



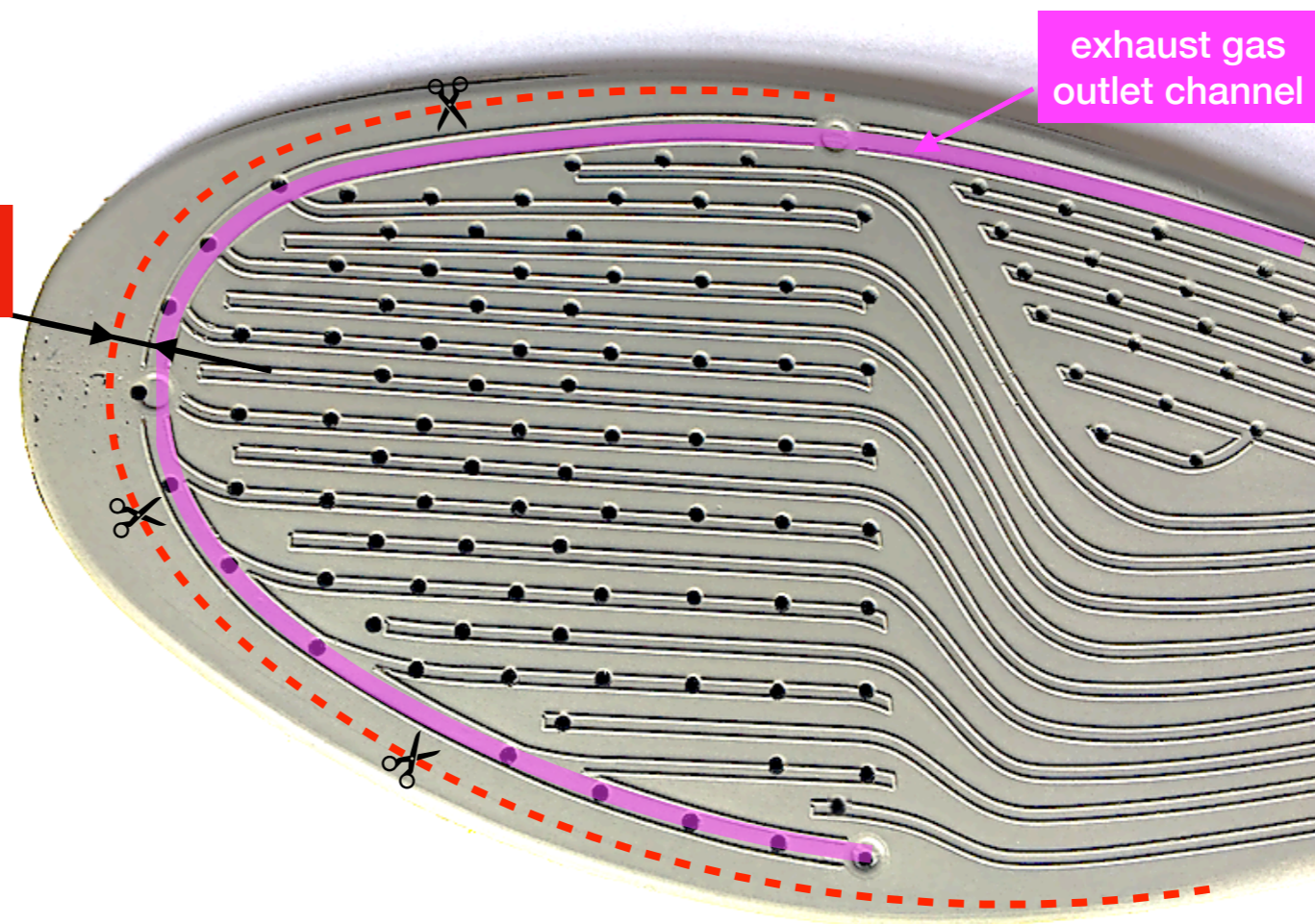
How to customize the ARIA insole to your shoes

STEP 1: shape the toe of the footbed, if necessary

Remove the insole supplied in the shoe and place it on top of the ARIA insole.
Use the a marker to highlight the portion of the ARIA insole in excess (if any).
Use a scissors to cut off the unnecessary portion of the ARIA Insole.

