

vibram fivefingers®



discover
the alternative®



Discover The Alternative®

Every once in a while, a product comes along that changes the way we engage in sport. It bucks tradition, and makes everyone think differently. Consider products like shaped skis, full suspension mountain bikes, or oversized tennis rackets. Sometimes this happens in footwear and a whole new category is created, like sport sandals, aerobic fitness trainers, or Vibram soled dress shoes so comfortable you could run a marathon. Originally, many of these products were considered a novelty, maybe even a gimmick, but eventually, they helped define a new standard of performance. And most important, they delivered a better experience for the user.

Vibram FiveFingers might be considered such a product, a revolutionary footwear design that allows our anatomy to work naturally and move more freely. Imagine footwear that can actually help make the foot *healthier*, that can strengthen muscles in the feet and lower legs, improve range of motion, and increase sensory reception important to balance and agility. Imagine footwear that might just make running safer and healthier, by encouraging a forefoot strike and a more natural running form that creates less impact on the knees, hips and lower back. That is what FiveFingers® can offer.

We are not saying that Vibram FiveFingers is the only footwear you will ever need. There are times when we need the protection and security of a boot or shoe. Like all things in life, there is a balance, and Vibram FiveFingers offer an alternative to traditional footwear. Wearing FiveFingers for fitness training, running, or just for fun, will make your feet stronger and healthier – naturally. The folks at TIME magazine thought so too, and that's why they named Vibram FiveFingers one of the best inventions in the category of health.

**Discover a healthier footwear product. Discover The Alternative.
Discover Vibram FiveFingers.**

6 Reasons to Wear or Train in Vibram FiveFingers

Vibram FiveFingers is different than any other footwear on the planet. Not only do they bring you closer to your environment, FiveFingers deliver a number of positive health benefits—by leveraging all of the body's natural biomechanics, so you can move as nature intended.

- 1. Strengthens Muscles in the Feet and Lower Legs** – wearing FiveFingers will stimulate and strengthen muscles in the feet and lower legs, improving general foot health and reducing the risk of injury.
- 2. Improves Range of Motion in Ankles, Feet and Toes** – no longer 'cast' in a shoe, the foot and toes move more naturally.
- 3. Stimulates Neural Function Important to Balance and Agility** – when wearing Vibram FiveFingers, thousands of neurological receptors in the feet send valuable information to the brain, improving balance and agility.
- 4. Improves Proprioception and Body Awareness** – those same neurological receptors heighten body awareness, sending messages about body mechanics, form, and movement.
- 5. Eliminates Heel Lift to Align the Spine and Improve Posture** – by lowering the heel, our body-weight becomes evenly distributed across the footbed, promoting proper posture and spine alignment.
- 6. Allows the Foot and Body to Move Naturally, Which Just FEELS GOOD.**



FiveFingers Speed™ – New for Spring '10

Unlike any shoe on the market today, the Speed is designed specifically for a more natural walking experience.

Built on an entirely new platform, the Speed features a Dri-Lex® covered 3mm polyurethane insole (thickest under the ball) and a 4mm anatomical pod outsole design that offers more plating protection, and distributes forefoot impact without compromising important ground feedback essential to a proper forefoot strike running form. A more athletic padded collar and topline, a lace closure and Mesh upper for improved ventilation.

Machine Washable, Air Dry

Sizes: 40-47.

Speed



M368



FiveFingers Bikila™ – New for Spring '10

Unlike any running shoe on the market today, the Bikila is a breakthrough product that encourages a more natural, healthier, and more efficient forefoot strike. While many folks have been running in their Vibram FiveFingers for years, the Bikila is our first model designed *specifically* for a more natural running experience.

Built on an entirely new platform, the Bikila features a Dri-Lex® covered 3mm polyurethane insole (thickest under the ball) and a 4mm anatomical pod outsole design that offers more plating protection, and distributes forefoot impact without compromising important ground feedback essential to a proper forefoot strike running form. A more athletic padded collar and topline, a single hook and loop closure, 3M reflective surfaces, and tear resistant TPU toe protection finish off this breakthrough design.

Machine Washable, Air Dry

Sizes: 40-47.



M343

M345

M346



Bikila



FiveFingers KSO

In just over a year, the KSO has become our most popular model for men. Featuring a thin, abrasion-resistant stretch nylon and breathable mesh upper that wraps your entire forefoot to "Keep Stuff Out." A single hook-and-loop closure helps secure the fit. A non-marking 3.5mm Vibram TC1 performance rubber sole is razor-siped for a sure grip, and a 2mm EVA midsole enhances plating protection and comfort.

