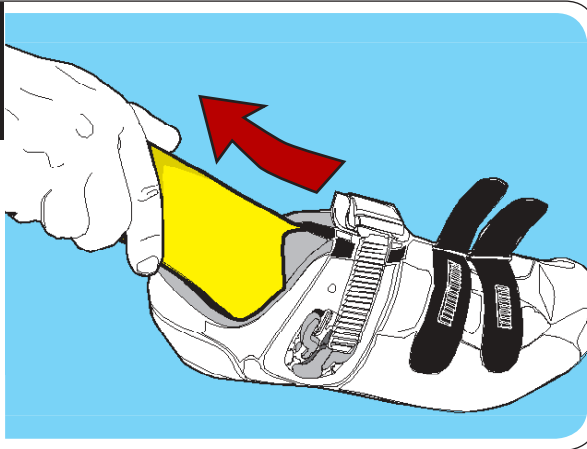


ITS (In-the-shoe) Wedge - INSTALLATION INSTRUCTIONS

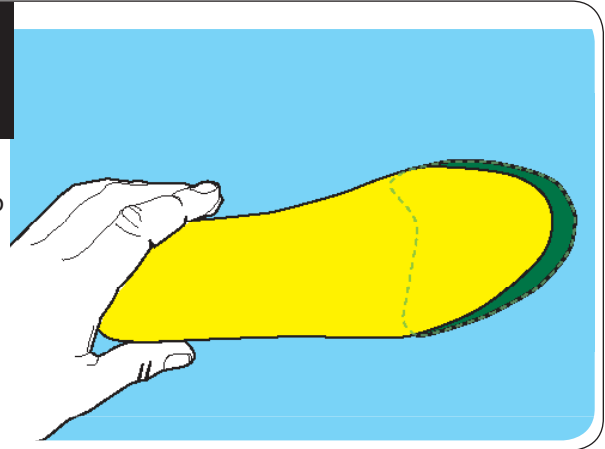
STEP
1.

Remove your shoe insole.



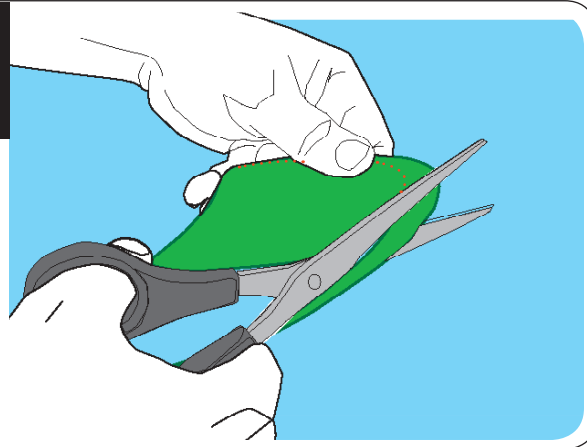
STEP
2.

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



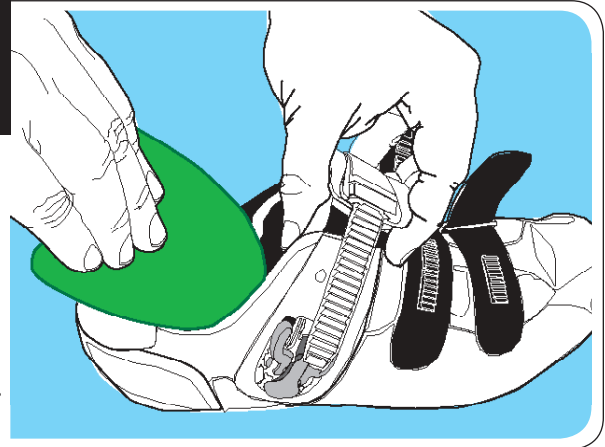
STEP
3.

If you need to trim, carefully use scissors to size the ITS-F Wedge to your needs.



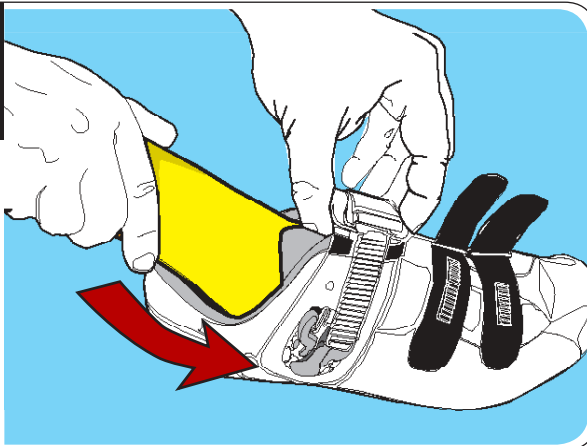
STEP
4.

Place the ITS-F Wedge into shoe with thick side closest to crank arm.



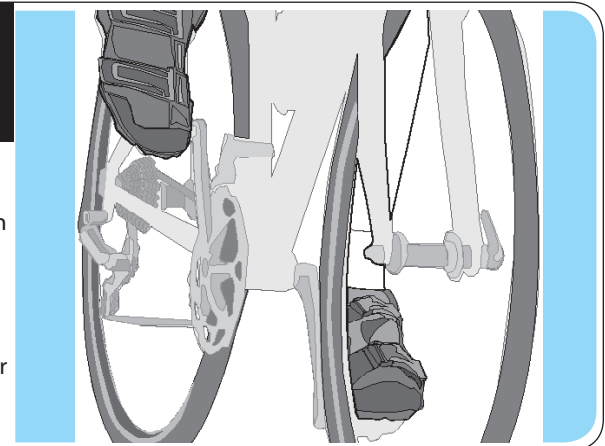
STEP
5.

Carefully replace the shoe insole inside the shoe and on top of the ITS-F Wedge.



STEP
6.

Put your shoes on and go for an easy, short test ride. Always wear a helmet when on your bike.



Uses

May provide relief from these common cycling ailments caused by improper alignment during the pedaling cycle.

- pain & pressure on the outside of foot
- hot foot
- knee pain
- hip pain
- and many more....

Other information

- A true 1.5 degree varus tilt per ITS-F Wedge
- Designed to work with most cycling shoes
- Four size (USA - Men's) options: 6-7, 8-9, 10-11 or 12-13

Always let comfort be your guide.

WARNING:

Bicycling can be hazardous and you should always wear a helmet. Always inspect your bike prior to use. Always follow the rules of the road. If you have questions about ITS-F Wedges please contact your BikeFit professional.



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