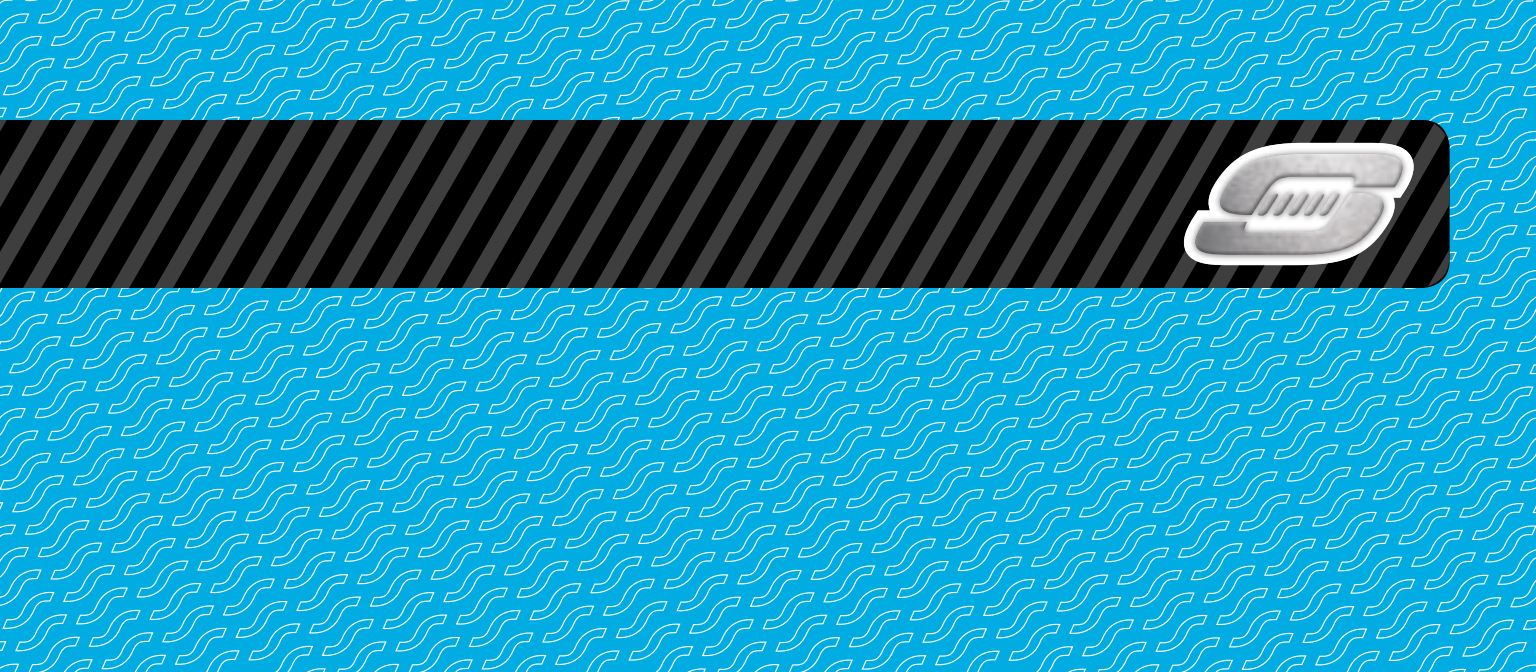


skechers



RESISTANCE
RUNNER

owner's manual



FEATURING

Shape-ups

RESAMAX™ TECHNOLOGY



run less.
get more.



Finally, a running shoe that...

