

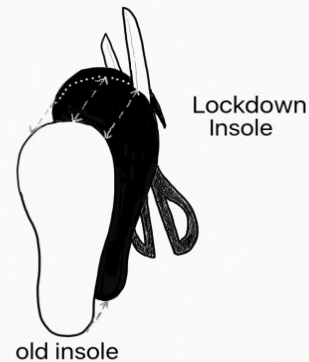
# Instructions for Lockdown Insoles®

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

**IMPORTANT: DON'T GET STUCK -- Read Step No. 3 Below!**

## 1. Remove Old Insoles (tear out if glued down)

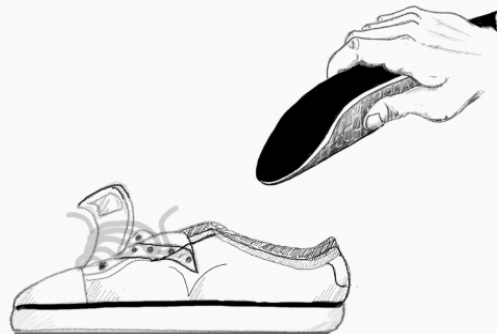
If necessary, trim down **Lockdown Insoles** to match size of old insoles.



## 2. Insert Lockdown Insoles

Fold **Lockdown Insoles** length-wise while inserting into shoes.

Make sure **Lockdown Insoles** reach all the way to front of shoe, lie flat, and are snug.



## 3. Insert Feet without Getting Stuck!

If you just slide your feet in, you'll get stuck on **Lockdown Insoles'** powerful grip. To avoid this, loosen your laces & pull the shoe tongue out. Then:

- Step on back of shoe as you insert your feet (see **Fig. A** drawing).
- Push down on front of shoe & "**hop**" your foot forward inch-by-inch until fully inside shoe (see **Fig. B** drawing).  
(*TIP: Pull your shoe tongue upwards with other hand while doing this.*)

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

