YOU ARE THE TECHNOLOGY

FIVEFINGERS

PRODUCT CATALOGUE 2020

YOUR PLAYGROUNDS OUR TECHNOLOGY

XS TREK

Vibram XS TREK is a technical compound that allows great overall performance qualities, in particular flexibility and wet traction. Highly responsive to the various demands of life, XS TREK will carry you from the trail to the urban playground and even to the indoor activities, thanks to its non-marking feature.

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MODEL FT. SOLE:
Classic, KSO, CVT, Vi-B, V-Train 2.0, KSO Evo

XS RUN

Vibram XS RUN provides a maximal stable hardness across a broad temperature range and the softness of the compound allows for expansive ground contact and grip across lug surfaces. XS RUN also provides high grip on smooth surfaces.

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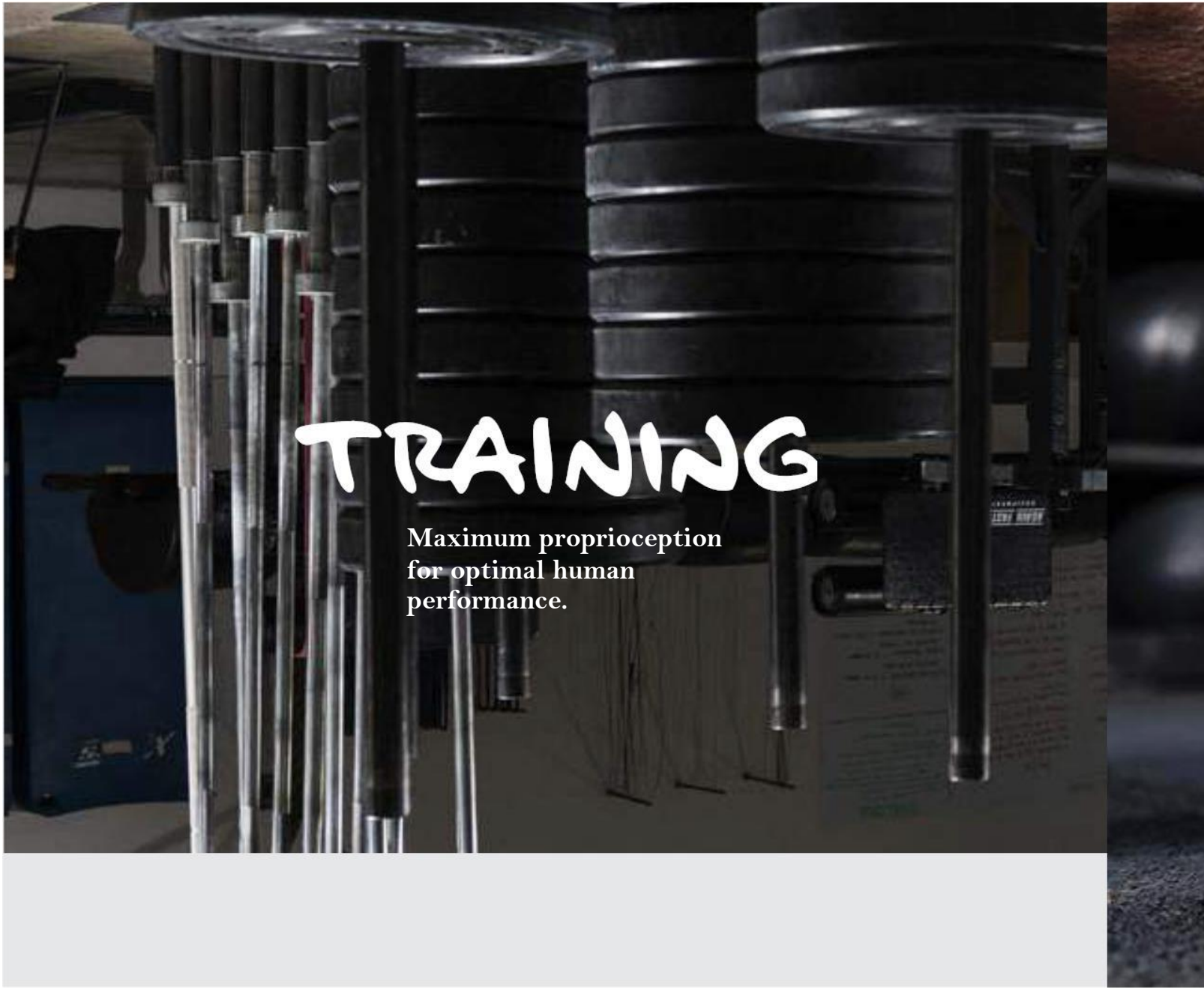
MODEL FT. SOLE:
V-Run



TRAINING

Maximum proprioception for optimal human performance.

