# RL2 liner

## Heat molding instructions

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**HEAT MOLDING OF THE NEW LINER RL1**

DIY FIT INSTRUCTIONS

Before you begin heat molding, make sure both liners fit the general size and shape of your foot. Don't do the following procedure if they don't fit. (Heat molding is best used to relieve pressure points and shape the liner to your unique foot shape within its size range)

What you need:
- a pair of socks
- 1 kg (2,2 lb) of short-grain rice. Rice quantity depends on sock's size
- microwave oven

PROCEDURE:
1. Fill a sock with the rice and tie a knot on the top.
3. Place the sock in the microwave making sure the rice it's evenly distributed.
4. Based on wattage, heat rice stocking for the time:
100-900W = 7min, 1000-1100W = 5 min, 1200-1250W = 4 min.
5. When timer rings, take the rice sock out of the oven by the knot. (CAUTION HOT!)
6. Hold the sock by the top knot and place it inside one of the two liners. If you use a different insole from the stock ones swap the stock ones with the insole of your choice.
7. Tap the liner multiples times to make sure the rice sock is fully touching as much of the liner as possible.
8. Leave the rice sock inside the liner for approximately 7 minutes.
9. After removing the sock, put the liner in the skate and your foot in, tying the skate as usual. Allow the liner to cool with your foot in it.
10. Repeat on other liner

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