

**R-720-106 Rev. F Instructions For Use  
Defender Foam Stiffening Bumpers**  
(For optional use only, to increase heel stiffness)

To temporarily place foam bumpers, use two-sided tape (included), and secure foam to the top of the sole plate. To avoid having the foam slap into the keel at toe-off, we recommend trimming the foam to provide a 2mm gap between the foam and keel. For permanent placement, we recommend the use of Barge Cement.



Advena Ltd. Pure Offices, Plato  
Close, Warwick CV34 6WE UK

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