



HYROX
OFFICIAL PARTNER





***Balance does matter.
And nobody does balance like we do.***

get-shapes.com



***Developed
for one
thing only:
Everything.***



***Inserting has nothing
to do with insoles
anymore.***

***Shapes are just a piece of plastic
that comes out of a machine.***

True! ...

But a damn clever piece of plastic.



Shapes aren't big, but their effect is huge.



Shapes bring your body into a natural balance and help you maintain the optimal posture. Shapes improve your entire musculoskeletal system, prevent your feet and legs from getting tired too fast and help you stand firmly during sports, at work or in your everyday life. Shapes distribute the pressure over your entire foot. The stress that your joints are subjected to is evenly distributed. The muscles on your feet are strengthened and the blood circulation is supported. Secure footing, optimised stance, well-balanced walking, running and standing.

Shapes reduce existing or prevent newly occurring pains and problems in ankle and knee joints, in hips, in the spine and in the neck. Shapes fit all shoes, are available for up to shoe size 48 and can be worn over or under your insole.



***With Shapes, every step becomes
a technological marvel.***

Made in Germany.

*Shapes are a functional high-tech product developed and produced
in Germany in cooperation with professional athletes, orthopaedists
and physiotherapists.*





***It has never been
easier to enhance
your performance.***

***...and it has never been
easier to put an end to pain
in knees, hips, and back
once and for all.***



Reduced to the maximum.

Weight: 30 grams.

Thickness: 2.7 mm.



With Shapes, you'll go far. They can be worn over or under the insole of your shoes and do not deprive your foot of space. Shapes are antibacterial, can be washed, do not harm your skin and are produced under adherence to clinical product requirements.



Flexibility at its best.



Flexzone® & Torzone®



The Shapes Flexzone®



The special form and the mix of three different materials result in a very specific flexibility in various zones of the sole. This ensures shock absorption and a torsion of the material in conjunction with the arch of your foot.

The Shapes Torzone®



When you put down your foot, the Torzone® stabilises it through material-related torsion. When the Flexzone® is lowered after stress has been applied, Shapes are lifted and twisted in area of the heel and the ball of your foot. This stabilises your entire heel area and forefoot from both sides via the longitudinal axis.



***Shock absorbers that
keep your legs awake.***



Optimal pressure distribution.

Shapes lift the arch of the foot, thus lifting the entire foot. Thanks to this support, the pressure is distributed across the foot more evenly. The foot's stability in the shoe is optimised, which results in a firm stance and a perfect balance whenever you are walking or standing.



The effect of the Shapes.

The Shapes Flexzone works with the foot, activates the foot muscles, improves the interplay of the various muscle groups and optimises the balance of the body. Apart from that, the arch of the foot saves energy thanks to the insole's spring function when you are moving, after which energy is released. This prevents your foot from getting tired too quickly in your daily life and during sports. Anatomically speaking, the same thing happens when you are walking barefoot on uneven and yielding surfaces.



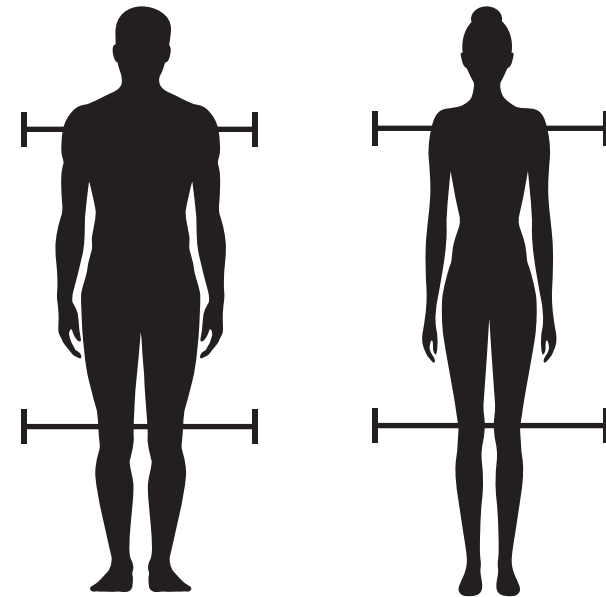
The shape is the key.

Correct positioning.

