

Make sure you have the right size to suit your shoe/boot. The fit can vary depending on the style of the shoe/boot. The sizes are Medium 2-6, Large 6-10, XL Large 10-14

You can easily put on a Spiker by doing the following: Lay it on the ground.

- Place your foot on the Spiker with your toe about a centimetre short of the front.
- Hook two fingers either side towards the back and pull backwards.
- Then slip the rubber up over the heel.
- The front naturally flips up around the toes.