V-SOUL

FEMININE INDOOR FITNESS

Open, light and flexible.
Adjustable, secure fit.
Maximum articulation and ground feel.

This style is part of our max feel product philosophy.

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USAGE
Functional fitness, plyometrics, Pilates, yoga, etc.

WEIGHT
W38= 3,2oz / 91gr

CARE INSTRUCTION
Machine Wash Cold / Air Dry

XS TREK

KSO EVO

THE UNIVERSAL, MINIMAL TRAINING TOOL

Maximum articulation and ground feel.
Assured grip and essential protection*.
Light, airy and simple adjustable upper design.

This style is part of our max feel product philosophy.

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USAGE
Functional fitness, plyometrics, primal movements, balance and strengthening workouts

WEIGHT
W38= 3,5 oz / 99gr
M43= 4,9oz / 139gr

CARE INSTRUCTION
Machine Wash Cold / Air Dry

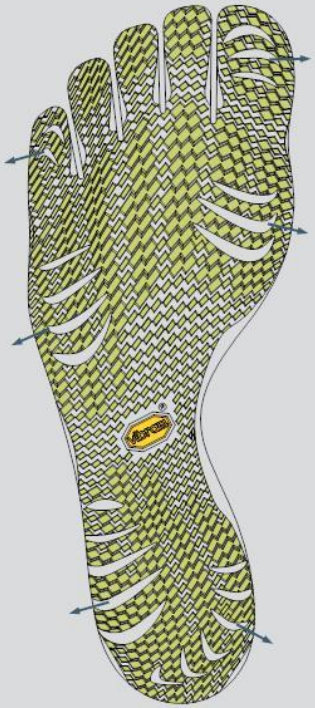
NEW

KSO EVO KIDS

THE UNIVERSAL, MINIMAL TOOL FOR TRAINING AND PLAY

Fast lacing

Polyester Mesh



- GRIP
- TRACTION
- STABILITY
- BRAKE
- CUSHIONING
- SELF CLEANING

Maximum articulation and ground feel.
Assured grip and essential protection*.
Light, airy and simple adjustable upper design.

This style is part of our max feel product philosophy.

2 mm EVA insole + Dri-lex® sockliner

PU Printing protection and reinforcement

3 mm rubber outsole compou

XS TREK

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USAGE
Functional fitness, primal movements (play), plyometrics, balance and strengthening workouts

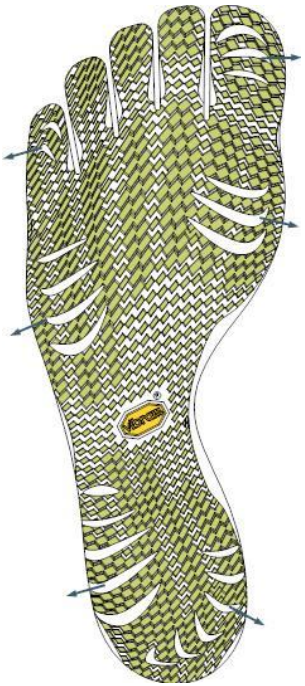
WEIGHT
W38= TBD
M43= TBD

CARE INSTRUCTION
Machine Wash Cold / Air Dry

EL-X

SIMPLICITY IN ITS TRUE FORM

Polyester Mesh material



2 mm EVA insole + Dri-lex® sockliner

PU Printing protection and reinforcement

3 mm rubber outsole compound.

- GRIP
- TRACTION
- STABILITY
- BRAKE
- CUSHIONING
- SELF CLEANING

Same level of ground feel as the KSO EVO.
Simple, slip on upper.
Snug fit, like a second skin.

This style is part of our max feel product philosophy.

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USAGE
Functional fitness, plyometrics, primal movements, balance and strengthening workouts.

