# Quick tip for installing studs:

## How to install studs in Jogging Shoes:

1. To start you need: The shoes, stud kit with tool (bits) for installing and a power drill.
2. Install tool in an electric power drill.
3. Insert one stud into the tool.
4. Align the cutting edge of the stud with the center point of the rubber stud in the shoe.
5. Press stud firmly into the shoe while using the power drill to rotate (start with slowly rotation) the stud inside the shoe.
6. Stop when the upper edge of the stud is flush with the rubber.
7. Repeat until the recommended number of studs are installed in the shoe.

Check out our demonstration video on how to screw the studs in the Jogging Shoe.

You will find this on our YouTube page and website.

<https://www.youtube.com/watch?v=0R7mLPLPl3Q&t=50s>

<http://eqfusion.com/videos/>

### Below you will find some extra pointers on how to make sure that the studs are securely fastened in the sole.

1. Use a 3-4 mm drill to make a hole before installing the studs
2. Clean the studs with methylated or similar spirits
3. Fill the holes with Loctite or similar glue in the hole
4. Screw the studs in and let it dry
5. Ready to use

Note that you can also use the drill to make holes without needing to use glue.