

USE INSTRUCTIONS

Shoe InnTM Stay

- 1. Place ball of shoe on metal plate, holding onto handlebar if desired.
- 2. Angle heel slightly downward in order to catch the back of the shoe cover.
- 3. <u>In one continuous and smooth motion</u>, slide shoe backwards until shoe cover is released.
- 4. During Step 3, your shoe should be level—<u>NOT</u> angled with toe pointing <u>up and heel pointing down</u>—and should not touch the ground until the shoe cover is released.
- 5. Repeat for other shoe.

After doing this a few times, putting shoe covers on with a Stay should be very easy!

