

Molchanovs SPORT Silicone Foot Pockets Product Page

TAGLINE

Feel truly connected to your blades in foot pockets that have an open heel for unparalleled flexibility, arch support for optimal foot positioning, and a spacious interior for a comfortable and relaxed fit.

DESCRIPTION

The first-ever attachable foot pockets from Molchanovs are here - the SPORT Silicone Foot Pockets. These standard-sized foot pockets are ideal for freedivers who teach, train, or fun dive. Feel your bifins become a natural extension of your legs with the foot pocket's anatomical design - kicks become streamlined with open-heel straps and arch support, while your feet stay comfortable in flexible and hypoallergenic silicone.

Pair the SPORT Silicone Foot Pockets with the [SPORT Bifins Blades 3 Carbon](#) and [SPORT Bifins Blades 3 Fiberglass](#).

Easy assembly

Assembling the foot pockets to blades takes only minutes, making it easier than ever to switch to a new pair of foot pockets or upgrade to a new blade.

Open-heel straps

Open-heel straps let your feet fully arch and stretch without limit during the kick cycle, giving you the freedom of flexibility and keeping your finning streamlined.

Arch support

Arch support in dedicated right and left foot pockets keeps your feet in the optimal position for finning, delivering maximum efficiency paired with a comfortable fit.

Rigid stabilizers

The stabilizers on each side of the foot pocket are thick and firmly enclose the blade and water rails, providing you stability and full control over each kick.

Comfortable silicone

Hypoallergenic and UV-resistant silicone accommodates both narrow and wide feet due to the material's flexibility. It also makes for a comfortable fit and can withstand below-freezing temperatures without deforming.

Minimalistic design

A sporty and fierce new design maintains the signature Molchanovs minimalism and style.

DETAILS AND MATERIALS

Details and Materials

- Materials:
 - Hypoallergenic and UV-resistant silicone
 - Plastic mounting plates to mount the blade
- Designed for all water temperatures
- Can withstand -30°C (-22°F) temperatures without deforming
- Open-heel design for maximum ankle flexibility
- Arch support for optimal foot positioning
- Rigid stabilizers for full control over each kick and movement
- Anatomical shape of the heel strap for maximum support and a comfortable fit
- Molchanovs sporty and minimalistic design

Technical specifications

- Sizes:
 - 34 - 35
 - 36 - 37
 - 38 - 39
 - 40 - 41
 - 42 - 43
 - 44 - 45
- Weight (one pair):
 - 34 - 35: 1.04kg (2.29lb)
 - 36 - 37: 1.05kg (2.31lb)
 - 38 - 39: 1.08kg (2.38lb)
 - 40 - 41: 1.18kg (2.6lb)
 - 42 - 43: 1.2kg (2.65lb)
 - 44 - 45: 1.3kg (2.87lb)
- Color: Black

ASSEMBLY INSTRUCTIONS

SPORT Silicone Foot Pockets + SPORT Bifins Blades 3

These instructions are for assembling the SPORT Silicone Foot Pockets to the [SPORT Bifins Blades 3 Carbon](#) and the [SPORT Bifins Blades 3 Fiberglass](#).

Please note that the mounting system is only included with the SPORT Silicone Foot Pockets - the SPORT Bifins Blades 3 Fiberglass / Carbon do not include a mounting system.

Materials required for assembly

- Molchanovs left and right carbon or fiberglass blades
- Left and right SPORT Silicone Foot Pockets
- 2 screws for each foot pocket (4 total)
- Upper and lower mounting plates
- Phillips head screwdriver

Assembly instructions

1. Match the left and right foot pocket with the corresponding blade (marked on the back side of each blade).
2. Insert the blade gently into the slot at the front of the foot pocket and through the side reinforcements, verifying it is inserted correctly and slides in smoothly without force.
3. Align the blade by carefully adjusting its position until the blade's mounting holes match with those on the foot pocket.
4. Position the upper mounting plate over the toe section of the foot pocket, verifying it fits into the provided space.
5. Begin by hand-threading the screws into the holes of the lower mounting plate.
6. Place the lower mounting plate over the blade, aligning it with the upper mounting plate and the holes. Tighten the screws in a clockwise direction using a Phillips head screwdriver with an even distribution of pressure.
7. CAUTION: Secure the screws firmly, but avoid over-tightening which could strip the threads or damage the blade. Stop when you feel moderate resistance.

Youtube video: <https://www.youtube.com/watch?v=sg6GgM7gmWs&t=4s>

CARE INSTRUCTIONS AND WARRANTY POLICY

Care Instructions

All equipment should be rinsed in fresh water after use and placed out of direct sunlight and heat. See the full list of care instructions [here](#).

Warranty Policy

A [1-year limited warranty](#) applies. Please note that defects or damage to the equipment caused by improper/incorrect use or insufficient/improper maintenance and [product care](#) will render our warranty policy null and void.

SIZE CHART

[Size chart photo](#)

PRODUCTION TIME, SHIPPING, AND RETURNS

Production Times

If the product is currently in stock, it will be sent out to you within 2 - 5 business days. If the product is out of stock, we will contact you by e-mail to inform you about possible delays. If you order this product along with another product that has a longer production time, your entire order will be shipped with all of the items together once the product with the longest production time is ready.

Shipping and Returns

See the Shipping and Returns section of the FAQ [here](#).

ASK A QUESTION

[FORM](#)