Machine Washable, Air Dry

Men's KSO is best for: Running, Fitness Training, Cross Fit, Light Trekking, Bouldering, Water Sports, & Travel

Sizes: 40-47.

KSO



M145

M146C

M147

M1483

M1485

M148



FiveFingers Sprint

Some have called our FiveFingers Sprint the most versatile footwear they own. Adjustable hook-and-loop closures across the instep and around the heel deliver a comfortable, secure fit. A thin stretch nylon fabric comfortably follows the contour of the foot. And a flexible, non-marking 3.5mm Vibram TC1 performance rubber sole is razor-siped for improved flexibility and slip resistance.



Machine Washable, Air Dry

Sprint is best for: Running, Fitness Training, Cross Fit, Yoga & Pilates, Water Sports, Flats Fishing, & Travel

Sizes: 40-47.



Sprint

M112



M113



M1152



M116C





FiveFingers KSO Trek – New for Fall '09

The Men's KSO Trek is a more rugged version of our popular KSO. The Kangaroo leather upper and sock liner are soft against the foot, yet strong and tear resistant, with outstanding breathability. A 4mm EVA midsole offers plating protection from stone bruising, and a lightly cleated 4mm Vibram performance rubber outsole delivers improved traction on trails and over more rugged terrain.

Machine Washable, Air Dry away from sun or heat source.

KSO Trek is best for: Light Trekking, Trail Running, Fitness Walking, & Travel.

Sizes: 40-47.

KSO Trek



M241

M248



FiveFingers Flow

The FiveFingers Flow was specifically designed for use in water or in cooler temperatures. A 2mm Neoprene upper and EVA footbed provide thermal insulation and protection. The M135 (camo bottom) features a razor-siped Vibram TC-1 rubber sole. The M138 (black bottom) features our new IdroGrip performance rubber for added slip resistance over a variety of surfaces. While more slip resistant, the IdroGrip rubber is a marking compound.



Machine Washable, Air Dry

Flow is best for: Cold Weather Running, Trekking, Bouldering, Water Sports, & Canyoneering.

Sizes: 40-47.



FLOW

M135

M138





FiveFingers Classic

From day one, the FiveFingers Classic has drawn the attention and praise of the press and active barefoot enthusiasts alike. Available for men and women, our original FiveFingers design takes a more casual and minimalist approach to barefooting. The upper features a thin stretch nylon fabric that fits low on the foot. Our non-marking 3.5mm Vibram TC1 performance rubber soles are razor-siped for improved flexibility and slip resistance over a variety of terrain.

Machine Washable, Air Dry

Men's Classic is best for: Fitness Training, Cross Fit, Travel, & After Sport

Classic

Sizes: 40-47.



M101

M105

M106C

M106D

M1051

M108



FiveFingers Moc – New for Fall '09

The FiveFingers Moc was designed to enhance that barefoot feeling. The kangaroo leather upper is soft against the bare foot, yet strong and tear resistant, with outstanding breathability. Our 7-part Vibram rubber sole offers maximum feel and flexibility without sacrificing slip resistance. The FiveFingers Moc was designed primarily for indoor during fitness training, Cross Fit, yoga and for after sport. The sole is not designed for extended use during outdoor activities like trekking, running, or water sports.

Machine Washable, Air Dry away from sun or heat source.

Moc is best for: Fitness Training, Indoor Cross Fit, Travel, & After Sport

Sizes: 40-47.



