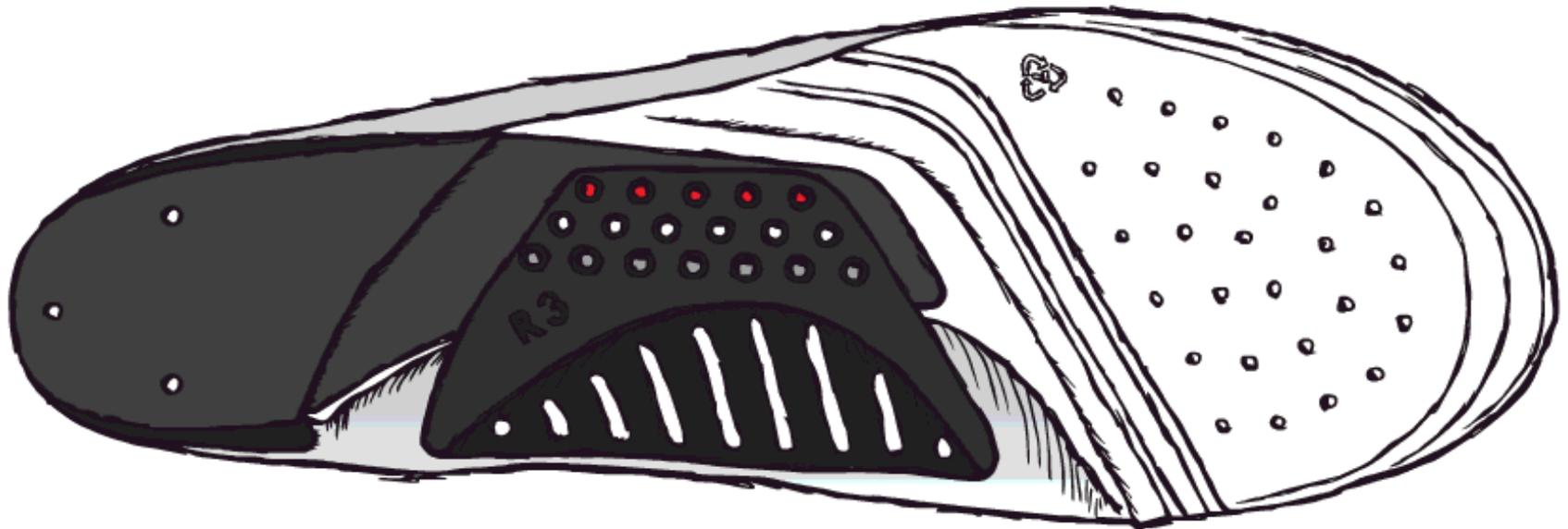


Suspension for your feet

Performance without compromise



## Introducing the Pro Series 2620



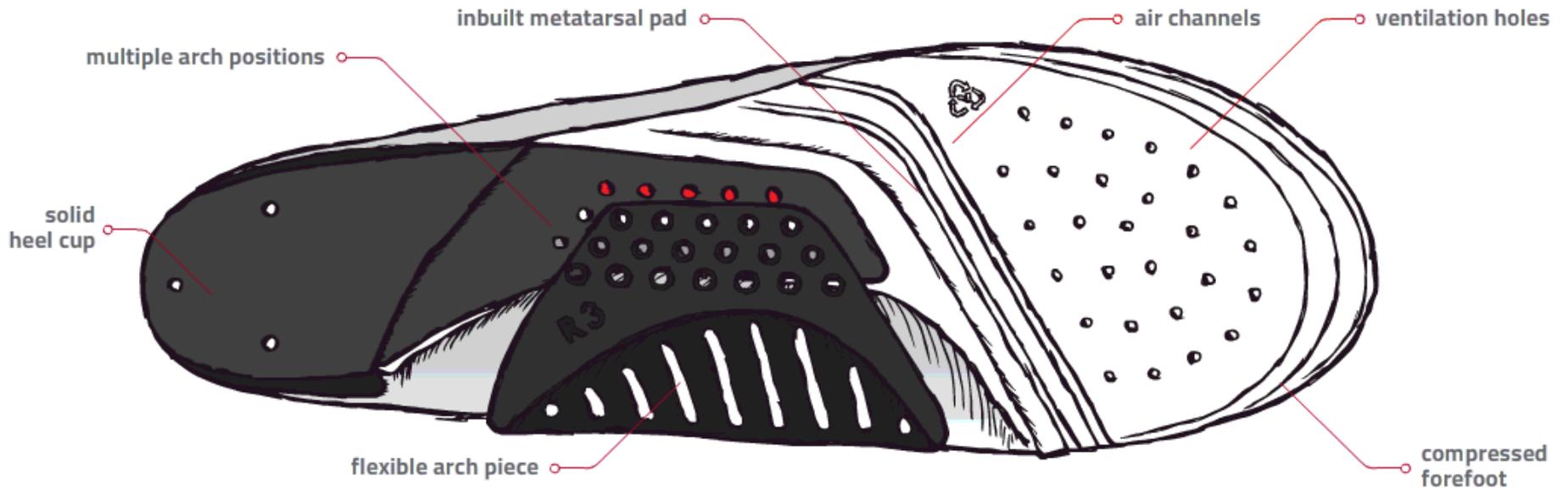
Suspension for your feet



PERFORMANCE

Performance without compromise

# Pro Series 2620



## Flexible Arches

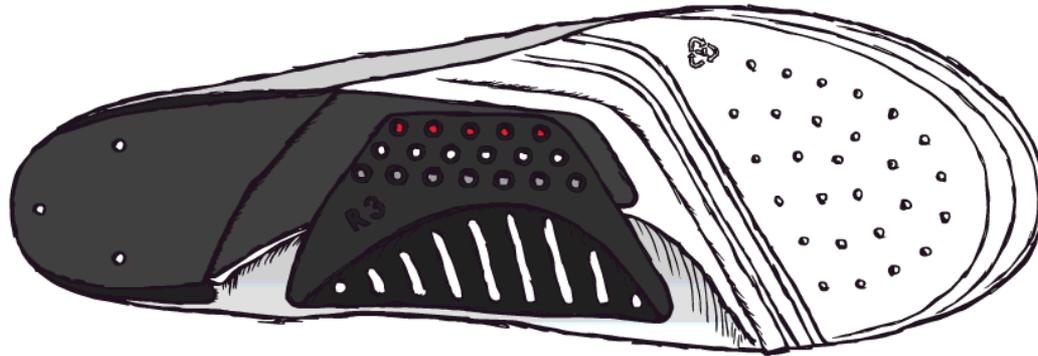
- Designed to fit behind the 1<sup>st</sup> and 2<sup>nd</sup> Metatarsal heads
- Fill the 'gap' between the underside of the forward arch and the bottom of the shoe
- Flexes appropriately to the amount of force applied



- Allows the foot to flex and pronate; working in symmetry with the entire kinetic chain
- Passively strengthens the arch over time



## Fully Customisable



- 11 possible positions per arch piece per foot (3,025 possible combinations)
- Arch pieces are designed to sit as close to the metatarsal heads as is comfortable
- Arch pieces can be adjusted to accommodate changes in foot strength / flexibility

