

## How to Attach Shoe Weights



1. Place the weight on top of your laces. Slip the Velcro® tab through the bottom lace (closest to your toe) and fasten on top.



2. For a secure fit, first tie a single knot in your laces (not pictured), then thread them through the eyelets.



3. Tie your shoe as you normally would. Use the hidden pocket (on back of weight) to store a key or money.



4. Fitness has never been so easy!

