

ASICS Women's Gel-Kayano Lite Running Shoes Review-2021



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Synthetic-and-mesh

Rubber sole

Rearfoot and Forefoot GEL Technology Cushioning System - Attenuates shock during impact and toe-off phases, and allows movement in multiple planes as the foot transitions through the gait cycle.

FlyteFoam Midsole Technology - Our FlyteFoam technology provides exceptional bounce back and responsiveness no matter the distance, utilizing organic super fibers to help reduce packing out that traditionally happens with softer, low density foams.

AGAR Sponge - ASICS high abrasion resistant (AHAR) rubber on the outsole that is softer and lighter to deliver a plush ride, flexibility and overall comfort. The GEL-KAYANO Lite model is new to our performance running line. Like its namesake, this shoe produces excellent comfort underfoot and added support designed to set the foot up for an efficient toe-off. Featuring an engineered mesh upper that was formed with recycled materials, this shoe also includes minimal overlays that target support where it's needed most.

We created specific deformable shapes on the top of the midsole through the use of our 3D SPACE CONSTRUCTION to slow the rate of pronation, while the flared geometry of the midsole adds the right amount of support. A concave shape on the lateral heel and convex shape on the medial heel helps generate more compression during the landing phase, which increases the resistance when the foot starts rolling inward at mid-stance. Additionally, the wider base nets in the shoe's heel and forefoot provide more surface area to create a stable landing and toe-off. The GEL-KAYANO Lite shoe is helping us take a step toward more sustainable manufacturing without compromising performance.

REARFOOT AND FOREFOOT GEL TECHNOLOGY CUSHIONING SYSTEM

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AGAR SPONGE

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FLYTEFOAM MIDSOLE TECHNOLOGY

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Find the Right Fit

EVORIDE

DYNABLAST

GLIDERIDE

GEL-KAYANO LITE

GEL-KAYANO 27

Pronation

UNDERPRONATION (Supination)

UNDER, NEUTRAL

NEUTRAL

OVER, NEUTRAL

OVERPRONATION

How Your Foot Contacts the Ground

The outer side of the heel hits the ground at an increased angle with little or no normal pronation, causing a large transmission of shock through the lower leg.

The foot lands on outside of the heel, then rolls inward (pronates) to absorb shock and support body weight.

The foot lands on outside of heel, then rolls inward (pronates) excessively, transferring weight to inner edge instead of ball of the foot.

Push Off

The pressure is on smaller toes on outside of foot.

There is even distribution from the front of the foot.

Big toe and second toe do majority of the work.

Foot Type

High arches

Normal arches

Low arches Review 2021, feedback 2021, promo code, discount code 2021, buy, picture, description, sale, price comparison, cheap, cheapest, value for money.