

shapes



---

# MANUAL

# EN

## TODAY, WE'RE NOT TALKING ABOUT A SHOE. WE'RE TALKING ABOUT THE HUMAN INSIDE THE SHOE.

Most people believe that performance begins with equipment, with materials, with visible technologies.

But what truly matters remains invisible: your own body, your muscles, your posture, your balance.

That's exactly where Shapes comes in.

Shapes transforms any shoe, whether for sport or for everyday life, into a training device.

Not through electronics, not through motors – but through something much greater: biomechanics.

When you put Shapes into your shoe, something remarkable happens: your foot starts to work.

The muscles are activated – from the foot all the way up to the jaw.

Your whole body becomes more stable, stronger, more efficient.

You feel it within seconds.

Shapes change how you walk, how you stand, how you train.



## SHAPES ARE INVISIBLE. BUT INDISPENSABLE.

Shapes are not insoles.  
Not even soles.  
We call them: **Shapes. A system.**

And that's the point: Shapes are not just an accessory.  
They are a new category.

Just as the iPod brought music into your pocket.  
The iPhone brought the world into your hand.  
Shapes now bring performance into every shoe in the world.

**Shapes. Beyond Footwear.**

# 1. SPORT & PERFORMANCE



shapes

In sport, we often believe that everything is decided by training, discipline, and equipment. But what if we told you that the most important machine is already ready – your own body?

Shapes unlock this machine.

They activate muscles that otherwise stay dormant.

They connect the foot with the entire muscular chain – all the way up to the head.

That means: more stability, more power, better posture.

A fraction of a second faster. Decisively stronger.

For the athlete, that means:

**Not just one percent more – but the difference between victory and defeat.**

# 2. PHYSIOTHERAPY & PAIN PREVENTION

The logo for 'shapes' is positioned vertically on a black background. It features a white circular icon containing a stylized 'S' shape, followed by the word 'shapes' in a lowercase, sans-serif font.

Pain often doesn't originate where we feel it.

Knees, hips, back, neck – they only scream because the real cause lies deeper: in the foot.

Shapes change that.

They bring balance back.

They realign the body and stabilize it – step by step.

Many pains disappear not because you treat them, but because you eliminate their cause.

For therapists, that means:

An invisible tool – with visible results.

# 3. ■ EVERYDAY LIFE & OLD MOVEMENT PATTERNS

 shapes

We all know this: you train, you correct your posture, you work on yourself – and in everyday life, you fall back into old patterns.

Shapes prevent that.

They accompany you all day – not just in the gym, not just on the track, but in the office, while walking, while standing.

This way, your body stays active, stable, trained. Always.

For everyone, that means:

**Don't fall back. Live forward.**

Shapes are not a sports gadget. They are not a medical aid. They are not a lifestyle accessory.

**They are the invisible operating system of the body.**



## SHAPES AND THE BAREFOOT FEELING

Nature created us barefoot.  
And when we are barefoot, something incredible happens:  
Your foot reacts – to every movement, to every surface, to every single step.

Only... we don't live barefoot. We wear shoes.  
And shoes take away exactly this ability.  
They lock the foot in. Make it passive.

Until now.

Shapes is the first flexible sole that moves like your body itself.  
With every single step, it realigns itself – to the position of your foot, to the surface beneath you.

It gives support when you need it.  
And none when you don't.  
Just like your body. Just like being barefoot.

But barefoot – in every shoe

## SHAPES MADE IN GERMANY

Shapes are not made just anywhere.  
We developed them where precision has a long tradition: in Germany.

Shapes stands for German engineering.  
Manufactured under perfect production conditions.  
With the strictest material controls. Environmentally friendly and free of harmful substances.

And you know what? "Made in Germany" is still a global synonym for quality and precision.  
Shapes carries this label with pride.  
Because it's not just about performance.

It's about trust.  
About the confident feeling that this system is good for your body – day by day, step by step.

Shapes are not cheaply made.  
They are precisely made.

And that's exactly why Shapes is not just a product.  
**It's a promise.**



## GUARANTEE PROMISE

Shapes are built to last.  
Every pair is made for millions of steps. For training. For everyday life. For load.

We're so confident in our quality that we do something almost no one in this industry does:  
You get a two-year guarantee.

Whether the material wears down,  
a layer comes loose,  
cracks appear,  
deformations occur,  
or even the smallest production defects –  
we replace it.

Because when we say Shapes are precisely made, we mean not just today –  
but step by step, over the years.