MOC

M256

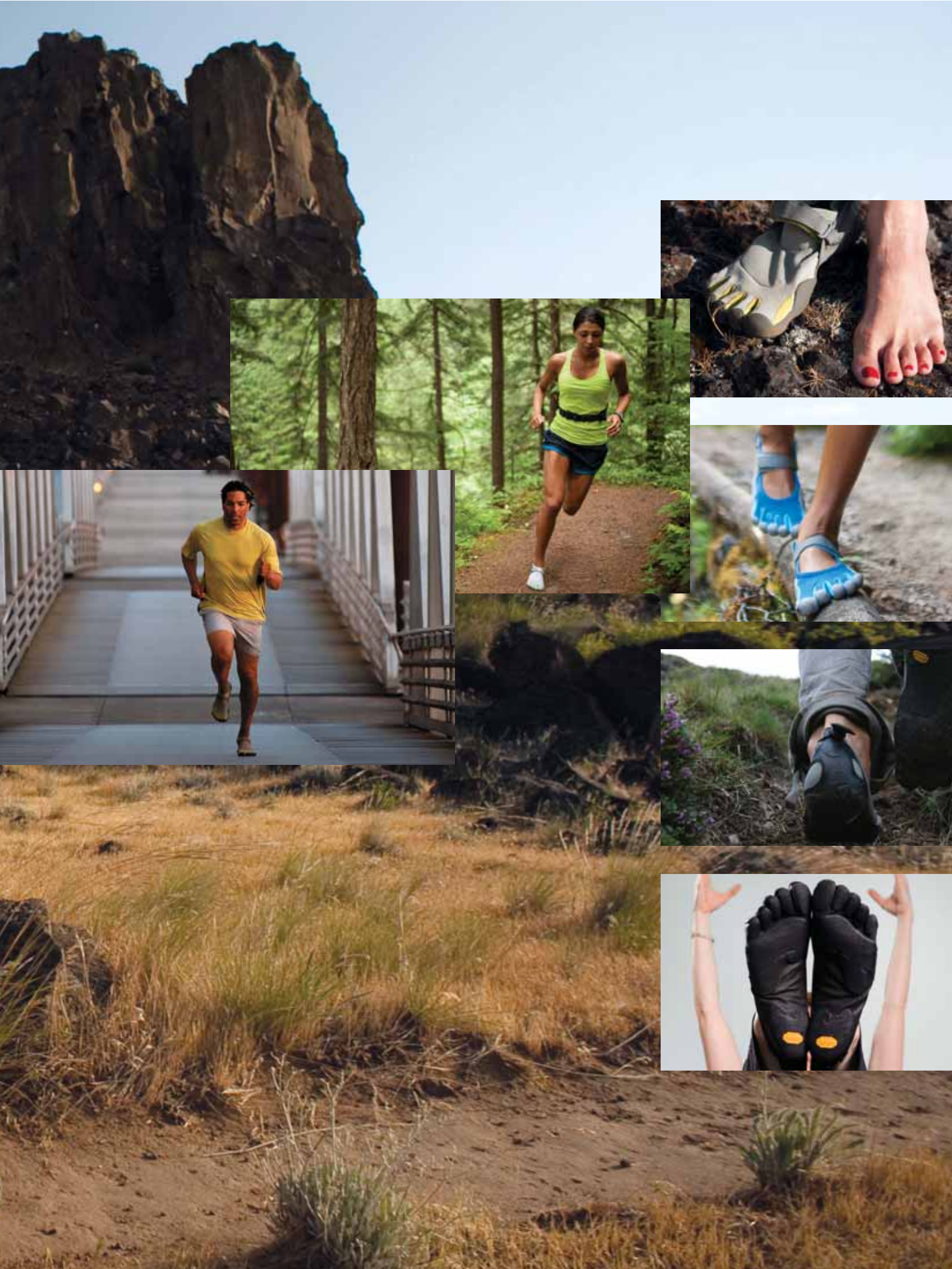
M258





*TIME magazine named
Vibram FiveFingers one of
the best inventions of 2007,
in the category of health.*







FiveFingers Speed™ – New for Spring '10

Unlike any shoe on the market today, the Speed is designed specifically for a more natural walking experience.

Built on an entirely new platform, the Speed features a Dri-Lex® covered 3mm polyurethane insole (thickest under the ball) and a 4mm anatomical pod outsole design that offers more plating protection, and distributes forefoot impact without compromising important ground feedback essential to a proper forefoot strike running form. A more athletic padded collar and topline, a lace closure and Mesh upper for improved ventilation.

Machine Washable, Air Dry

Sizes: 36-42.

Speed



W368



FiveFingers Bikila™ – New for Spring '10

Unlike any running shoe on the market today, the Bikila is a breakthrough product that encourages a more natural, healthier, and more efficient forefoot strike. While many have been running in their Vibram FiveFingers for years, the Bikila is our first model designed *specifically* for near barefoot running.

Built on an entirely new platform, the Bikila features a Dri-Lex® covered 3mm polyurethane insole (thickest under the ball) and a 4mm anatomical pod outsole design that offers more plating protection, and distributes forefoot impact without compromising important ground feedback essential to a proper forefoot strike running form. A more athletic padded collar and topline, a single hook and loop closure, 3M reflective surfaces, and tear resistant TPU toe protection finish off this breakthrough design.