With the Shapes readjusting the position of your feet, your feet are rotated outwards, the knees assume a neutral position and the acetabulum is positioned ventrally again. The resulting anatomically natural positioning of the hip forms a perfect foundation for the entire body.

Perfectly balanced.

Lifting the arch of the foot ensures the ideal positioning of the body including the spine, so that the superficial throat muscles and the neck muscles are relieved. This causes the head to turn linearly to the body and reduces the risk of muscular tension in the cervical spine area.

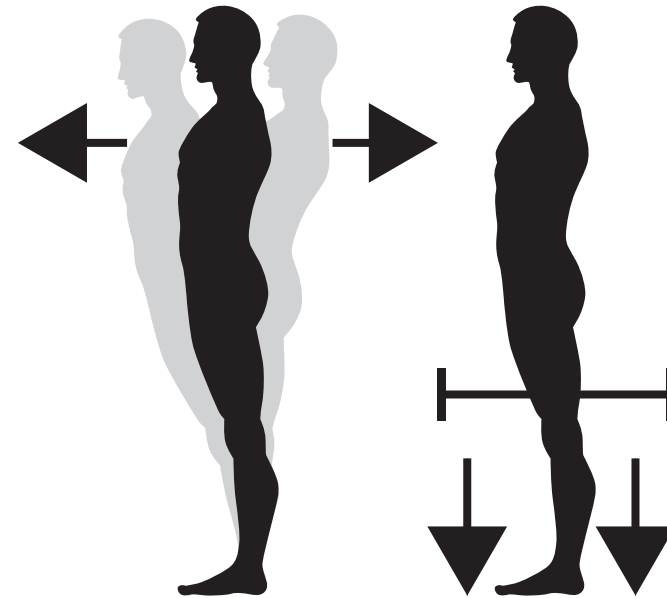




Immediate effect guaranteed.

The Shape balance check will show you the astonishing immediate effect of Shapes within a matter of seconds. A completely new sensation of balance and stability. You do not tip backwards, you are stable and in perfect balance. You don't need your toes in order to stabilise yourself.

Shapes make your stance extremely stable, even if your body has to carry additional weight, e.g. a backpack. Your dealer or trainer will be happy to carry out this check with you personally. Shapes will impress you in just a few moments!





Medical Lineup.

TRUST.

... is mutual.

Just as our partners trust in our product, we trust our partners with their analyses, improvement suggestions, proposals, and expertise.

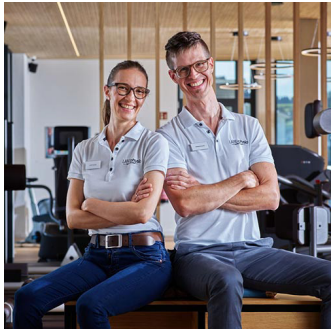
Shapes "live" and are continuously tested in terms of materiality.

We do not shy away from tests, and we are grateful for any criticism and suggestions. Only in this way can we work trustingly with our partners and offer the best for them and their customers and patients.

Shapes are literally always on the move.

Read what leading physiotherapists - Made in Germany - report about Shapes.

Medical Lineup. #1



*Andreas Bucher / Judith Bucher
Owners of LANDphysio Practice*

Shapes are a revolutionary product that goes far beyond conventional insoles. They not only optimize foot function but even improve and train it. Patients and members report positive experiences, with some even forgoing conventional solutions. The benefits extend to the entire body, with remarkable improvements from back to jaw discomforts. An outstanding and innovative product.



*Frederik Bernstein,
Founder of the Movement Clinic - Physiotherapy & Training, Physiotherapist, Expert in Sustainable Health*

A weakened foot arch affects the entire body's statics and causes discomfort in the feet, knees, hips, and lower back. Traditional approaches strengthened the foot arch within therapy but remained ineffective in everyday life. Conventional shoe insoles took over muscle functions and partially accelerated the degradation of the foot arch. Despite initial skepticism, Shapes convinced me. I immediately felt their effect: they support the natural foot function and strengthen it with every step.

Medical Lineup. #2



Benjamin Frankl

Owner of Highfive Physio and Physiotherapist for the German Golf National Team

In my practice, I encounter patients with nonspecific complaints daily. During my studies, I recognized the fundamental importance of healthy feet for posture and the functionality of the entire body. With 'Shapes,' I have found an outstanding and simple solution that not only provides support but also individually trains the foot arch. The human body is complex, so it makes sense to first consider the factors that are easier to influence.



