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Intuition Liners Self-Fitting Instructions

Introduction

Carefully read the following instructions and consult videos posted on Youtube to get acquainted with the liner molding process.

Before molding, try on both liners in your boots with any foot beds/orthotics you intend to use. Ensure the liners fit your boots and feet reasonably well. The fit should feel satisfactory, with sufficient toe room and overall volume. If the unmolded fit is reasonably close, then proceed to a customized fit through liner molding.

The following things are necessary to start molding:

- FM Fit Kit (1 pair of stockings & 1 rubber toe cap)
- Microwave oven
- **Uncooked** short grain white rice (do not use instant rice)
- 3lbs for sizes up to U.S. Men's 9 (4 lbs for higher sizes)
- Thin pair of cloth gloves (optional)

Rice Molding Procedure

1. Fill one fitting sock with 3-4 lbs of short grain white rice and tie a knot at the end.
2. On a flat surface, spread rice throughout stocking to form a long sausage shape.
3. Keeping rice stocking in an even, tubular shape, place into microwave.
4. Based on wattage in manual or back panel of microwave, heat rice stocking for appropriate time:

100-900W=7min, 1000-1100W=5 min, 1200-1250W=4 min.

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5. While rice stocking is heating, place toecap on first foot to fit. (Intuition logo over big toe)
6. Place other fitting sock over toecap to secure. Pull stocking up evenly, eliminating all wrinkles.
7. **(CAUTION HOT!)** Use cloth gloves if available. When timer goes off, pull the rice-filled stocking out of microwave using the knotted end.
8. Continuing to hold by knot, place rice stocking inside first liner (in boot). Work stocking into toe box and heel by tapping boot hard on floor multiple times, first on heel and then toe. Keep on tapping, going back and forth between heel and toe until rice stocking has settled deeper into liner.
9. Let boot stand with rice stocking inside for 4-12 min depending on liner model (refer to heating chart). Remove heated rice stocking from liner. Insert foot bed now, if used. With the toecap securely fitted, place foot into heated liner. When boot is on, kick heel into floor to ensure heel and liner are in heel pocket firmly. Buckle or lace-up to normal tension settings. Keep weight on boot 5-7 min **STANDING** with knees slightly bent. Keep heels down to avoid creating extra space resulting in heel lift. (You can also place your boots against a board (2x4) to help push heel back towards heel of boot).
10. Take off boot, stocking and toecap, and repeat for other liner.

ADDITIONAL FITTING TIPS

Check fit before heating liners. Put liners in boots, with foot beds if you plan to use them. If toes are touching the end, that's fine, the toecap will create extra space for you during molding. If they are curled up or jammed into the end of the liners, they are too small and you may need a larger size. Ideally, the liner should feel snug all over, with no uncomfortable pressure points. Feeling a bit too tight is okay because the liner will compress when heated and buckled down.

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We generally do not recommend heat molding a liner that feels loose. In some cases, unwanted space or volume may be taken-up by using a foot bed inside or felt/plastic sole panel outboard of the liner. Do not rely on liner molding to expand to fill voids. Instead we recommend considering a thicker liner.

If liners felt tight when you first tried them on, buckle extra tight when molding to compress foam and thin it out.

If liners felt just right, buckle loosely so liner is held firmly but not compressed. This allows you to retain maximum thickness.

After initial molding, if you need to adjust fit in a specific area (ex. ankle or toe box) consider making a smaller rice bag to use rather than re-molding entire liner.

Cuff can be reheated and adjusted by shaping rice bag into a more condensed ball shape. Lay boot on side to allow rice bag to rest in top of cuff area.

When heating an overlap style liner, you will want to position rice bag in between overlap of liner, to heat the outer overlap.

“Break-in period” Try skiing a couple of times first and then make adjustments to the fit as needed. Break-in period may take ~ 1 week of skiing for optimal fit as use patterns set into the foam.

HEATING TIME CHART (in Minutes for Step 9 Heated rice stocking set in liner)

Dreamliners	4-6	Mukluk	4-6	Rosso Descente	4-6
FX Race	6-8	Pro Tour	6-8	Universal	6-8
Denali	6-8	HD Race	8-10	Luxury	8-10
Godiva	8-10	Alpine	8-10	Plug	8-10
Power Wrap	10-12	Power Wrap+	10-12		

Check out Intuition’s fit videos on You Tube – enter: Intuition Home Fit, Intuition Shop Fit or Intuition Spandy Andy. For more information visit

www.intuitionliners.com

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Liner Molding Using the FM Jet Pipe

The FM Jet Pipe provides pro-fitting results by heating the liner uniform and controllable temperature. The Jet Pipe does this by circulating hot air into the boot forefoot and back out through the cuff. **DO NOT leave the Jet Pipe operating unattended. DO NOT use a heat gun, only use a quality hair dryer.**

The following things are necessary for Jet Pipe molding:

- FM Fit Kit (1 pair of stockings & 1 rubber toe cap)
- FM Jet Pipe & quality Hair Dryer
- Infra-Red Laser Thermometer
- Thin pair of cloth gloves (suggested)

1. Insert Intuition Boot Liner into boot. Insert the curved end of the FM Jet Pipe down into the heel of the boot and support to the top of the pipe with a loosened cuff. There **must be an air gap** between the liner cuff and Jet Pipe for proper air flow to occur.

2. Hair dryer settings depend on the model and power output. Start with mid-fan setting and low or mid temperature at first. Place dryer snugly into the top of the jet pipe and heat the liner for approximately 5-10 minutes, taking temperature readings every few minutes. The Liner fore-foot area should be heated to an optimal temperature of 225-250 Degrees Fahrenheit. The higher temperature of 250 DegF is best for more aggressive molding needs.



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3. While liner is heating, place toe cap on with the Intuition logo over your big toe. Place a fitting sock over toe cap to secure in place. Pull stocking up evenly, eliminating all wrinkles.
4. Remove Jet Pipe from the boot and liner. Insert foot bed, if used. With toe cap on securely, place foot into heated liner. When boot is on, kick heel into floor to ensure heel and liner are in heel pocket firmly. Buckle or lace-up to normal tension settings. Keep normal weight on the boot for 5-7 min, **STANDING** with knees slightly bent. Keep heels down to avoid creating extra space resulting in heel lift. (You can also place your boots against a board (2x4) to help push heel back towards heel of boot).
5. Take off boot, stocking and toecap, and repeat for other liner.

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