

LIFT YOUR
LIMITS

HAIX®



CONNEXIS
GO

TRAINING

ALEXANDRA SCHÜBEL | SALES COACH B2B

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HAIIX

ABOUT THE PRODUCT



CHALLENGE

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HAIX®

A SHOE FOR UNLIMITED POWER

CONNEXIS GO:

Findings from orthopedics and physiotherapy are combined in the world's first shoe that actively stimulates the connective tissues (fasciae) and thus:

- maintains foot health,
- increases the comfort and
- the performance increases



➔ **LIFT YOUR LIMITS!**

COLLECTION CONNEXIS GO

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LOW



grey/lightning
360003



grey/orange
360001



black/silver
360004



navy/grey
360005



Black (leather)
350001



black/fire
360002



Black (leather)
350002

MID



black/ice
360006



silver/snow
360007



fire/storm
360008



mint/coral
360010



Black (leather)
350003



silver/snow
360009



Black (leather)
350004

FEATURES

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HAIX®

Gore-Tex®

Models for men and women

Low Cut, Mid Cut

Rubber sole

vegan

Easy Slip in

Metal free

Women's last

UK Sizes from 3 to 12 (LTR 15)

Width M

Shoe joint of TPU

Extra light

Waterresistant and breathable

Fascia-Tape

LTR Leather models certified DIN EN ISO
20347:2012: work shoes

Upper made of textile mesh in
combination with a TPU frame or
leather

Closure System: Bungeelace with Fliptongue



SPECIAL FEATURES

CONNEXIS
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HAIX®

OUTSOLE WITH ENERGY RETURN

- Rubber outsole - hard-wearing and non-slip and therefore ideal for changing surfaces
- Stone Shield Profile - self-cleaning outsole
- Lamella profile in the ball area - for optimal slip resistance
- Even heel split - for optimal rolling when walking



SPECIAL FEATURES

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HAIX®

OUTSOLE WITH ENERGY RETURN

- Outsole with "Three Shore System": three different degrees of hardness in the material
- Energy Return Wedge provides ideal cushioning with a rebound effect



SPECIAL FEATURES

CONNEXIS
GO

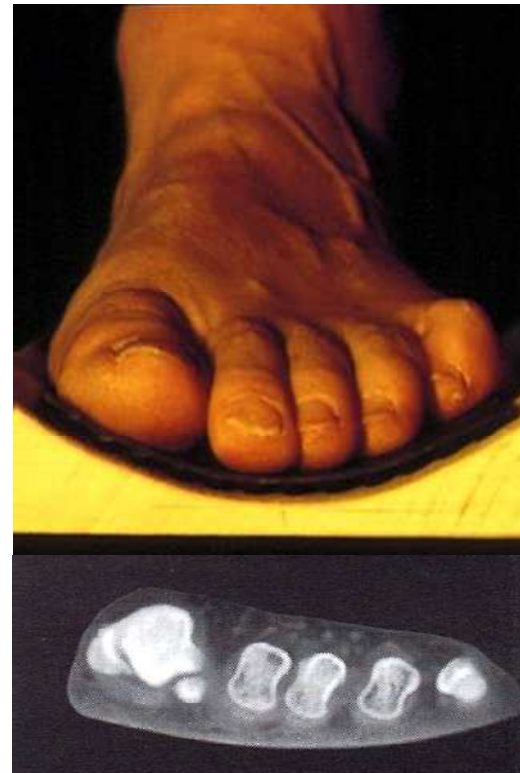
HAIX®

HAIX® CONNEXIS LAST

The completely new construction takes into account the natural shape of the foot and the foot's need to "spread out"!

