

STEP 1

Remove the manufacturer's insoles (sock liner) from the shoe. Don't throw them away.

Top Tip

You may find that you do not have removable insoles. If so, just find a pair of sports shoes that do and insert these into your running shoes to see if they fit. If so, you can use these as your template and move onto Step 2.



STEP 2

Now place the manufacturer's insole over the currexSole RUNPRO insole ensuring the heels **are flush**. (See position A)



STEP 3

Whilst keeping the heels in position as in position A, ensure that both the manufacturer's and currexSole RUNPRO insoles **are flush** around the ball of the big toe. (As in position B)



STEP 4

Using a pen, outline the manufacturer's insole onto the currexSole RUNPRO insole.

You can clearly see the outline of the manufacturer's insole.



STEP 5

Using a sturdy pair of scissors carefully cut just along the inside edge of the outline otherwise it will be too long.

Top Tip

Before you cut it is worth remembering that there are more tools for cutting than adding so be careful. Measure twice, cut once!



STEP 6

Now slide the currexSole RUNPRO insole back into your running shoe.

Top Tip

Ensure that the forefoot of the insole does not turn under itself



STEP 7

Ensure that the 'Auto Fit' heel is settled into the heel cup. Use your thumbs to feel that it is 'bedded in'.

STEP 8

Lace up properly and enjoy.



Top Tips

The majority of our customers find their insoles are comfortable straight out of the box, however we highly recommend the following:

1. Break them in slowly
2. Don't run your full distance at full pace for two weeks.
3. Slowly build up your pace and distance over those two weeks.
4. If you run sockless please wear socks during the break in period.

currexSole[®]
NATURAL PERFORMANCE INSOLES

HAPPY RUNNING



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