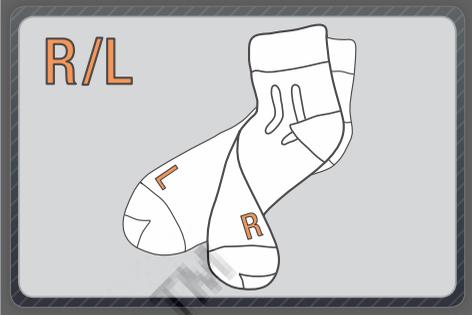


HOW TO PUT ON YOUR X-SOCKS® PROPERLY

By developing our X-SOCKS®, we have reinvented sports socks. Several international patents and other protected technologies guarantee the unique and special features of all X-SOCKS®.

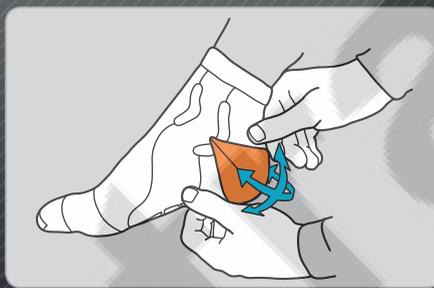
Up to 15 special designs, protectors and functional zones ensure that your X-SOCKS® provide your foot with optimum protection as well as support during movement. To ensure that all of the practical and perfectly coordinated anatomical and physiological elements of your X-SOCKS® can be appreciated and enjoyed in full, we have compiled a set of instructions on how to put your X-SOCKS® on properly and adapt them perfectly to your feet.

1. Left and right footbed



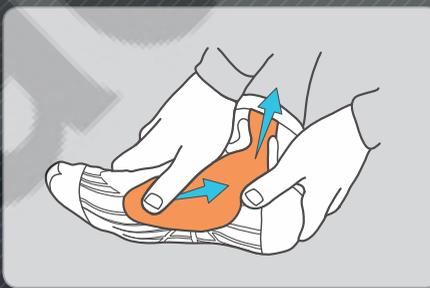
First of all, it is important for you to know that all X-SOCKS® have an anatomically-formed footbed for your left and right foot. This is indicated by an L for the left sock and an R for the right sock. This means that your X-SOCKS® fit perfectly while the air circulates through the patented Air-Conditioning Channel along the inside of your foot. The elasticity of your arch takes on a pump-like function in this regard.

5. Heel Protector



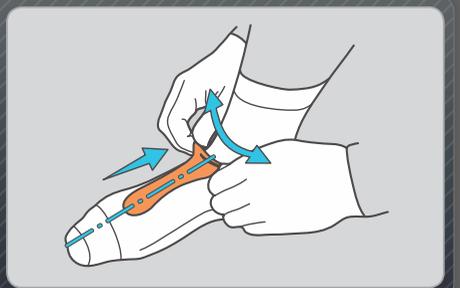
Next of all, adjust the heel protector against your heel without any creases. It protects this sensitive area from blisters and chaffing. At the same time, it tangibly extends the life of your sock at this point which is subject to extreme pressure.

6. AirConditioning Channel®



Ensure that the open-mesh AirConditioning Channel is smooth along the arch of your foot and that the channel runs along the inside of your foot from ankle to upper. Then check that your X-SOCKS® are crease-free from the tips of your toes along the front and middle part of your foot to the back of your foot.

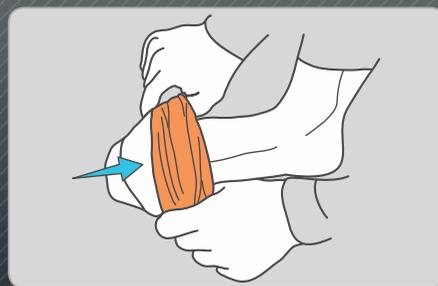
7. Instep Protector



Align your X-SOCKS in such a way that the instep protector is positioned centrally and smoothly on your instep. This component facilitates sliding feet into shoes and protects the bridge from pressure and chaffing.

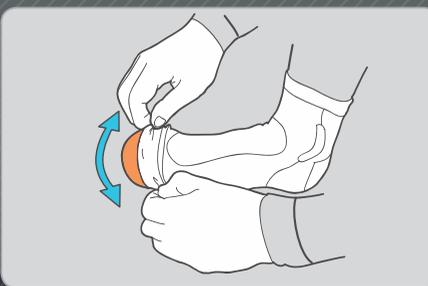
HOW TO PUT ON YOUR X-SOCKS® PROPERLY

2. Putting the socks on



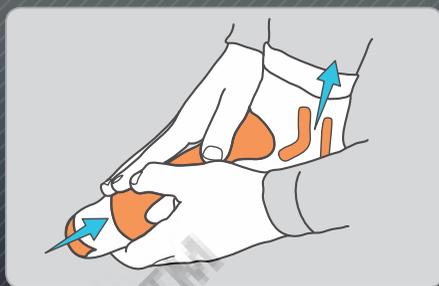
When putting on the sock marked L (left) or R (right), use both thumbs to grip inside the sock until they reach the toe area and gather the sock with your fingers. Slip your foot into the sock and position the toe protection on your X-SOCKS® exactly over the tips of your toes. The extremely durable Robur™ material prevents toenails from piercing the sock. Then use your fingers to pull the sock slowly over your foot, removing your thumbs in a flowing movement.