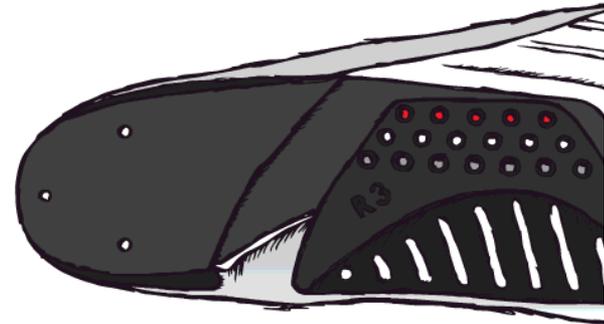
## Heel Wedges

- 3 varus and 3 valgus wedges per kit
- Heights 1.5mm, 3.0mm, 4.5mm
- Reduces varus/valgus heel flare
- Increases effectiveness of windlass mechanism



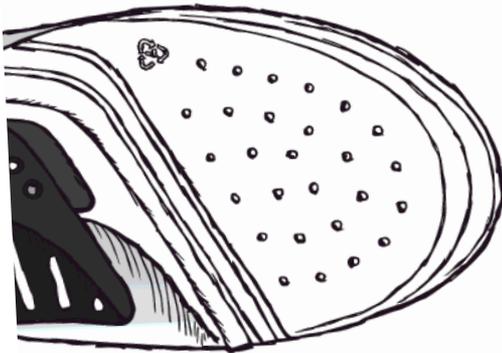
## Heel Cup

- Engineered to securely fit into technical shoes with firm platforms
- Provides solid base for superior push off
- Heel plate (wedge) integration enabled





## Ventilation



- Strategically positioned air channels help expel stale air on the down stroke
- Forefoot ventilation holes increase air flow

## Inbuilt Met Pad

- Small inbuilt metatarsal button
- Designed to gently lift and spread the 1<sup>st</sup> and 2<sup>nd</sup> met heads from the rear
- Our experience has shown a small met dome used in conjunction with a flexible forward positioned arch is more effective than a higher met dome alone
- Our Metdomes™ can be added as well for greater flexibility.