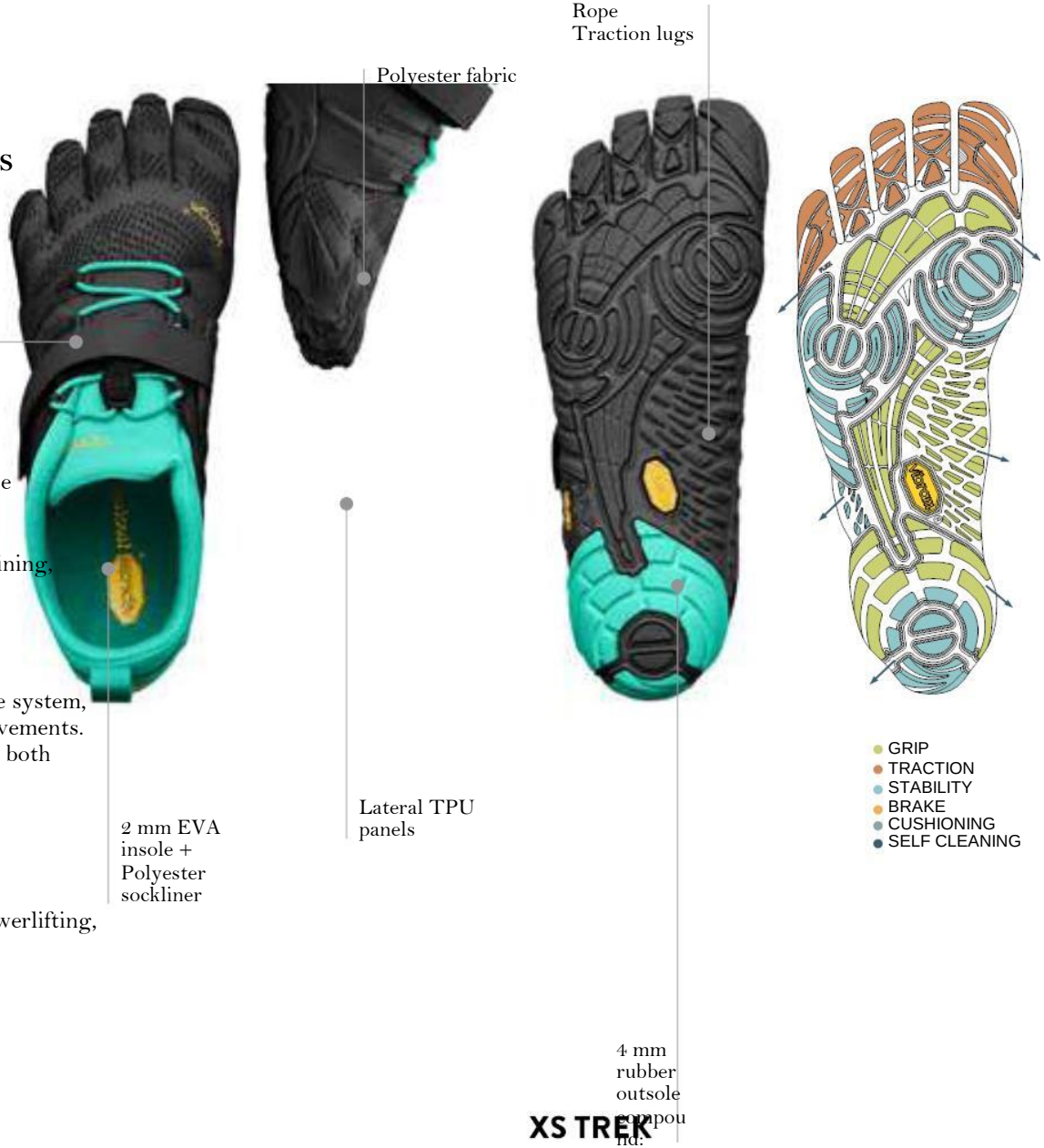
WEIGHT
M43= 4,23oz / 120gr

CARE INSTRUCTION
Machine Wash Cold / Air Dry

XS TREK

V-TRAIN 2.0

THE PERFECT TOOL FOR SERIOUS TRAINERS AND FUNCTIONAL ATHLETES



Good level of ground feel and protection* with good toe articulation for great balance and active stability.

Upper construction specifically designed for heavy training, focused on durability and performance.

Distinctive rope traction lugs in the arch.

Update panel lacing system with a Hook+Loop closure system, with new softer feel. Perfect for aggressive, lateral movements. XS Trek rubber compound for all around performance both indoor and outdoor.

