mt. Everest, K2 and a host of the world’s tallest peaks. Today, the company works with premium brands including Merrell, Danner, La Sportiva, Lowa, Red Wing, Sperry, Scarpa, The North Face, and many more. Vibram’s Five Finger shoe line is on the cutting-edge of the minimalist footwear trend. Please visit us at www.vibram.com or follow us and our innovative products and services on [Facebook](#), [Twitter](#), [Instagram](#) & [Pinterest](#)



MOVE

FIND THE PAIR OF SNEAKERS IDEAL FOR YOUR PERSONAL TRAINING STYLE, AND RUN (AND JUMP AND LIFT AND HIKE) WITH COMPLETE CONFIDENCE.

BEST FOR CROSSFIT/HIIT Nike Free x Metcon

A high-performing marriage of Nike's ultralight, comfortable Flyknit material and the stable, minimal base you want in a lifting shoe. Deadlift and run short sprints with equal poise. \$120, nike.com



BEST FOR AGILITY Reebok Fast Flexweave

Reebok's new figure-8 weave yields an upper that secures your mid-foot and forefoot yet offers uncommon flexibility. The result: You feel both comfortable and secure when changing directions. It's ideal for ladder drills, side shuffles, and any other movements that have you quickly changing direction. \$100, reebok.com

BEST FOR BASKETBALL Under Armour Curry 5

More players are going low-cut because the shoes are light and nimble (and many trainers say high-tops don't provide more ankle protection). The Curry 5 is the best of the new breed, with a redesigned forefoot to lock in your foot. \$130, ua.com



BEST FOR TRAIL RUNNING Brooks PureGrit 7

Grip and rig! These new trail runners boast a sticky rubber outsole that can handle rocks and roots, plus they have a water-draining knit upper that'll help keep your feet dry even if you're tackling a Tough Mudder in a squall. \$120, brooksrunning.com



BEST FOR WATER SPORTS Vibram V-Aqua

The traits that make this five-finger shoe questionable for running on roads make it ideal for the beach—sandy, rocky, mucky. It trades support for exceptional grip, flexibility, and dexterity—perfect for kayaking, paddleboarding, rock-pooling, and even sprinting. \$90, vibram.com



BEST FOR RUNNING Adidas Ultra-Boost Parley LTD

Plastic fantastic: The latest collaboration between Adidas and plastic-pollution fighter Parley, this shoe has a responsive Boost midsole, durable tread, and lightweight breathable upper woven from trash recycled from the beach. \$200, adidas.com

PHOTOGRAPHY BY ANDREW DUNN • © 2018

FITNESS AWARDS! The BEST GEAR at the Best Price

STRONGER. FASTER. BETTER.

Men's Health

Beach Muscle!
New Plan, p129

LEAN & TOUGH

- ◆ Box Your Way Fit
- ◆ Break Up Your Routine
- ◆ Shred Your Arms (Just Like Justin Theroux)

Peak Sex!

Get Wild in the Great Outdoors

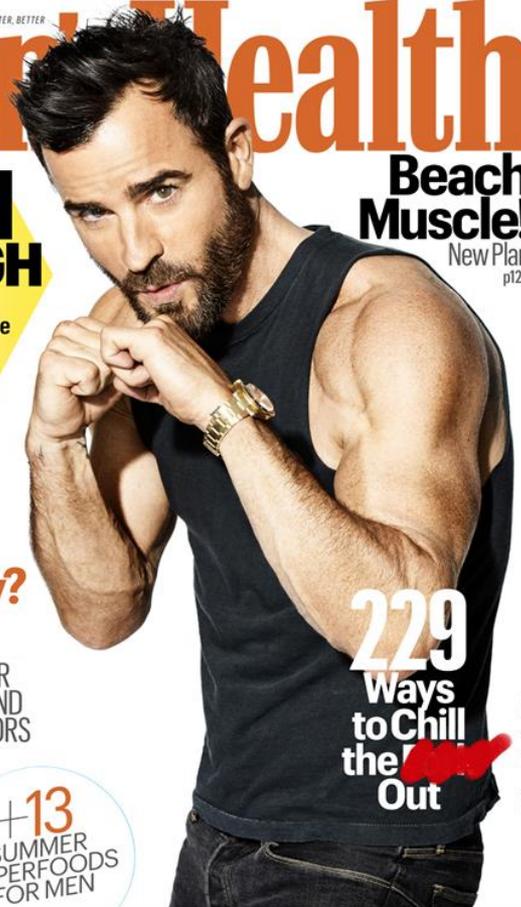
Soda Belly? Lose It in Weeks!

21 TIPS FOR WEEKEND WARRIORS

Grill This Now

+13 SUMMER SUPERFOODS FOR MEN

229 Ways to Chill the Out



July/August 2018 • Men'sHealth.com