Machine Washable, Air Dry

Sizes: 36-42.



W343

W345



Bikila



FiveFingers KSO

The KSO remains among our most versatile styles for women. Featuring a thin, abrasion-resistant stretch nylon and breathable mesh upper that wraps your entire forefoot to “Keep Stuff Out.” A single hook-and-loop closure helps secure the fit. A non-marking 3.5mm Vibram TC1 performance rubber outsole is razor-siped for a sure grip, and a 2mm EVA midsole enhances plating protection and comfort.

Machine Washable, Air Dry

Sprint is best for: Running, Fitness Training, Cross Fit, Light Trekking, Bouldering, Water Sports, & Travel

Sizes: 36-42.

KSO



W145



W1459



W146C



W148



W149C



FiveFingers Flow

The FiveFingers Flow was specifically designed for use in water or in cooler temperatures. A 2mm Neoprene upper and EVA footbed provide thermal insulation and protection. The W135 (camo bottom) features a razor siped Vibram TC-1 rubber sole. The W138 (black bottom) features our new IdroGrip performance rubber for added slip resistance over a variety of surfaces. While more slip resistant, the IdroGrip rubber is a marking compound.



Machine Washable, Air Dry

Flow is best for: Cold Weather Running, Trekking, Bouldering, Water Sports, & Canyoneering

Sizes: 36-42.



FLOW

W135

W138





FiveFingers Classic

From day one, the FiveFingers Classic has drawn the attention and praise of the press and active barefoot enthusiasts alike. Available for women and men, our original FiveFingers design takes a more casual and minimalist approach to barefooting. The upper features a thin stretch nylon fabric that fits low on the foot. Our non-marking 3.5mm Vibram TC1 performance rubber soles are razor siped for improved flexibility and slip resistance over a variety of terrain.

Machine Washable, Air Dry

Women's Classic is best for: Fitness Training, Cross Fit, Travel, & After Sport

Sizes: 36-42.

Classic



W103

W1032

W1033

W1056

W108



FiveFingers Sprint

The women's Sprint is our most popular model for women. Adjustable hook-and-loop closures across the instep and around the heel deliver a comfortable, secure fit. A thin stretch nylon fabric comfortably follows the contour of the foot. And a flexible, non-marking 3.5mm Vibram TC-1 performance rubber sole is razor-siped for improved flexibility and slip resistance.

Machine Washable, Air Dry

Women's Sprint is best for: Running, Fitness Training, Cross Fit, Yoga & Pilates, Water Sports, Flats Fishing, & Travel



Sizes: 36-42.



Sprint

W112

W1132

W1139

W116

W118

W119





FiveFingers Performa – New for Fall '09

The FiveFingers Performa was designed to enhance that barefoot feeling. The kangaroo leather upper is soft against the bare foot, yet strong and tear resistant, with outstanding breathability. The 7-part Vibram rubber sole offers maximum feel and flexibility without sacrificing slip resistance. The Performa was designed primarily for indoor use during fitness training, Cross Fit, and for after sport. The sole is not designed for extended use during outdoor activities like trekking, running, or water sports.

Machine Washable, Air Dry away from sun or heat source.

Performa is best for: Fitness Training, Indoor Cross Fit, Travel, & After Sport

Performa

Sizes: 36-42.



W203

W207

W208



FiveFingers Performa Jane – New for Spring '10

Similar to the Performa, the FiveFingers Performa Jane is also designed to enhance that barefoot feeling, while offering a more secure fit for active use. The kangaroo leather upper is soft against the bare foot, yet strong and tear resistant, with outstanding breathability. The 7-part Vibram rubber sole offers maximum feel and flexibility without sacrificing slip resistance. The Performa Jane was designed primarily for indoor use during fitness training, Cross Fit, and Yoga & Pilates. The sole is not designed for extended use during outdoor activities like trekking, running, or water sports.



Machine Washable, Air Dry away from sun or heat source.

Performa Jane is best for: Fitness Training, Indoor Cross Fit, Travel, & After Sport

Sizes: 36-42.



Performa Jane

W213



W218



Vibram FiveFingers Technology at Work

4mm anatomical pod outsole design distributes forefoot impact forces without compromising important ground feedback essential to a proper forefoot strike running form.

3mm Drilex™ covered Polyurethane footbed offers more plating protection and reduced packing over a sustained period of time.



