

# Instructions for Lockdown Insoles®

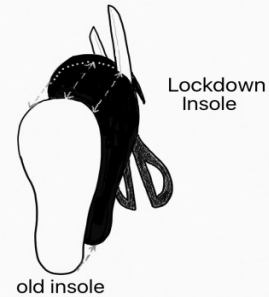
Questions/comments? [lockdowninsoles@gmail.com](mailto:lockdowninsoles@gmail.com)

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

## 1. Remove Old Insoles

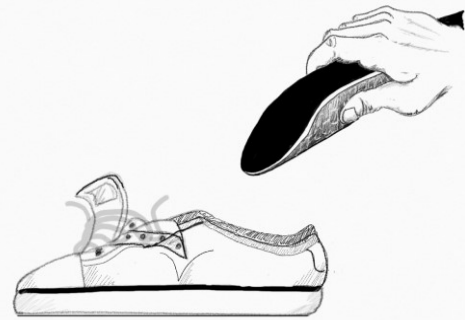
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Trim **Lockdown Insoles** to match old insoles



2. Fold **Lockdown Insoles** lengthwise (see diagram) & push all the way into shoes.

Make sure insoles reach front of shoe, are flat, and snug.



## 3. Insert Feet without Getting Stuck!

- **Loosen your laces as much as possible** & pull shoe tongue completely forward (**Fig. A**)

- **Step on back of shoe** & flatten it down as you insert your feet (**Fig. A**)

- **Hold front of shoe & shoe tongue**, and “**hop**” your foot forward inch-by-inch until fully inside shoe (**Fig. B**)

If your foot gets caught, start over & try again. This gets easier with practice! (\*Wear cotton or cotton-blend socks)