Denis Demirovski

DOSB Sports Physiotherapist and Expert in Atlas Correction

As an experienced sports physiotherapist and expert in atlas correction, I encounter daily cases where misalignments in the leg axis negatively affect the entire physical system. My holistic practice relies on products that specifically contribute to correction. Shapes is an indispensable part of our therapeutic approaches as it helps to correct misalignments and create overall body harmony. The individual adaptability of Shapes promotes a natural alignment of the body.

... more on [get-shapes.com](https://www.get-shapes.com)

Partnerships and awards.



PROUD.



HYROX
OFFICIAL PARTNER

Mein Schiff



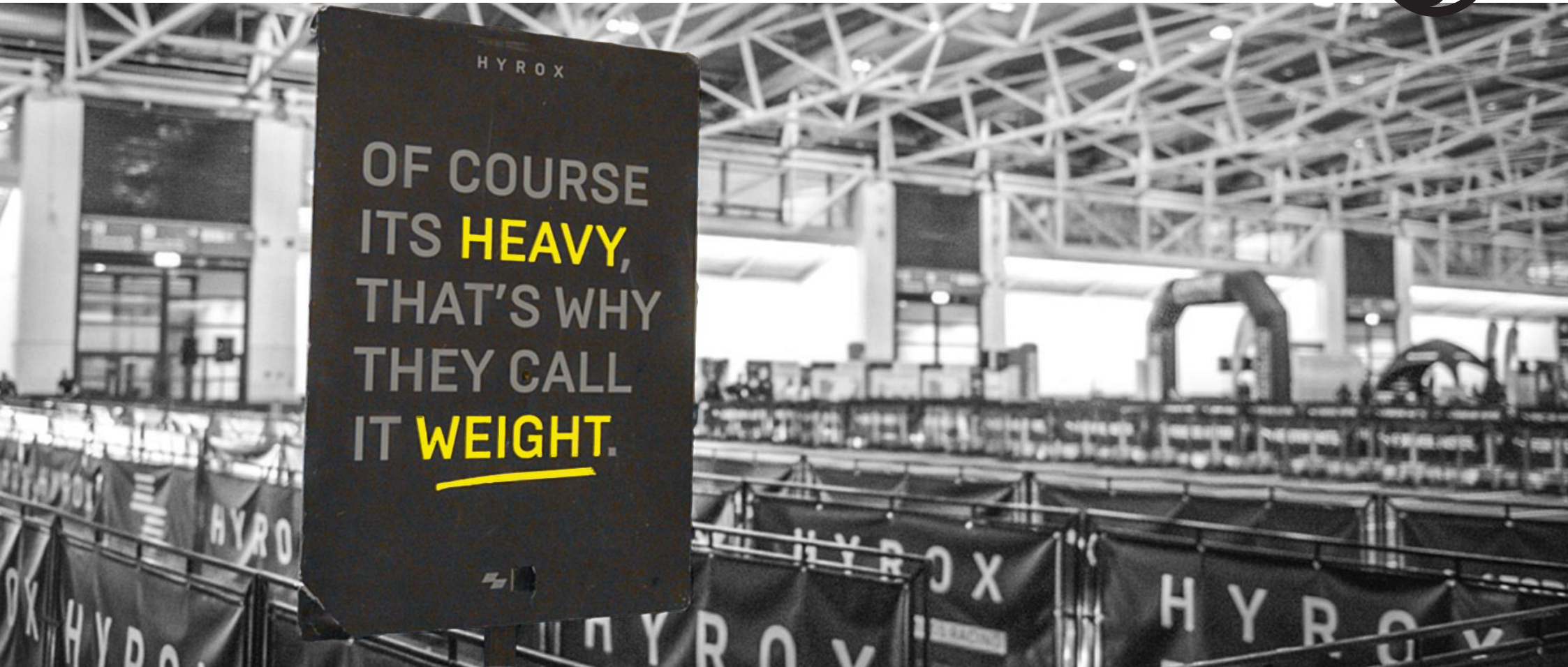
Running for those who can't.



Shapes is the Official Supplier of the WINGS FOR LIFE WORLD RUN.

