

### **Heat Molding Instructions:**

Pre heat oven to 85C or 185F. Remove all bolts, frames, wheels etc from the boot. Place the boots in the oven for 20-30 minutes. Higher temperatures will damage the boot. Caution: Do not place feet in hot boots, let them cool a little first. Test the boot temperature with your hand before placing foot inside. Mount the frame to the boot and stand on it without wheels. Tighten the boot with the laces and wait until the boot cools. If there is a certain area giving you problems, push that area out using the handle of a screwdriver until the boot cools. You can heat mould the boots as many times as you like.

### **Verducci Heat Molding Instructions for V-Tek and V-Max**

1. Preheat oven to 200 Fahrenheit or 95 Centigrade
2. Prepare foot exactly the way you would for skating (e.g. with socks, etc.)
3. Mount frame onto the shoe without the wheels
4. Tuck laces (ends) into the shoe
5. Once oven has heated to 200 Fahrenheit or 95 Centigrade turn it off immediately before the next step (6.)
6. Place shoe and frame in the center of the oven making sure that the shoe is clear of the heating elements within the oven
7. Check ankle area after 4 minutes (if pliable, remove from oven). If not, check every minute until pliable. **DO NOT OVERHEAT**
8. Remove from oven using oven hand mitts
9. Sit in chair, lace up shoes exactly the same as you would for skating, position knees over your toes while sitting, keeping your hip, knee, and foot in line
10. Hold position approximately 20 minutes or until shoe is completely cooled