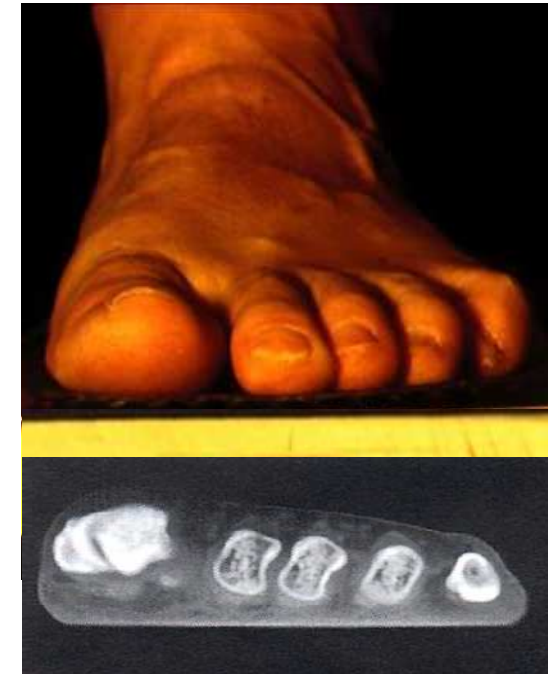
- The entire forefoot area is no longer crushed but can move freely and naturally cushion the impact.
- The flat standing surface offers a firm footing and better stability and also stimulates the plantar fascia.
- This runs at the bottom of the foot as the largest fascia plate of the body and then merges into the Achilles tendon via the heel bone.

STANDARD LAST



Gutter effect

CONNEXIS LAST



Like "walking barefoot"

©Norbert Becker

What are the causes of pain and limitations in the musculoskeletal system?

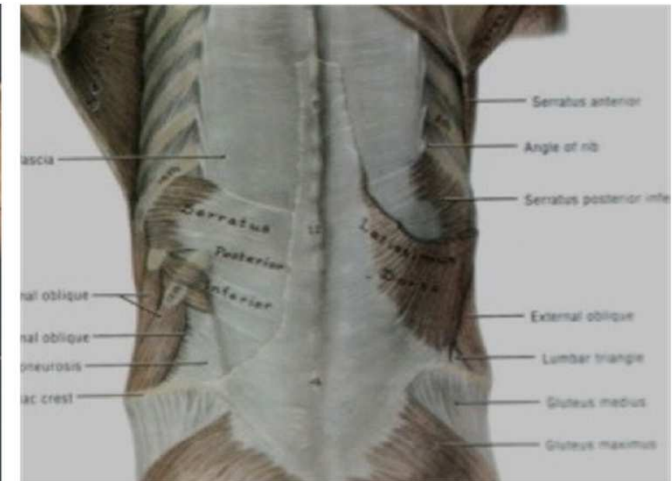
This is an important question for medical research ... and it has been leading to fasciae again and again for several years!

The fasciae are the entire connective tissue (no bones and cartilage), especially capsules, ligaments, tendons and the flat layers of connective tissue.



FASCINATING FASCIAE

The overlooked fibrous collagenous connective tissue



FASCINATING FASCIAE

- Connective tissue is everywhere in our body and forms its support structure.
- The fascial network contains many nerve endings, pain and movement sensors.
- It is a sensory organ for body perception (so called proprioception).
- Mobility and strength depend directly on the elasticity and sliding ability of the connective tissue.
- Fasciae are responsible for the transmission of force from muscle to muscle.
- They can contract themselves, store energy and release it again, for example as a bounce.



©Blackroll Orange/fotalia

FASCIAE AND MOVEMENT

By the following factors:

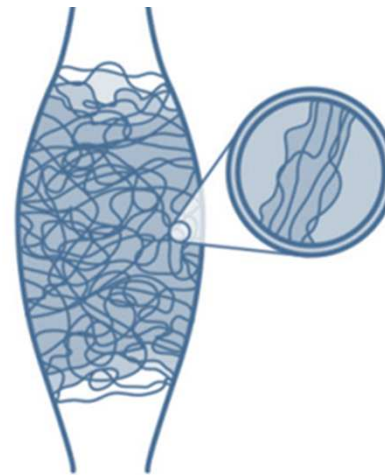
- Sedentary lifestyle,
- mental stress,
- Operations,
- Relieving postures,
- the aging process and
- improper use of the body

our connective tissue is matted and hardened.