3. ToeTip Protection



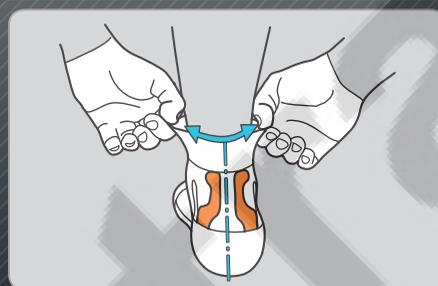
Adjust the toe-top protection to ensure that this protector lies exactly over the tips of your toes.

4. Toe Protection



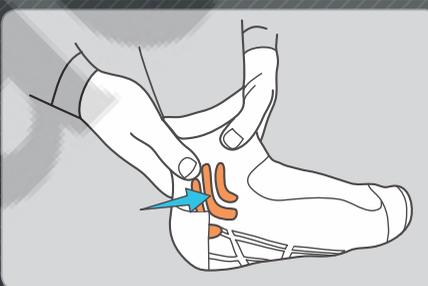
Smooth the toe protection along your toes. This prevents your shoe from rubbing against the backs of your toes.

8. Achilles' Tendon Protector



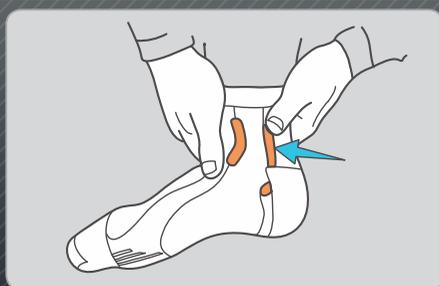
Now focus your attention on the upper. It is important that the Achilles' tendon protector fits exactly over your Achilles' tendon. If you have a model featuring a Lambertz-Nichols Achilles' tendon protector, please ensure that the two protectors on the sides lie precisely on the left and right of the sensitive tendon with the result that the two pads absorb the pressure and noticeably relieve the sensitive tendon.

9. Ankle pads



Please position the ankle pads attached to the outside of the sock in the middle of your outer ankle to be protected. The ankle pads reduce the risk of pressure points and blisters forming in this sensitive area.

10. AirFlow™ Ankle Pads



Please ensure that the AirFlow ankle pads are positioned on the left and right of your ankle along the inside of your foot enabling the patented AirConditioning Channel designed in between to perform its task of active air circulation. The AirFlow ankle pads reduce the risk of pressure points and blisters forming in this exposed area. At the same time, the angular pads keep the AirConditioning Channel open.

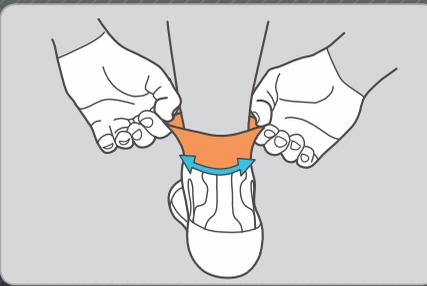
HOW TO PUT ON YOUR X-SOCKS® PROPERLY

11. X-Cross® Bandage



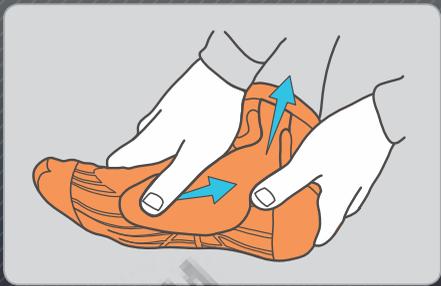
The patented X-Cross® bandage which is not visible from the outside is automatically fixed above the ankle joint when the ankle pads are positioned correctly. On the one hand, the bandage ensures that your X-SOCKS® fit perfectly; all of the functional elements stay in their proper place and are unable to slip. On the other hand, the X-Cross® bandage also noticeably stabilises the ankle joint and reduces the risk of injury.

12. Self-adjusting Cuff



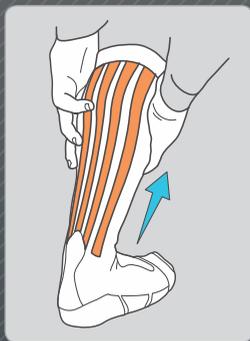
Now pull the upper of your X-SOCKS® straight and slide your thumbs out of the top band to fix your X-SOCKS® in place without restriction. This is guaranteed by the unique woven technique combined with elasthane threads.