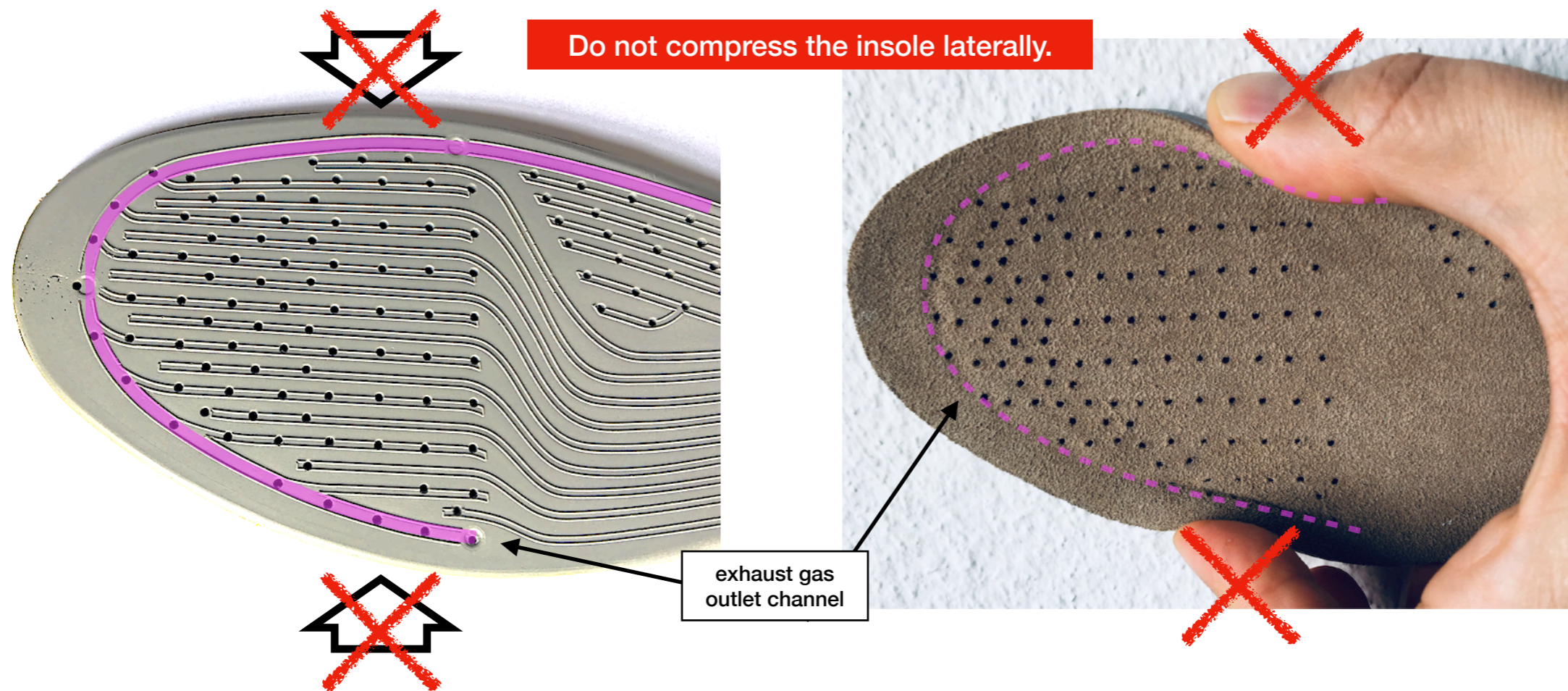
The cutting line must be at least **two millimeter** away from the exhaust gas outlet channel

Bigger than 2 mm



STEP 1: shape the toe of the footbed, if necessary

When inserted into the footwear, the footbed must **not be compressed laterally** in the area under the metatarsals, otherwise part of the cover could collapse into the exhaust gas outlet channel and reduce the efficiency of the ARIA system.



STEP 2: shape the toe of the footbed, if necessary

Put the shoe on, moving the 11 cm long and 3 mm thick soft ergonomic flap so that it occupies the empty cavity formed by the inner malleolus, the Achilles tendon and the shoe upper.



Once you have found the right angle for the lateral flap, fix it with the belt-like loop, and remove the excess flap so that it is invisible from the outside.