By participating in the Wings for Life World Run, you do good and help us come closer to our grand goal. Every donation goes 100% to spinal cord research. This is made possible by the company Red Bull and its partners, who cover all administrative costs.

We love HYROX.



HYROX is an innovative, unique & holistic fitness approach that combines running and functional fitness into the world's largest indoor sports event.

Shapes is the OFFICIAL PARTNER of HYROX.

Experience Shapes live at the race events and let yourself be convinced in moments by the immediate effect, because Shapes work from the first second. One thing is certain: first, you stand on it, then you're hooked.

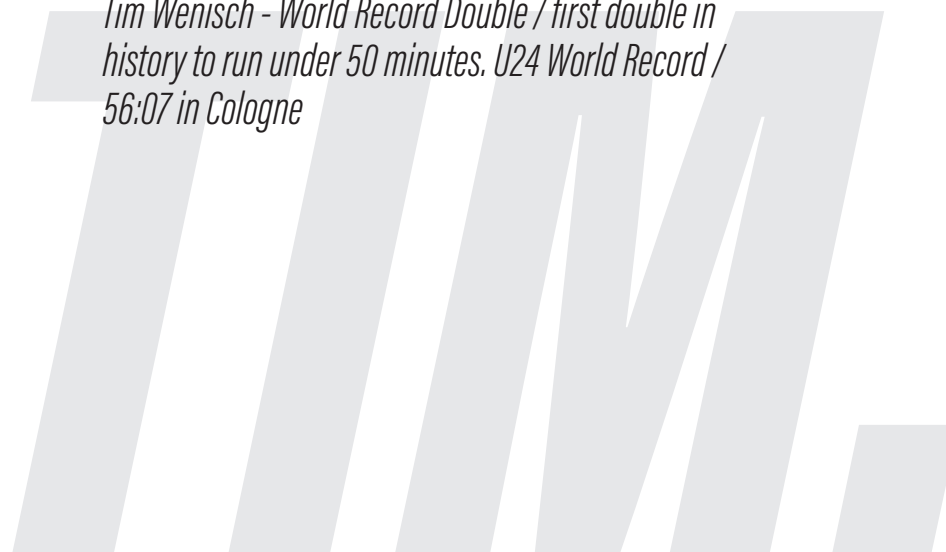
Shapes-Athlets are Champions.



Tim.

Shapes are not just ordinary insoles for me, but rather a piece of training equipment that accompanies me daily in my training. With Shapes, I have more control during unilateral exercises and can generate more power. Stability, performance, and strength I associate with Shapes, and I'm happy to be part of the team.

Tim Wenisch - World Record Double / first double in history to run under 50 minutes. U24 World Record / 56:07 in Cologne





Shapes-Athlets are Champions.



Seka.

For me, Shapes are the quickest and most effective way to do something good for my posture and musculoskeletal system. At Hyrox, I was able to achieve significant stabilization in my ankle joint, especially during burpees and lunges. During fast runs, they stabilize my foot in the shoe, which helped me reduce my knee pain.

*Seka Arning - World Record Holder Woman Double Pro 58:26 in Maastricht Maastricht20/24)
first double in history to run under 50 minutes. U24 World Record / 56:07 in Cologne*

SEKA.

Shapes-Athlets are Champions.



Lars.

Since I've been wearing Shapes, my issues with plantar fasciitis have more than halved. The stabbing pain occurs less often, and my running style has significantly improved. I can recommend Shapes to anyone, whether they already have problems or not.