## Specifications

Utilizing the latest compressed EVA composition we have been able to achieve an insole which is strong and light

	Small	Medium	Large	XLarge
Insole	37 g	39 g	45 g	49 g
L1 (18mm)	6 g	6 g	8 g	8 g
L2 (22mm)	6 g	7 g	8 g	9 g
L3 (26mm)	6 g	7 g	9 g	10 g
L4 (30mm)	6 g	8 g	10 g	11 g
L5 (34mm)	6 g	8 g	10 g	11 g



## Specifications

The thinnest after market insole in production. We have achieved performance without any compromise in feel.

Thickness	Small	Medium	Large	XLarge
4cm in from toe	2.82mm	2.53mm	2.49mm	2.33mm
1cm in from toe	2.47mm	2.1mm	2.09mm	1.96mm



## The Golden Ratio (1.618)

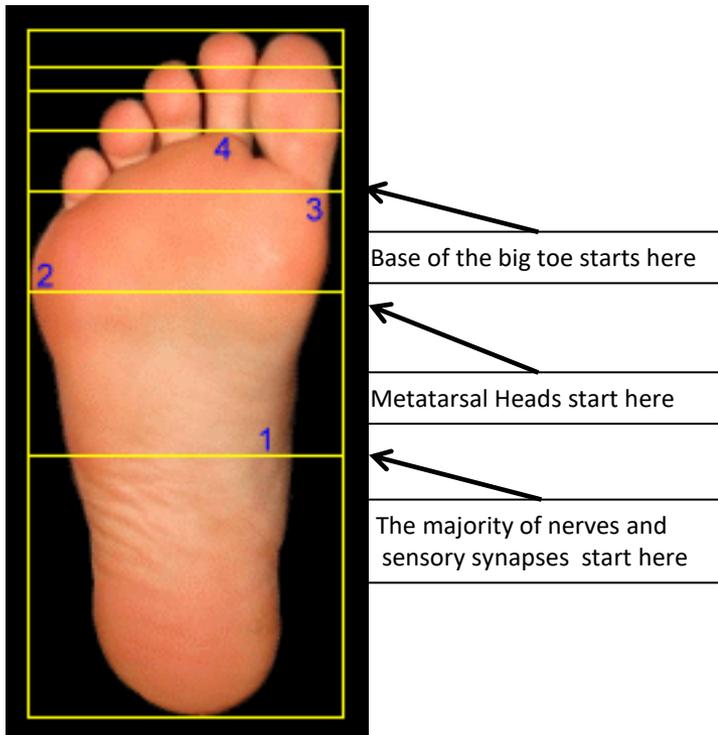


Diagram 1

- The foot is a sensory organ
- The foot follows nature's golden ratio when you divide by 1.618
- All G8 Performance products are designed with principle in mind

## Basic Fitting Guide



1. Start with the Lowest arch piece set about mid way
2. Progressively move the arch piece as far forward as is comfortable for the wearer
3. Repeat steps 1 and 2 with a higher arch piece using wearers comfort as your guide
4. Get client to cycle in the new set up.
5. After both feet have been set up remove one G8 Insole and replace with the original insole from the shoe. This will reset proprioceptors to realise the changes that have taken place.
6. Remove original insole and replace with G8 Insole

## What to look out for

- The foot will change over time. Be patient
- The highest arch piece for the client is governed by their skeletal structure
- Changing the arch piece height or moving it forward can take weeks/months - everyone is different
- Only change to a higher arch after all forward positions have been exhausted



## Benefits



- **Increases**
  - plantar strength and flexibility
  - blood flow
  - proprioception
  - force expulsion through the 1<sup>st</sup> and 2<sup>nd</sup> metatarsal heads
- **Reduces**
  - torque on calf and Achilles
  - return energy to point of origin
  - occurrence and symptoms of Plantar Fasciitis
  - incidence of toe and foot numbness



## Questions?