can **help you**





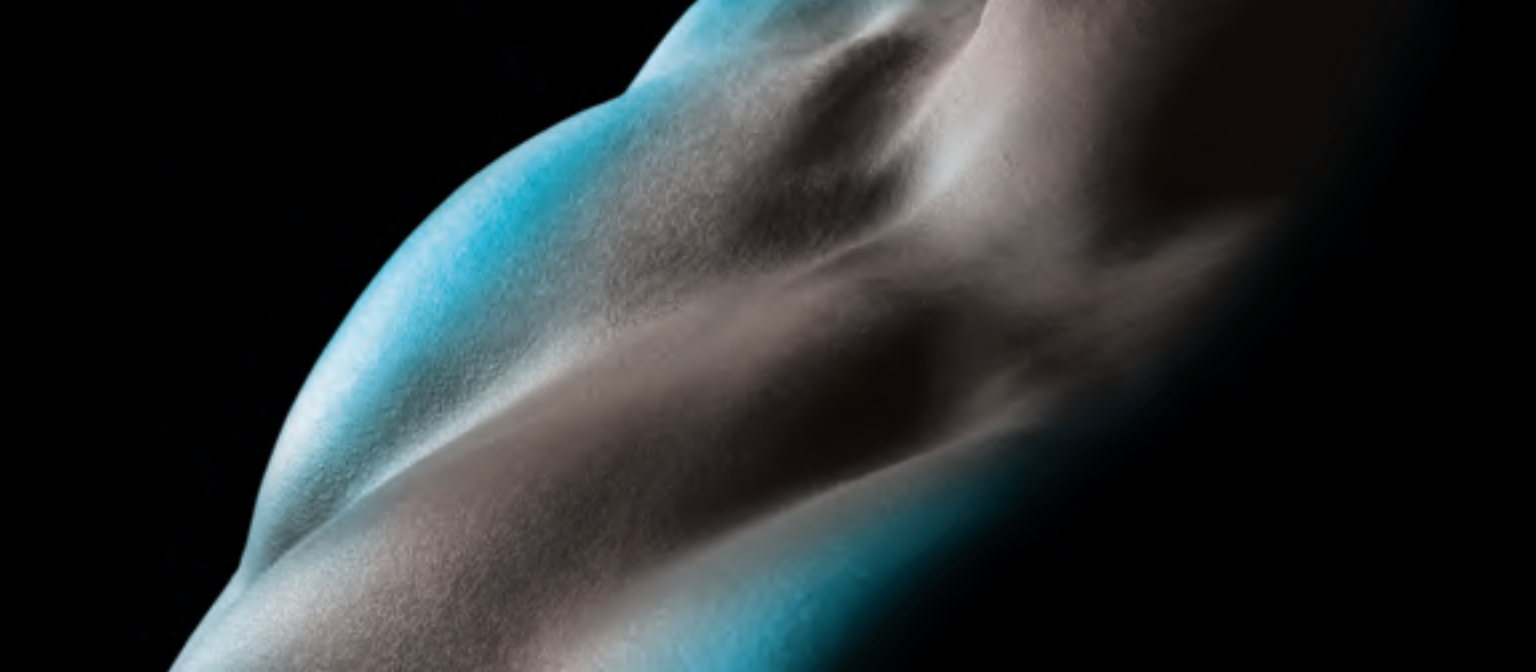


Kinetic return system



burn **more** calories in **less** time,

quickly reach your target heart rate,





reduce shock and joint stress,


train harder and faster.

SKECHERS
RESURRECTION

The Skechers logo, a stylized 'S' with a wavy, flame-like bottom, is printed in white on a black, curved surface. The background of the image shows a textured, black and white patterned fabric, likely the upper part of a sneaker, with a black strap or band crossing over it.



SR

A close-up, low-angle shot of a shoe's sole and laces. The sole is a light, textured material, possibly foam or rubber, and is illuminated from below, creating a bright glow. The laces are dark and appear to be made of a textured material like canvas or cotton. The background is dark, making the shoe's components stand out.

“THE SKECHERS RESISTANCE RUNNER
is the newest and most promising innovation
in shoe technology in the last 30 years.”

Robert Forster
Phase IV and Forster Physical Therapy
Physical Therapist to Olympic Medalists,
NBA Players and Grand Slam Champions



13.8%

**HELPS BURN UP
TO 13.8% MORE
CALORIES**





“THE SKECHERS RESISTANCE RUNNER

is a superior choice for those who wish to maximize the effort-to-reward relationship in their training. This shoe allows you to work harder, burning more calories than in your standard shoe, while actually providing protection for your muscles and joints. It naturally mimics the function of barefoot walking in sand, and strengthens muscles throughout the lower extremity and the core, including the gluteus medius, an otherwise difficult muscle to strengthen and one that is blamed for most running injuries. Most importantly, the Resistance Shoe provides benefits well after your workout has ended by keeping muscles activated and burning more calories while you work or go about your daily activities.”