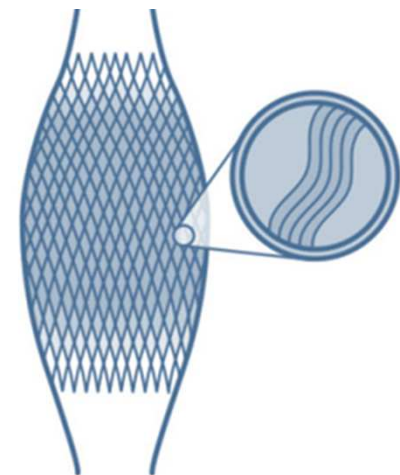
This limits the mobility of our muscles and joints permanently and often painfully.

We feel stiff and powerless!

Untrained fascia



Trained fascia



© Dr. Robert Schleip

NO MOVING - NO GROOVING!

FASCIAL LINES

DR. BIOL. HUM. ROBERT SCHLEIP

Various **fascial "lines"** run through our body.

The superficial back line, the spiral line and the superficial front line are particularly important to us.

Because together they keep us upright and enable many movements.

They all run on the foot too!!



Backline



Spiral line



Frontline

SPECIAL FEATURES

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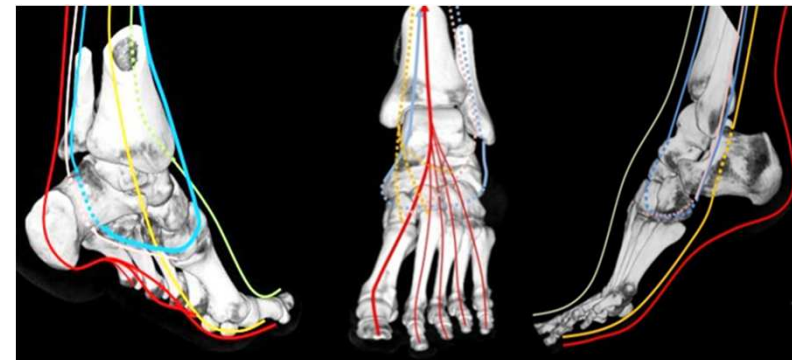
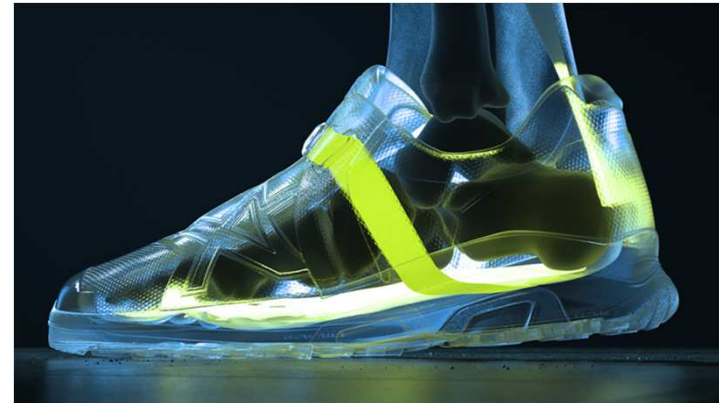
FASCIA TAPE

In order **to maintain strength and performance**, the **fascia lines** at the bottom of the foot **should be permanently stimulated** and thus kept elastic!

This is done by pulling the fascia tape, which, thanks to its construction, reaches all relevant fasciae.

In addition, the bungee lace ensures an optimal fit and hold in the shoe. In the low models the lace is elastic, in the mid models the tape is elastic. In this way we achieve the desired stimulation effect in each case.

The most important fascia is the **plantar fascia**. It runs at the bottom of the foot as the largest fascia plate of the body and then merges into the Achilles tendon via the heel bone.



©Norbert Becker

SPECIAL FEATURES

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INSOLE

The **insole with a nub structure** provides additional stimulation.

The fasciae are **gently stimulated throughout the entire wearing time** in order to loosen sticky fasciae, relieve tension-related pain and stimulate the muscles.

The insole is comfortable, cushioning, moisture-wicking, antibacterial and washable at 30 ° C.



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