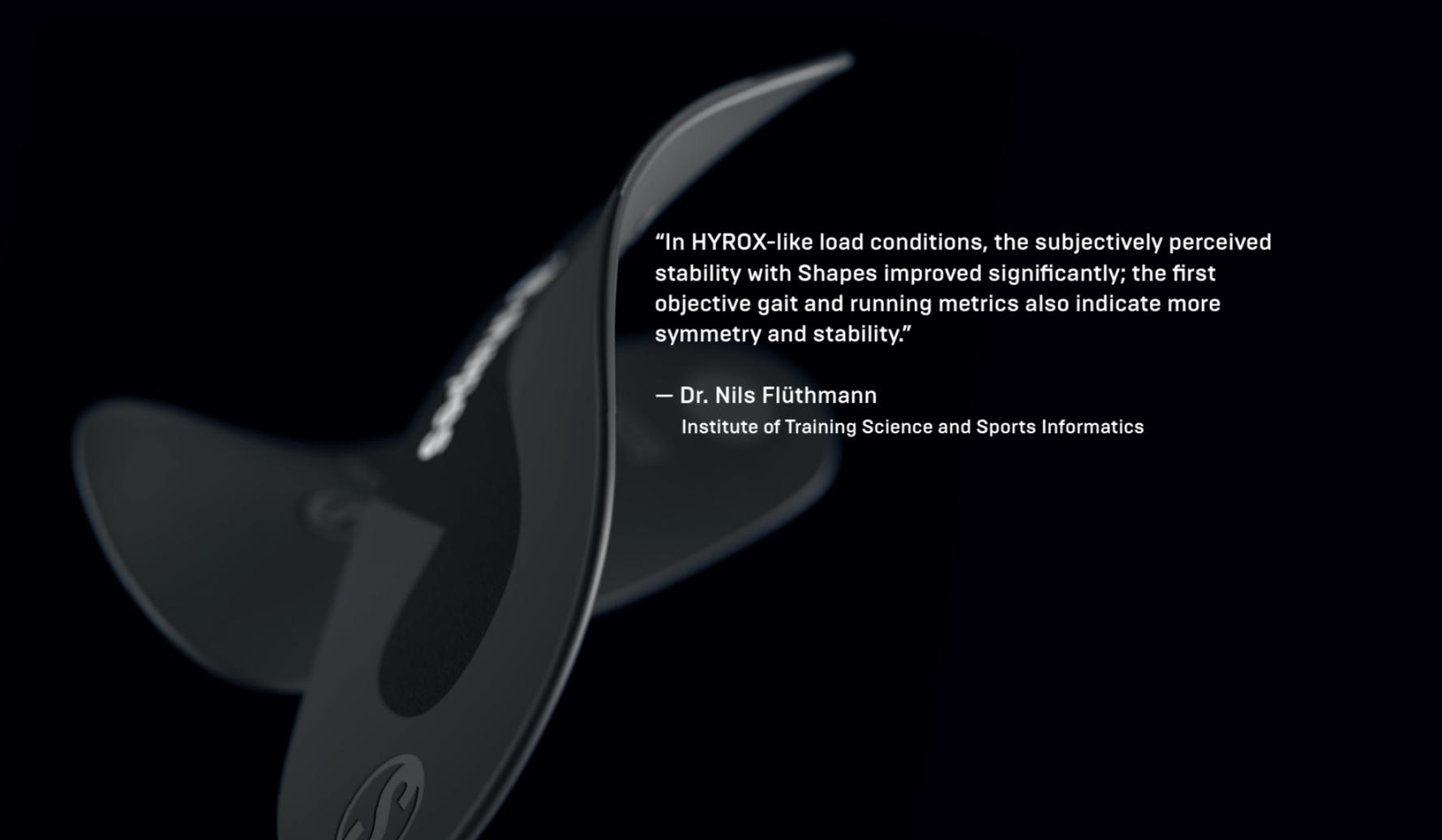


**Two years guarantee.**  
**For every pair.**  
**No compromises.**

### **How to activate your guarantee:**

Each pair of Shapes has its own individual guarantee number.  
To activate your guarantee, please register this number online and provide your name,  
purchase date, and place of purchase.  
Only through this registration does your guarantee claim become valid.

Minor scratches on the glossy surface of Shapes are caused by the manufacturing  
process and do not affect the quality, functionality, or performance of Shapes. Such  
minor production marks do not constitute grounds for a complaint or warranty claim.



“In HYROX-like load conditions, the subjectively perceived stability with Shapes improved significantly; the first objective gait and running metrics also indicate more symmetry and stability.”

— Dr. Nils Flüthmann  
Institute of Training Science and Sports Informatics

## PROOF OF CONCEPT

Sometimes people say: that sounds too good to be true.

So we tested Shapes.

Not in our office.

Not in a gym.

But where facts are created: at the Sports Science University of Cologne.

And you know what?

The results weren't just good.

They were convincing.

They were significant.

Shapes improve performance.

They improve posture.

They improve stability.

And – perhaps most importantly – they improve the overall wellbeing of the musculature.