Robert Forster
Phase IV and Forster Physical Therapy
Physical Therapist to Olympic Medalists,
NBA Players and Grand Slam Champions

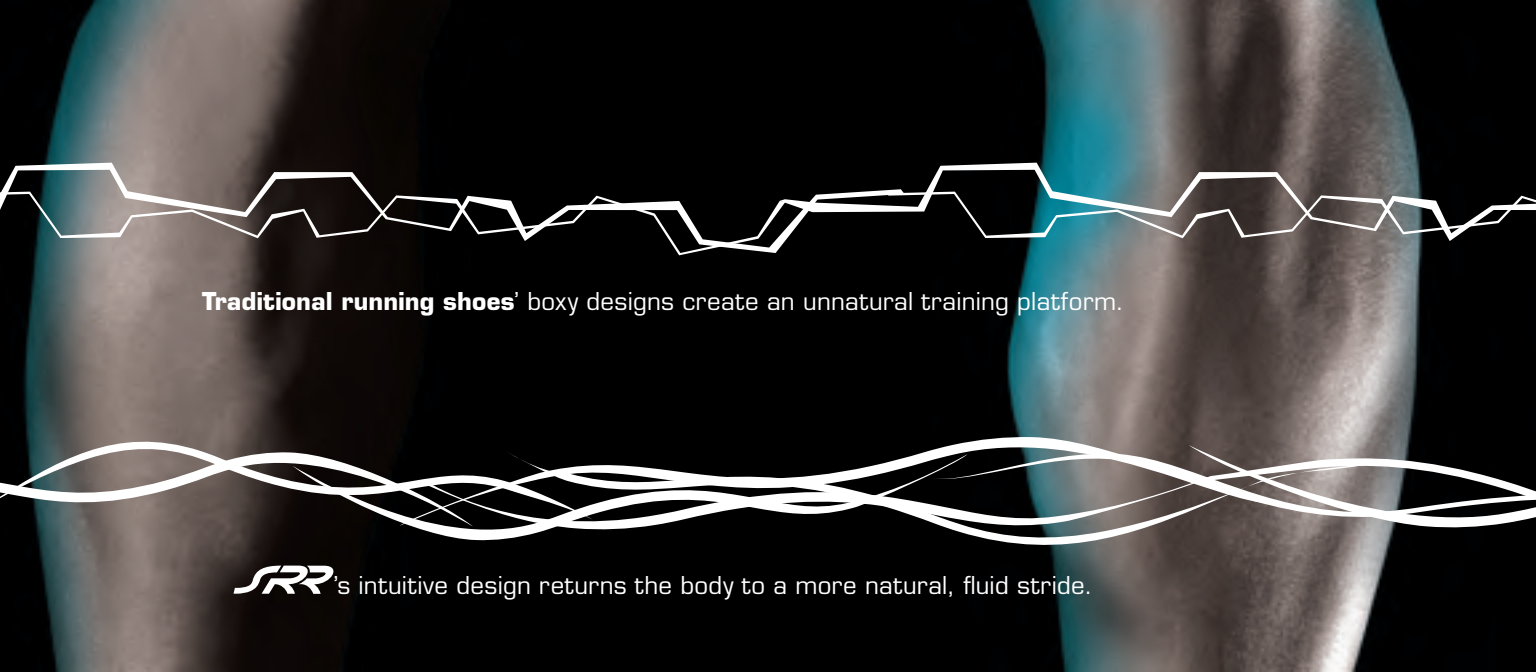
SKECHERS RESISTANCE RUNNER

Called an “intelligent” shoe, the *SRR* aligns with the laws of human bio-mechanics—returning your stride to a natural state, and helping you achieve higher levels of fitness in shorter workouts. More calories are burned. Muscle activation is improved. Pressure is dispersed. Performance is maximized.

