



ANABOLIX



WHAT YOU WILL NEED:

1. Oven
2. Oven Mitts
3. Smooth Floor

WHEN TO COMPLETE HEAT MOLD

- ▶ Complete heat mold before skating and when the boots are brand new
- ▶ Complete heat mold must be done with the plate removed

CAUTION!

DO NOT heat mold the boot with the plate installed or you may risk burning yourself and improperly molding the boot.

Failure to follow proper procedure precisely will permanently damage the boots.

HOW TO COMPLETE HEAT MOLD

1. Unmount and remove the plates from the boots
2. Preheat oven to 65°C/150° F
 - If you are unsure of your oven's temperature accuracy, **DO NOT PROCEED!** Overheating the boots will cause permanent damage
3. Place boots in the oven for 10 minutes
 - Use oven mitts to remove boots from oven after 10 minutes
5. Boots should then be allowed to cool for 1 minute
6. While sitting, place feet into boots, tie securely and stand
7. Stand still in the boots for 5–10 minutes while the boots cool
 - **DO NOT** move around or you may improperly mold the boots
 - **DO NOT** bend the boots as you will damage the carbon outsole
8. Once the boots have cooled, remount the plates