Lars Peckmann - 1st Place HYROX EM mixed double & relay 22/23

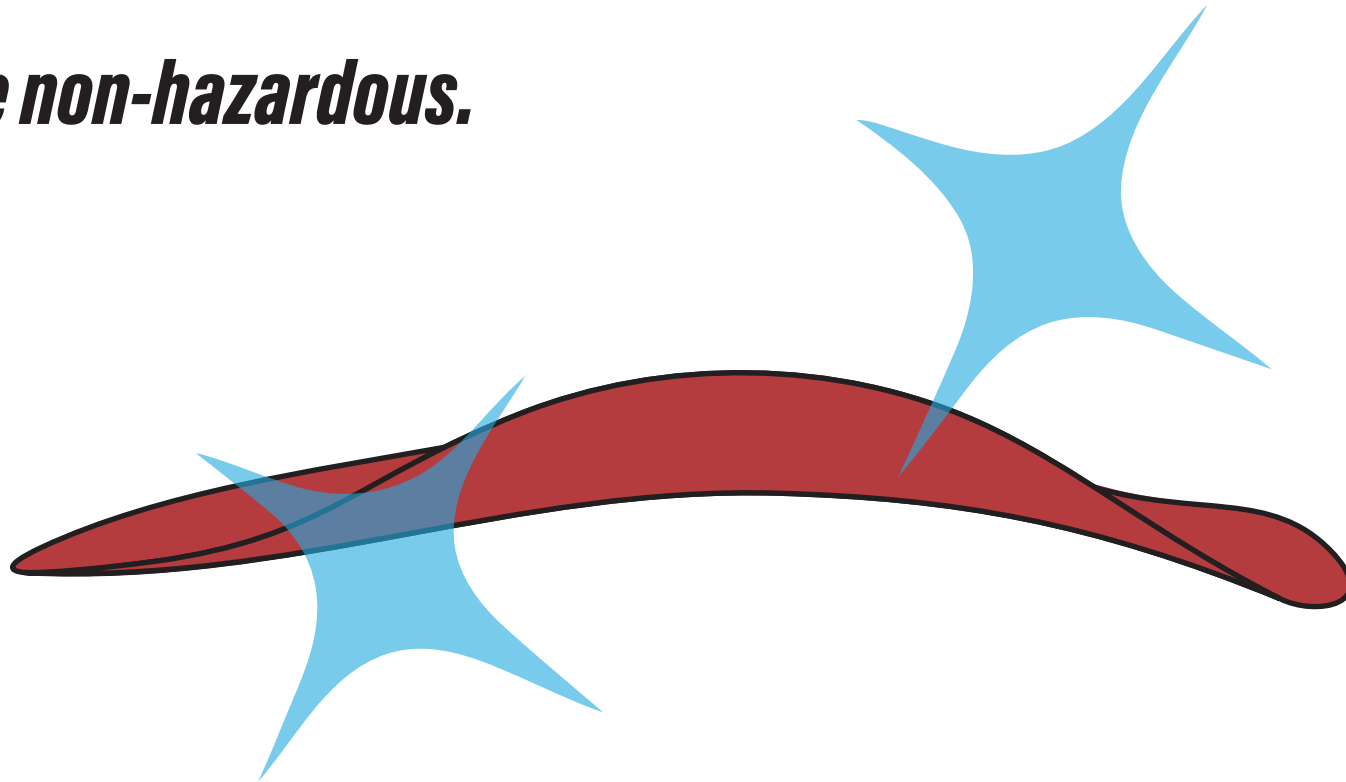
LARS.

... more on [get-shapes.com](https://www.get-shapes.com)

Harmless.



Shapes are non-hazardous.



The main component of our recipe is polyethylene as well as two further polyethylene-based materials. There are no known studies stating that polyethylene is toxic or otherwise harmful for people. The German environmental organisation BUND also classifies the material as harmless. Shapes are water-resistant and can be easily cleaned using warm water. They are food-safe and do not harm your skin. Even if you wore Shapes barefoot (which we do not recommend for adhesion-related reasons), they would not irritate your skin.

Sustainability.



We take this matter very seriously.

Subjects like ecology, sustainability and recycling are now more pressing than ever. A resource-saving, environmentally friendly and sustainable production is an integral part of Shape Industries' corporate philosophy and policy. Finding the right balance between success in business and social responsibility is the foundation of our work as a company. Thanks to our sustainable management and its long-term effects, we can enjoy the reputation of an innovative and future-oriented company.

Thanks to a clever energy technology, we can heat our production facilities using the heat generated by production processes. This allows us to avoid significant CO2 emissions. Apart from that, we can also avoid CO2 emissions by using exclusively electric machines instead of fuel-operated ones.

Our factory roof is equipped with solar panels, which makes our entire production facility virtually emission-free.

Our production is certified according to DIN ISO 14001 and included in the Umweltpakt Saar environmental agreement.





Thank you.

***be faster.
be better.
be stronger.
be balanced.***

***Get Shapes
BERLIN / LOS ANGELES / LONDON***

