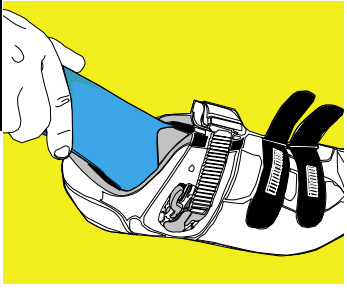


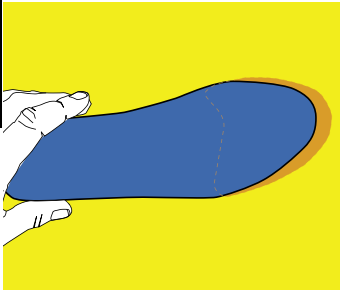
ITS (In-the-shoe) Wedge - INSTALLATION INSTRUCTIONS

STEP 1.



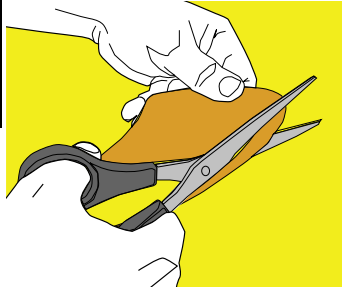
Remove your shoe insole.

STEP 2.



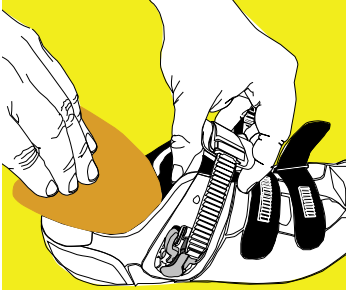
Place your insole on top of the ITS Wedge, to determine the need to trim.

STEP 3.



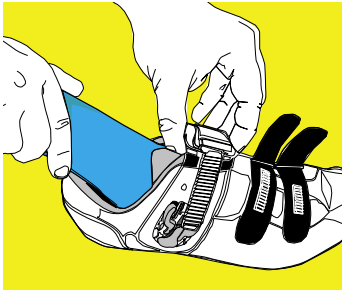
Carefully use scissors to trim to your size.

STEP 4.



Place ITS Wedge into shoe toe box.

STEP 5.



Carefully replace the shoe insole.

STEP 6.



Put your shoes on and go for an easy, short test ride.

Warnings

Do not use more than two ITS Wedges per shoe. For extra tilt, use a combination of ITS Wedges and Cleat Wedges.

Other information

- A true 1.5 degree varus tilt per ITS Wedge
- Designed to work with most cycling shoes

Always let comfort be your guide
100% Satisfaction Guaranteed

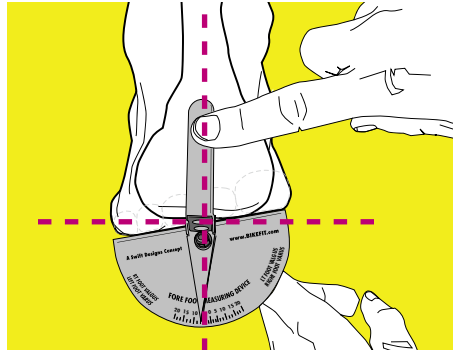
FORE FOOT TILT ?

Determine your degree of forefoot tilt. Almost 90% of the population has some degree of tilt.

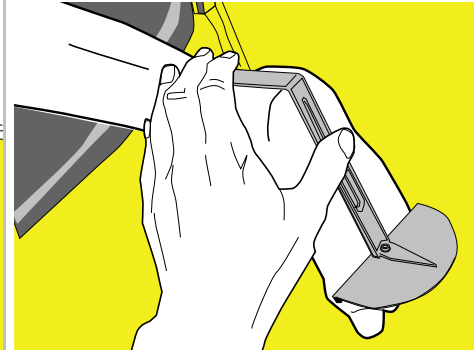
Get help to check one foot at a time.



a. Kneel on a chair, facing the back, with feet extending over the edge. Have a friend help with the next part of this step.



b. Easily place the Forefoot Measuring Device (FFMD) on the bottom of each foot pushing the handle against the heel so the vertical portion is perfectly aligned to divide the heel in two equal halves. You can use a straight edge if you do not have an FFMD.



c. With the FFMD in place, position the top flat surface of the Device (1/2-circle protractor portion) on the ball of the foot. Make a note of the angle indicated by the protractor end of the Device. Repeat this procedure three times for each foot & average the numbers separately. Use this as a starting point.