13. Check the fit



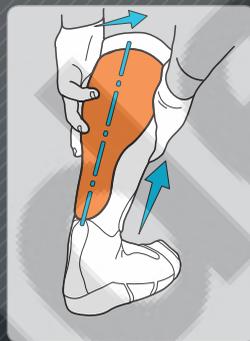
Finally, run your hand along the sock from the front of your foot across the upper to the band at the top and ensure that all of the protectors and functional zones are in exactly the right place.

Rod-type Padding



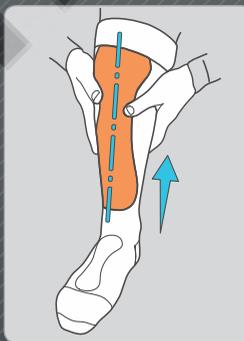
If you have X-SOCKS® with stab paddings, adjust the X-SOCKS® uppers in such a way that the visible stab paddings running lengthwise and several millimetres thick are arranged absolutely vertically. They maintain the space between the shoe and sock enabling moist warm air to evaporate and be replaced by fresh air. Furthermore, the upper is thus prevented from chaffing against your skin.

Calf Protector



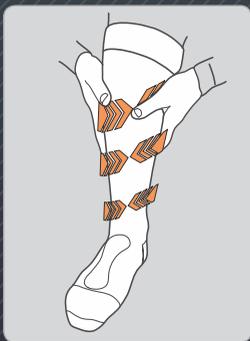
If you have a model with calf protector on the back, please position it along the centre of your calf. This ensures that it protects the calf muscles from pressure.

Shin Protector



In the case of X-SOCKS® with long uppers and shin protector, please align them along the centre of the shinbone. This enables the protector to effectively distribute pressure and reduce the risk of chaffing.

Compression



If you avail of X-SOCKS® from our ENERGIZER range featuring gradual compression, it is best to put them on by gathering the entire upper with your fingers and slipping your foot into the sock as described above. Position your toes, the front and middle parts of your foot, fix your heel into place and then pull the firm upper upwards in an even movement. X-SOCKS® ENERGIZER socks offer all of the functions also offered by other X-SOCKS® models, i.e. X-Cross® bandage, the protectors referred to above, the AirConditioning Channel™, anatomical right and left footbeds etc. Add to this the gradual compression which extends from the ankle to the calf with the aim of supporting venal blood return flow and thereby improving the supply of nutrients to the leg muscles. This exactly defined compression not only improves performance but also effectively supports regeneration and prevents the risk of thrombosis.

SMART
COMPRESSION
ZONE

WASHING INSTRUCTIONS

To ensure that you can enjoy your X-SOCKS® for as long as possible and that they retain their full function even after being washed many times, it is advisable to observe the following information on washing:

Made by Trère
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Please turn the socks **inside out**.
No bleaching agent! No fabric softener!

- 1. Temperature: maximum 40 °C** , to protect the yarn structure.
- 2. Use a mild detergent** and ensure that it does **not contain any bleaching agents** as they destroy all of the organic materials in the sock. Furthermore, such bleaching agents are also detrimental when it comes to elasthane threads which then lose their elasticity causing the item to go baggy. Important: Direct sunlight – especially UV light – is another destructive element when it comes to elasthane.
- 3. Turn the socks inside out before washing.** This especially applies to all X-SOCKS® with a silver footbed. Once you have turned your X-SOCKS® with SINOFIT™ footbed inside out, run your fingers along the material to feel the roughness of the silver surface. This desired effect has the task of continually rubbing off the layer of skin which can be up to 1 mm thick and arising when the foot is exposed to extreme pressure and which is decisively responsible for the formation of foot odour. By the way, this is the layer of skin which you can scratch off your soles after bathing, for example. These dead skin particles then need to be washed out of the sock. And this only works perfectly when the socks are turned inside out.
- 4. Important: Do not use any softeners** as they smoothen and seal all fibrous surfaces – this also applies for Gore-Tex® membranes, for example, whose pores are clogged by the softener. In the case of X-SOCKS®, softeners would destroy both the cellular activity and perspiration transport features as they put the capillary effect and thread permeability out of action. Please remember that softener is already integrated in some detergents. For this reason, please read the instructions on the product labels very carefully.
- 5. Ideally, X-SOCKS® should be dried by hanging on the line.** If you wish to use the tumble drier, please set it to the lowest temperature level so as to prevent the function of the individual threads and structures from being destroyed.
- 6. After washing,** your X-SOCKS® will be a little smaller at first. But don't worry, the socks haven't shrunk. This is attributable to the particular design of your X-SOCKS® and the finish of the elastic elasthane thread. Simply put the socks on as described in the instructions – they will return to the same size as before and retain their excellent fit and all functions. Some testers do not know this and publish incorrect results because they simply measure the length of the socks after washing instead of trying them on again. When your socks are not being worn, it is best to store them in a dark and well-ventilated place which is not exposed to direct sunlight in order to protect the elasthane from premature ageing and the socks from dampness.

And that's it!
Now you can enjoy your respective choice of sport.
Your X-SOCKS® Team