

# Instructions for Lockdown Insoles®

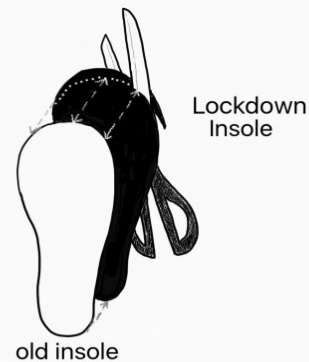
Questions/comments? [lockdowninsoles@gmail.com](mailto:lockdowninsoles@gmail.com)

**IMPORTANT: DON'T GET STUCK - READ STEP NO. 3 BELOW!**

## 1. Remove Old Insoles

(You may have to pull them out if glued down)

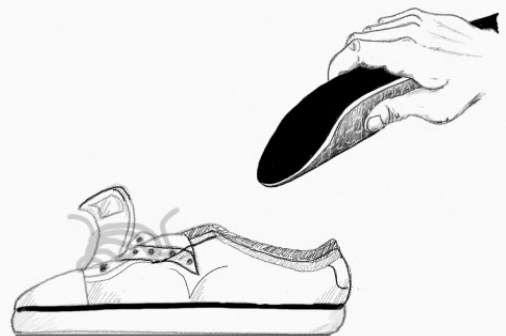
If necessary, trim **Lockdown Insoles** with scissors to match the size of your old insoles.



## 2. Insert Lockdown Insoles

Fold **Lockdown Insoles** length-wise (see diagram), and push all the way into shoes.

Make sure insole reaches all the way to front of shoe, lies flat, and is snug.



## 3. Insert Feet without Getting Stuck!

If you try sliding your feet in, you'll get stuck on **Lockdown Insoles'** powerful grip. Instead, loosen your laces as much as possible, and pull shoe tongue completely forward. Then:

- Try to step on back of shoe, so it flattens down as you insert your feet (see **Fig. A**); and
- **Push down on front of shoe** with one hand (see **Fig. B**), **pull shoe tongue up & away** with other hand (not shown), and **“hop”** your foot forward inch-by-inch until fully inside shoe.

If your foot gets caught (socks get too tight over toes), start over & try again. **This gets easier with practice!**