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USAGE
Functional fitness, balance and strength workouts, powerlifting, and some running.

WEIGHT
W38= 6,2oz / 177gr
M43= 7,8oz / 220gr

CARE INSTRUCTION
Machine Wash Cold / Air Dry

V-RUN

THE NATURAL ROAD RUNNING AND FITNESS TOOL

Exceptionally lightweight and flexible.

Features a 4mm Vi-Lite midsole for an additional level of light cushioning.
Appropriate for transitioning from traditional to minimal running footwear.
Great for sprint training, even for those who run longer distances in more cushioned trainers.

Soft polyamide upper featuring strategically placed perforations for superior fit, breathability and comfort.

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USAGE
Road running, treadmill running, general fitness.

WEIGHT
W38= 3,74oz / 106gr
M43= 4,8oz / 136gr

CARE INSTRUCTION
Machine Wash Cold / Air Dry

V-ALPHA

ESSENTIAL, MINIMAL OUTDOOR TRAINING TOOL

100% true to our original philosophy: a protective* tool for the foot that allows ground sensory, performance and dexterity. Offering essential protection* for unpredictable outdoor conditions.

Flexible 3mm rubber outsole featuring our Megagrip compound, assuring grip and durability in both dry and wet conditions.

2mm PU foam insole for maximal comfort.

360° foot covering with newly developed upper material. 50/50 blend of wool and synthetics improves foot climate and reduces odor. Synthetic fibers provide mechanical strength and durability.

Designed for function, with no nonsense.

This style is part of our max feel product philosophy.

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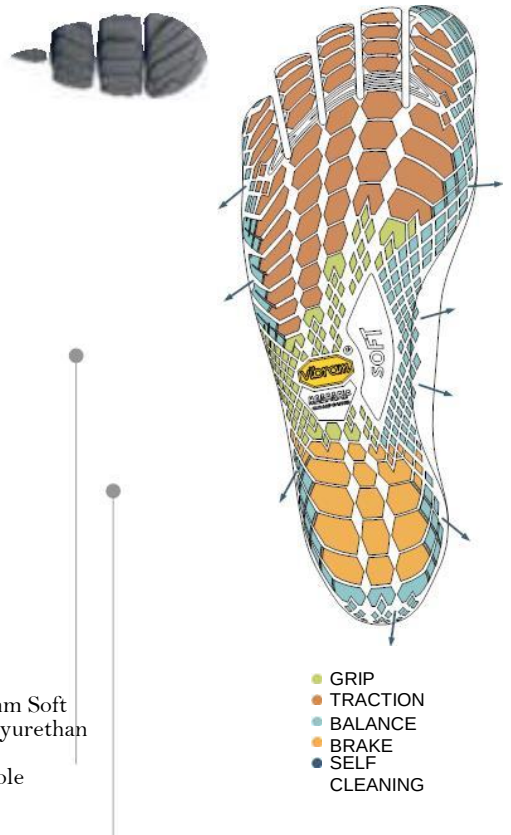
USAGE
Outdoor training, parkour, walking, exploring, trekking, fitness.

WEIGHT
W38= 3,65oz / 103gr
M43= 4,8oz / 136gr

CARE INSTRUCTION
Machine Wash Cold / Air Dry

V-TREK

TOOL FOR WALKING, HIKING AND TREKKING



Flexible 4mm rubber outsole featuring the Megagrip rubber compound - our premium outdoor formula for ultimate grip in both dry and wet conditions.

4mm PU midsole adds a touch of cushion for all movements. 360° foot covering with newly developed upper material.
50/50 blend of wool and synthetics improves foot climate and reduces odor. Synthetic fibers provide mechanical strength and durability.

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USAGE
Hiking, trekking, and traveling. The outdoor essential.
Great also for casual wear

WEIGHT
W38= 4,9oz / 139gr
M43= 6,5oz / 185gr

CARE INSTRUCTION
Machine Wash Cold / Air Dry

NEW MODEL

V-TREK INSULATED

TOOL FOR WALKING, HIKING AND TREKKING, OFFERING INSULATION FOR WARMTH

Resistant Nylon Shell with Fleece Lined Collar, Tongue & Quarter Panels.

Brushed Toe fabric for easy flexibilty and enhanced comfort compared to older models.

Toe film protection on top of and between toes.