From the foot. All the way up to the head.

This is not marketing.

This is not opinion.

This is science.

We have the proof of concept.

And it shows:

**Shapes don't change one detail.**

**They change the entire human being.**

## STICK-ITS

Shapes work instantly. In any shoe.  
You don't need tricks. You don't need extras.  
You don't even need the Stick-its.

So why do they exist?  
Simple: for those few who find it annoying if Shapes slide forward by a millimeter when putting on the shoe. Once you're standing on them properly, they don't move anymore.

But if you do want to fix your Shapes, use the Stick-its.

Attach them in the designated spot – the diagram shows you exactly how.

And that's it. Now comes the crucial part:

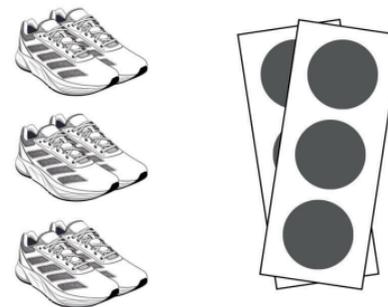
You can wear Shapes above or below the comfort insole – however you prefer, however it feels best for you.

But – and this is a big but:  
Orthopedic insoles?  
They have to go. Always.  
You can't wear Shapes on or under them.  
Shapes is a system.  
Not an add-on.  
Not a compromise.

So: Stick-its are optional.  
Shapes are essential.



**3X** → **6X**



*pre-assembled*



*get-shapes.com*

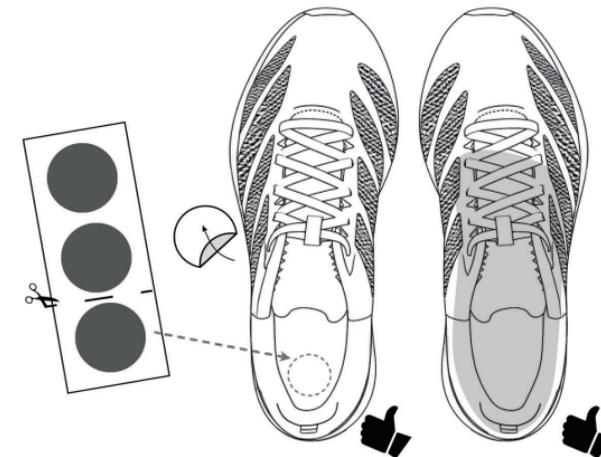
*MADE IN GERMANY*

*EP 4117480*

*US PAT.PEND.*

**SIZE 6**

**LEFT**



***Stick it in, if you need it.***

# WARRANTY CONDITIONS

## 1. Warranty period

Shapes grants a manufacturer's warranty of **24 months** from the date of purchase on every product.

## 2. Scope of warranty

The warranty covers all **material and manufacturing defects** that occur under normal use. It applies regardless of whether Shapes are used in everyday life or in sports.

## 3. Excluded from warranty

- Normal **wear and tear** (e.g., pressure marks, color abrasion).
- Damage caused by **improper use** (e.g., cutting, heating, modifying).
- Damage due to **improper care**, chemicals, or incorrect storage.
- Loss of the product.



## 4. Submitting a warranty claim

To file a warranty claim, you must provide:

- Proof of purchase (invoice or warranty card)
- Description of the defect and photos
- Shipment of the product to an authorized Shapes address

## 5. Warranty service

After inspection, Shapes decides whether replacement with new goods is warranted.

## 6. Legal rights

This warranty complements statutory rights and does not restrict them.

## SIZE CHART

🕒	EU	🕒	UK	🕒	US female	🕒	US male
1	35 - 36	1	2.5 - 3.5	1	4.5 - 5.5	1	3 - 4
2	37 - 38	2	4 - 5	2	6.5 - 7.5	2	5 - 6
3	38 - 39	3	5 - 6	3	7.5 - 8.5	3	6 - 7
4	39 - 40	4	6 - 7	4	8.5 - 9.5	4	7 - 8
5	40 - 42	5	7 - 8	5	9.5 - 10.5	5	8 - 9
6	43 - 44	6	9.5 - 10	6	12 - 12.5	6	10.5 - 11
7	44 - 45	7	10 - 10.5	7	12.5 - 13	7	11 - 11.5
8	45 - 46	8	10.5 - 11.5	8	13 - 14	8	11.5 - 12.5
9	47 - 48	9	12 - 13	9	14.5 - 15.5	9	13 - 14
10	48 - 49	10	13 - 14	10	15.5 - 16.5	10	14 - 15
11	50 - 51	11	14 - 15	11	16.5 - 17.5	11	15 - 16
12	52 - 53	12	15 - 16	12	17.5 - 18.5	12	16 - 17



shappees