Bikila tread design offers more traction over a variety of surfaces

Bikila

EVA arch follows the contour of the foot and reduces weight

Vibram TC-1 Performance rubber delivers excellent “foot feel” without compromising abrasion resistance.



KSO Trek



Performa, Performa Jane, Moc



Classic, Sprint, KSO, Flow

Wear It Your Way

| | Light Trekking | Climbing/ Bouldering | Running | Fitness | Yoga & Pilates | Water Sports | Flats Fishing | Travel |
|---------------|----------------|-------------------------|---------|---------|-------------------|--------------|------------------|--------|
| CLASSIC | | | | • | | | | • |
| SPRINT | | | • | • | • | • | • | • |
| KSO | • | • | • | • | | • | | • |
| FLOW | • | •* | •* | | | • | | |
| KSO TREK | • | | •** | | | | | • |
| MOC | | | | • | | | | • |
| PERFORMA | | | | • | | | | • |
| PERFORMA JANE | | | | • | • | | | • |
| BIKILA | • | | • | • | | | | • |

* Recommended for use in colder temperatures (25-40 degrees F)

** Recommended for trail running & light trekking

Pop



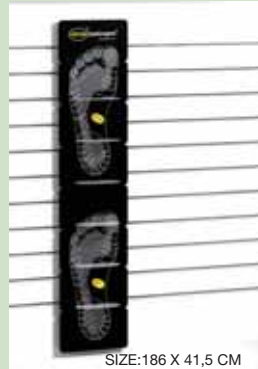
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HALF COLUMN
FF28003



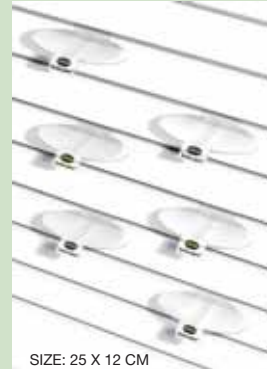
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COLUMN
FF28004



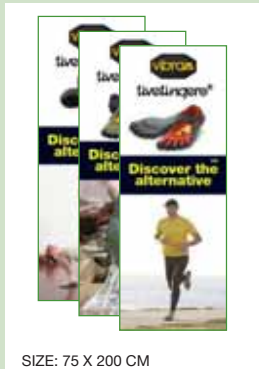
SIZE: 186 X 41,5 CM

WALL BOARD
FF28008



SIZE: 25 X 12 CM

SHELF
FF28006



SIZE: 75 X 200 CM

TEX IMAGE BANNER
FF28007



SIZE: 47 X 200 CM

PAPER IMAGE BANNER
FF28010



FRANIK
FF28005



PU FORM
FF28002

Materials and Weights

| | VIBRAM SOLE | FOOTBED | UPPER | WEIGHT (size 42) |
|---------------|---------------------------------|--|--------------------------------------|------------------|
| CLASSIC | TC-1 Rubber | Anti-Microbial Microfiber | Stretch Polyamide | 5.3 oz |
| SPRINT | TC-1 Rubber | Anti-Microbial Microfiber | Stretch Polyamide | 5.6 oz |
| KSO | TC-1 Rubber | 2mm EVA & Anti-Microbial Microfiber | Stretch Mesh and Polyamide | 5.7 oz |
| FLOW | Idro Grip Rubber or TC-1 Rubber | 2mm EVA & Anti-Microbial Microfiber | 2mm Neoprene | 6.6 oz |
| KSO TREK | 4mm EVA Midsole & TC-1 Rubber | Kangaroo Leather | Kangaroo Leather | 6.7 oz |
| PERFORMA | 7 Piece TC-1 Rubber | Kangaroo Leather | Kangaroo Leather | 2.0 oz (W38) |
| PERFORMA JANE | 7 Piece TC-1 Rubber | Kangaroo Leather | Kangaroo Leather | 2.4 oz (W38) |
| MOC | 7 Piece TC-1 Rubber | Kangaroo Leather | Kangaroo Leather | 2.6 oz |
| BIKILA | Anatomical Pods TC-1 Rubber | 3mm Polyurethane Anti-Microbial Drilex Sockliner | Stretch Polyamide TPU toe protection | 6.0 oz |

All FiveFingers are machine washable and are protected by Aegis Microbe Shield, a permanently bonded antimicrobial barrier. All FiveFingers designs and utility are patented or patent pending. Vibram fivefingers has been issued or has pending over 40 patents worldwide protecting our intellectual property.

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