Hypatex overlay braces for non-absorbent water shedding.

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USAGE
Hiking, trekking, and traveling when additional foot warmth is necessary.
Great also for casual wear

WEIGHT
W38= 6,2oz / 176gr
M43= 7,8oz / 221gr

CARE INSTRUCTION
Machine Wash Cold / Air Dry

ICETREK

V-TRAIL 2.0

YOUR ESSENTIAL TOOL FOR OUTDOOR RUNNING PERFORMANCE

3D Cocoon mesh offers protection* from sharper objects during outdoor training, like rocks or acorns. This tridimensional nylon mesh is molded into the rubber sole - 3D Cocoon disperses the point of impact of hard and sharp objects. Continues to offer excellent proprioception and dexterity.

Megagrip rubber compound offers supreme grip in both wet and dry conditions.

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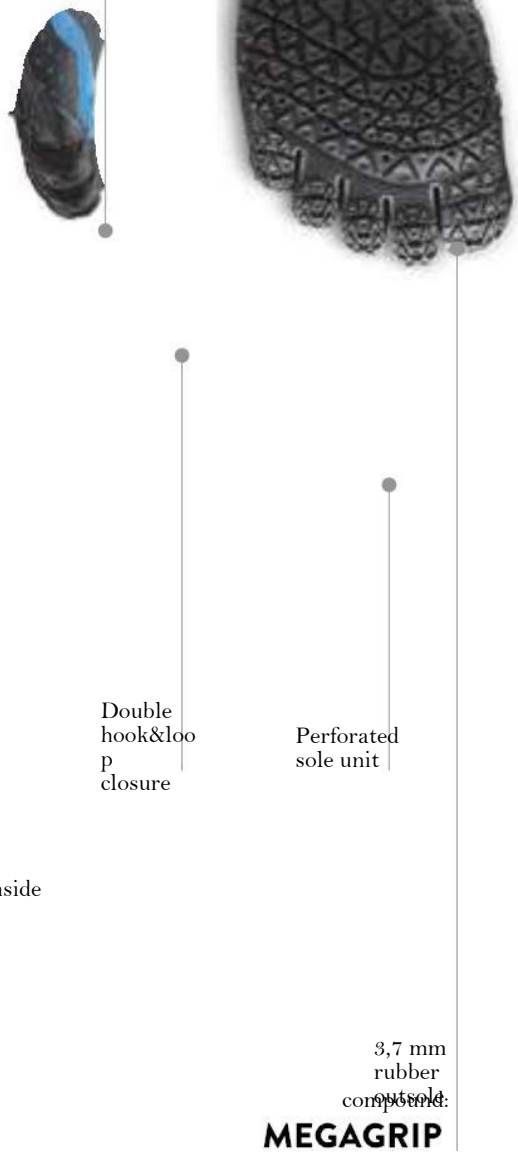
USAGE
Ideal for running in nature, on trails or during obstacle races - the ultimate tool for moving on unpredictable surfaces.

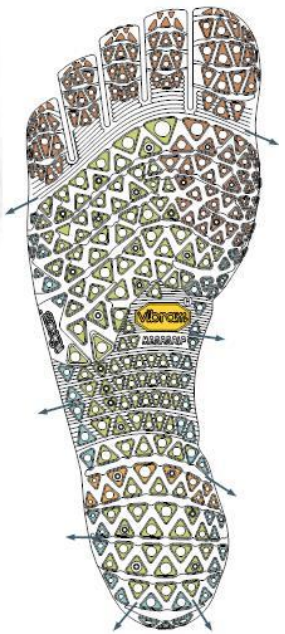
WEIGHT
W38= 5,0oz / 142gr
M43= 6,4oz / 182gr

CARE INSTRUCTION
Machine Wash Cold / Air Dry

V-AQUA

THE AMPHIBIOUS TOOL





Same minimalistic outsole as V-Alpha:
3mm Megagrip compound.
Light, thin, and flexible tool, offering essential protection*.
Allows natural foot movement and offers protection*
for water activity, when going barefoot is not an option.
2 mm EVA insole with 2mm perforations through each sole,
allowing water to move through the shoe and dry quickly.
Snug fit and fast drying synthetic mesh upper,
adjustable by two Velcro straps.

Distinctive silicone print in the lining increases friction between the skin and shoe, allowing for a more secure fit when water would usually encourage slipping.