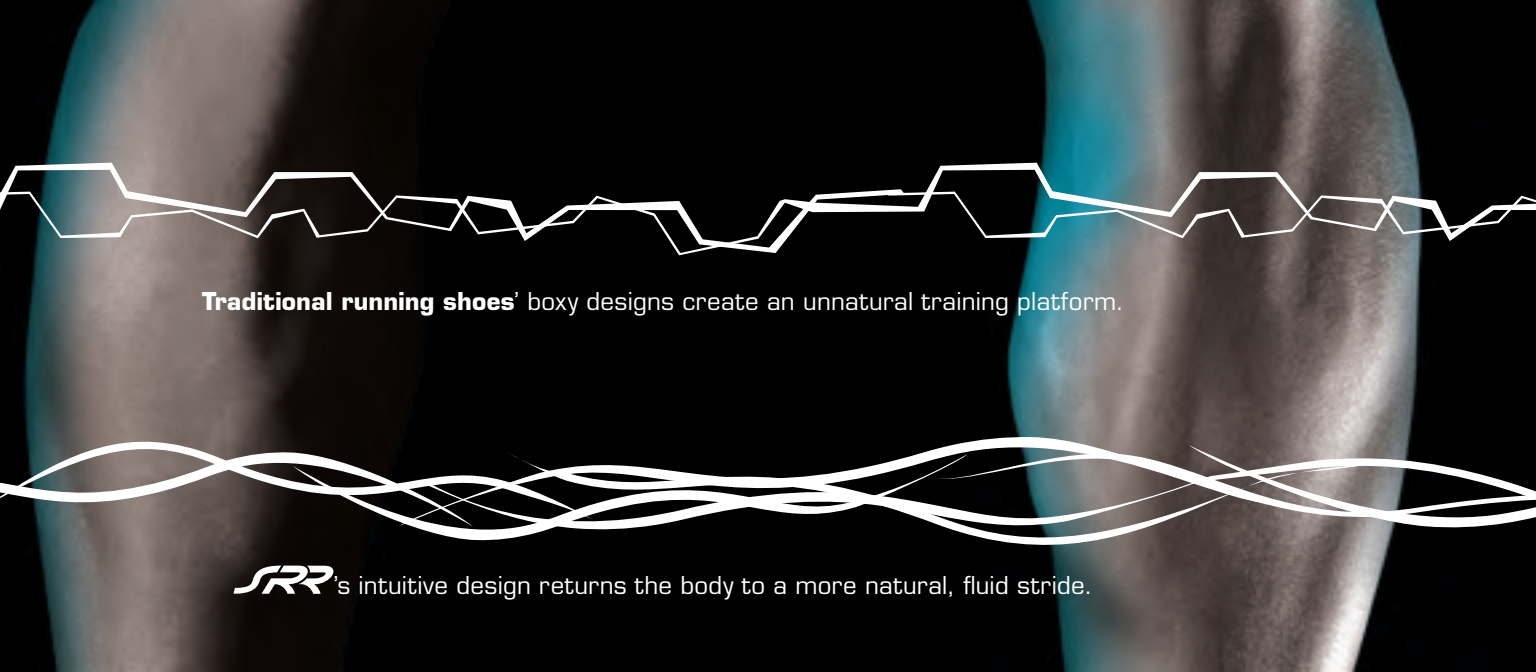
MAXIMIZE

your training for peak performance with *Shape-ups* Resamax™ technology





Traditional running shoes' boxy designs create an unnatural training platform.



SRR's intuitive design returns the body to a more natural, fluid stride.



THE SKECHERS RESISTANCE RUNNER
FEATURES *Shape-ups*' RESAMAX™ KINETIC
WEDGE TECHNOLOGY—an innovative design that
helps create a more fluid stride and emulates a natural
running state. This helps reduce injuries and enhances your
performance.

less pain. more gain.

**JOIN
THE RESISTANCE™**

run less. get more.™

FEATURING

Shape-ups

RESAMAX™ TECHNOLOGY



**run less.
get more.™**

THE **CONCEPT**



RESISTANCE

Designed as a resistance training workout, *SRR*'s Resamax™ kinetic wedge helps absorb more energy, forcing the wearer to elevate muscle activity in every step.



ABSORPTION

The soft kinetic wedge helps absorb impact by dispersing energy throughout your foot, helping to relieve joint and back pressure for a more comfortable stride.



BALANCE

Slight but constant shifts in weight help tighten your core and intensify your workout while giving your body a new sense of balance.



RANGE OF MOTION

A curved rocker bottom smoothly carries one stride into the next, rolling through each motion and helping you run in a more natural state.

SPORTS
TECH
SHOES

ULTRA-LIGHT, INJECTION-MOLDED
KINETIC FOOTBED

KINETIC RETURN SYSTEM

Shape-ups

RESAMAX™

KINETIC WEDGE TECHNOLOGY

Absorbs energy, minimizing impact.
Creates resistance, maximizing your workout.

**HIGH-ABRASION, ULTRA-LIGHT
RUBBER OUTSOLE**



patent pending



skechers



RESISTANCE
RUNNER

www.JoinTheResistance.com