



NGR™ Shoes

Anytime, Anywhere, No Excuses Fitness Shoe from No Gym Required™ and Jennifer Cohen

NGR™ SHOES

- Easy use ... anytime, anywhere, no excuses workout
- Helps burn up to 50% more calories
- Reduces unwanted cellulite
- Strengthen, tone, firm and shape the lower body and core
- Increase muscle endurance and reduce fatigue over time
- Lots more at WWW.NGRFIT.COM



MIDSOLE: PU Cushion (Light Weight Midsole)



INSOLE: Gel Heel (Heavy Weighted Midsole)



TOP INSOLE: Honeycomb structure and LOESS derivative soil. Top Insole is made from LOESS Derivatives (a yellow soil found in Asia). This insole emits FAR infrared waves which have proven to assist in increased health and well-being.



SOLE: High – abrasion rubber outer sole. Air-circulation and ventilation

FEATURES:

- Two sets of interchangeable midsoles (light weight red midsole and rubber composite heavy weight midsole)
- Hygienically treated top insole with anti bacterial qualities and shock absorption heel pad (LOESS compounds in insole: derivative of a yellow soil found in Asia that emits FAR infrared waves proven to assist with increased health and well being, by accelerating the healing process, with improving circulation)
- Non-slip, high abrasion rubber outer sole designed for comfort, increased traction, and safety
- Contoured foot bed with superior arch support helps improve posture
- Exercise ideas and more at WWW.NGRFIT.COM

INTERCHANGING THE MIDSOLES:

The midsoles are changed in a 4 step process....

1. Remove the hygienically treated top insole from the shoe
2. Remove the foam based red/orange midsole from the shoe
3. Replace the red/orange midsole with your heavy weighted brown midsole
4. Push the heavy midsole into the shoe and place the top insole back on top

THE NGR™ EXPERIENCE...

NGR™ shoes are really 2 shoes in 1. They are a regular athletic shoe AND an everyday piece of fitness equipment. Wearing the NGR™ shoes with the weighted set of midsoles provides the wearer with a tangible and straightforward resistance workout and is an easy and effective way to improve fitness! NGR™ shoes are designed to provide wearers with the ability to walk naturally and adjust quickly to the weighted platform. The ergonomics of the midsole cradles the foot with superior arch support and comfort!



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