This style is part of our max feel product philosophy.

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USAGE
Grip and protection* in and around the water for movement on wet rocks, in riverbeds, in canoes, kayaks, and SUP. Excellent for swimming and even triathlon race transitions. Successor to the Signa.

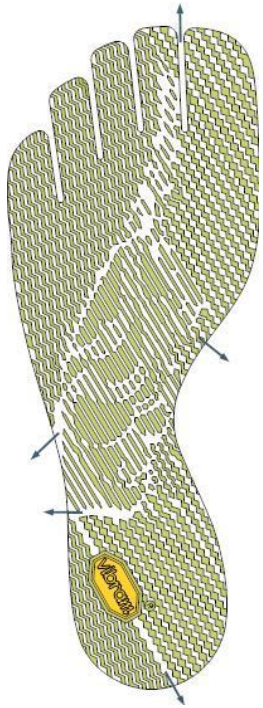
WEIGHT
W38= 3,95oz / 112gr
M43= 4,9oz / 138gr

CARE INSTRUCTION
Machine Wash Cold / Air Dry

VI-B

THE FIVEFINGER VERSION OF A TRADITIONAL BALLERINA

Polyester mesh



2 mm EVA insole + Dri-lex® sockliner

3,5 mm rubber outsole compound: XS TREK

A perfect shoe designed for the elegant minimalist, the VI-B is a more evolved ballet for women on the go.

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USAGE
Casual and travel

WEIGHT
W38= 3,5oz / 99gr

CARE INSTRUCTION
Machine Wash Cold / Air Dry

Comes with polyester mesh bag

NEW MODEL

CVT

HEMP

LEATHER New!

THE NATURAL DAILY SOLUTION

This casual minimalist shoe provides nature lovers a breathble, sustainable slip-on convertible shoe with a true barefoot feel.

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USAGE
Casual and travel

WEIGHT
W38= 2,78oz / 79gr
M43= 3,45oz / 98gr

CARE INSTRUCTION
Machine Wash Cold / Air Dry

CLASSIC

THE ORIGINAL BASIC

From day one, the FiveFingers® Classic has drawn the attention of the press and active outdoor athletes alike.

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USAGE
Walking and casual

WEIGHT
W38= 4,59oz / 130gr
M43= 6,05oz / 170gr

CARE INSTRUCTION
Machine Wash Cold / Air Dry

XS TREK

KSO

THE FUNCTIONAL BASE

The KSO with thin, breathable stretch mesh wraps your entire forefoot to "Keep Stuff Out" when you're scrambling up a rocky bluff or bounding along a riverbank.

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USAGE
Active and sporty

WEIGHT
W38= 4,71oz / 133gr
M43= 5,9oz / 167gr

CARE INSTRUCTION
Machine Wash Cold / Air Dry

PERFORMANCE SOCKS

The toes socks series is designed to be used with toe shoes and standard shoes. It is engineered to provide comfort for toes and controls moisture.

Athletic No Show

- Arch compression
- Flexible toes
- Midweight

Tech Specs

MATERIAL
Coolmax ® + 200 N Knitting + Tight Fit

COMPOSITION
70% Coolmax ® 25% Nylon 5% Lycra
Wash / Do Not Bleach / Do Not Iron / Do Not Dry Clean

Wool Blend Crew

- Arch compression
- Flexible toes
- Midweight

Tech Specs

MATERIAL
Merino Wool + 200 N Knitting + Tight Fit

COMPOSITION
70% Merino Wool 25% Nylon 5% Lycra Machine
Wash / Do Not Bleach / Do Not Iron / Do Not Dry Clean

Ghost

- Stretch construction
- Flexible toes
- Extra thin

Tech Specs

MATERIAL
Coolmax ® + 200 N Knitting + Tight Fit

COMPOSITION
70% Coolmax ® 22% Nylon 8% Lycra
Wash / Do Not Bleach / Do Not Iron / Do Not Dry Clean

SIZING					
		S	M	L	XL
EU		34-37	38-41	42-45	46+
US	men	up to 5	6-8	8.5-11.5	12+
	women	up to 8.5	7.5-9.5	10-13	13.5+
UK		up to 4	4.5-7	7.5-10.5	11+

Athletic
S: S15N
L: S15N
White

Athletic
S: S15N
L: S15N
Black

Athletic
S: S15N
L: S15N
Grey