

Nike reveals hands-free GO FlyEase trainer

Sportswear brand Nike has released the laceless Nike GO FlyEase trainers, which can be put on and **taken off** without using your hands to replace "**antiquated**" shoes with laces. (1)

The latest trainer **released** in the FlyEase range, the Nike GO FlyEase is made of two sections **connected** by a hinge that allows users to put them on and take them off without tying shoelaces or using another fastening. (2)

"Shoes for a long time have been a bit antiquated in the way that we undo the laces and then lace them up, this is a more modern, more elegant way to get in and out of your shoes and an easier way – you don't even think about it," explained Nike design lead and American Paralympic triathlete Sarah Reinersten. (3)

"There are no laces, and there's no need to use hands when you have no laces," she told Dezeen. "So there's no laces or adjustable containment needed. It has a **beautiful** new, clog-like shape that's very easy to **slip** into." (4)

Nike has **eliminated** the need for laces or other fasteners by **building** the shoe around a patent-pending bi-stable hinge within the sole. (5)

Combined with a **large** rubber band – called a midsole tensioner by Nike – this hinge allows the shoe to be **secure** in both an open position for the foot to enter and a closed position for when the trainers are in use. (6)

"The bi-stable hinge means that it will stay **stable** when it's in that open or ready position," said Reinersten. (7)

"So when it's on your floor, it's super stable, but once you get into the set position, and you step down, it will stay in this position, it's not going to pop back up. So it's stable when it's closed, and then it's stable when it's open," she added. (8)

Although they are mechanically complicated, the trainers are designed to be **intuitive** to put on and take off, with the process being **similar to** the way many people already slide into shoes and then kick them off. (9)

The emphasised kickstand heel was designed to help users mimic this action. (10)

"We designed this based on human behaviour," said Reinersten. "So we feel like this is intuitive in the way that your foot goes into a shoe – you can step in and go." (11)

Nike has designed the shoe to be used as an everyday shoe, but also believes that it can be used by a lot of people who find it **difficult** to put their shoes on. (12)

"This is one of the most universal shoes ever," said Reinersten. "This is a **solution** for so many people. This is for everybody." (13)

"From women who are going through pregnancies to maybe an athlete who doesn't have hands, to **busy** mums, to, I don't know, even a lazy husband who wants to walk the dog." (14)

The Nike GO FlyEase is the latest trainer in the FlyEase range, which was launched five years ago and includes the Nike Air Zoom Pegasus 35 FlyEase, which was launched in 2019. While previous **editions** still required a hand to open, this is the first shoe that is **entirely** hands-free. (15)

"We've been using shoelaces for kind of a long time," said Reinersten. (16)

"And although we've been reinventing alternative closures in our shoes, and with the FlyEase collection, we've been doing that for over five years, but we knew we could do even **better**," she continued. (17)

"We knew there was a better way to put on and take off your shoes and we knew that we were the **company** to make that a reality." (18)

Nike has also created a pair of laceless basketball trainers that **tighten** at the touch of a button or swipe of a smartphone. Sports brand Puma also created a pair of trainers that can be tightened at the swipe of a finger. (19)

1. A different way to say: **taken off** in the context of the sentence. (1)
 - a.) Put off
 - b.) Extracted
 - c.) Removed
2. **"antiquated"** in the context of the sentence means: (1)
 - a.) Broken
 - b.) Old-fashioned
 - c.) Unfashionable
3. A different way to say: **released** in the context of the sentence. (2)
 - a.) Launched
 - b.) Abandoned
 - c.) Let out
4. **NOT** a synonym for: **connected** in the context of the sentence. (2)
 - a.) together
 - b.) attached
 - c.) linked
5. The opposite of **beautiful**: in the context of the sentence. (4)
6. A synonym for: **slip** in the context of the sentence. (4)
 - a.) Tiptoe
 - b.) Step
 - c.) Skid
7. A synonym for: **eliminated** in the context of the sentence. (5)
 - a.) Abolished
 - b.) Removed
 - c.) Banished
8. A synonym for: **building** in the context of the sentence. (5)
 - a.) Constructing
 - b.) Augmenting
 - c.) Swelling
9. **NOT** a synonym for: **large** in the context of the sentence. (6)
 - a.) Powerful
 - b.) Sturdy
 - c.) Generous
10. A synonym for: **secure** in the context of the sentence. (6)
 - a.) Safe
 - b.) Sealed
 - c.) Assured
11. A synonym for: **stable** in the context of the sentence. (7)
 - a.) Secure
 - b.) Immovable
 - c.) Sturdy
12. A synonym for **intuitive** in the context of the sentence. (9)
 - a.) Inborn
 - b.) Instinctive
 - c.) user-friendly
13. A different way to say: **similar to** (9)
 - a.) Equal to
 - b.) Like
 - c.) Near to
14. **NOT** a synonym for: **users** in the context of the sentence. (10)
 - a.) Customers
 - b.) Enjoyers
 - c.) Clients

15. **NOT** a synonym for: **difficult** in the context of the sentence. (12)
a.) Hard
b.) Punishing
c.) Laborious

16. The opposite of **solution** in the context of the sentence. (13)

17. A different way to say **busy** in the context of the sentence. (14)
a.) Industrious
b.) On the go
c.) Energetic

18. **NOT** a synonym for: **editions** in the context of the sentence. (15)
a.) Versions
b.) Models
c.) Copies

19. **NOT** a synonym for: **entirely** in the context of the sentence. (15)
a.) Totally
b.) Conclusively
c.) Completely

20. The opposite of: **better** in the context of the sentence. (17)

21. **NOT** a synonym for **company** in the context of the sentence. (18)
a.) Agency
b.) Enterprise
c.) Firm

22. The opposite of: **tighten** in the context of the sentence.